



FORSAKEN

ALBERT BELL

Since time immemorial, mankind has sought to use music to create the requisite channel to enter into some form of dialogue, or colloquium with the non-material or non-physical plane. The creation of music marked mankind's spiritual awakening, in all the prismatic forms and hues that the expression of human spirituality may take and has taken ever since one could speak of some form of human civilization. Moreover, despite the increasing mechanization of today's world, music is still used to communicate this near-instinctual urge for the transcendence of everyday mundanity, and that is the role that music plays in my life-world or "*verstehen*" so to speak. For me, Doom Metal, the musical genre I am most passionate about, acts as a vehicle where I can express my inner-most thoughts and feelings, often centering on themes associated with spirituality and religion, such as the immortality of the soul, the path toward spiritual enlightenment and so forth. Since I am one of the band's main song-text writers, I am fortunate to have the space for such introspection. However, in reality, it is not just a case of personal reflexivity. I am part of a band, and hence, the creation of these introspective forays is essentially a collaborative effort. As through my song-texts, I am also in dialogue with my band mates, who obviously have to understand, and to a certain extent share, the essence and meanings of the song-texts to effectively create the musical backdrop and ambience which tie in effectively with the aura the song-texts convey. In my view, lyrics and music have to inter-lock together seamlessly to create something credible and "*real*" which moves and uplifts listeners to a different plane. Ultimately, for me personally, the role of music is to communicate something which you otherwise can't find an outlet for, and which moves and impacts listeners in some way, and which hopefully, motivates our audience to enter the inner-most sanctum of our thoughts and feelings. Music in essence, is a way of expunging something deeply personal



and setting it loose within the wider communal world. Once it's out there it can take on new meanings or interpretations. However, as an artist and musician your goal is realized, you are driven by this impulse to create and communicate, to set whatever resides in your psyche free.



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