

Today, I'll be reviewing 'Volume 1' by doom metal band Sleep. With their album name, I'm strongly presuming they were inspired by Black Sabbath's album 'Volume 4', especially as the band play in a very similar style. Is it plagiarism, then? When questioned about that, I'm imagining the musicians saying 'We sound too much like Sabbath? No, that's what we MEANT to happen.' A similar idea is to say the words 'as I always say', in an essay or whatever, if you say that it makes repeating yourself sound intentional. I do that quite a lot in my writing for Metal Rules. I'm wondering if there's a point where things become too far. As explained, Sleep are in the clear in a way at least, but would a band called 'Exact Metallica' get away with copying the thrash metal band's songs exactly? I mean they ARE called Exact Metallica, what else would you expect from such a group? If that is fine, I could take my own writings further. I could say 'as someone else famously said' and then copy and paste a complete review from someone else. It could go well, it could get me banned from MR for life.

Would I recommend sleeping to the music of Sleep? No. If you're prone to the occasional nightmare, you need all the help you can get and the band just mentioned are in way for you. How about listening to 90s disco music? It's some cheerful stuff. If you're feeling anxious for whatever reason as you start to doze off, my rules for music listening are the following. Number 1: No trippy music. Some of my least favourite dreams aren't so much threatening, but are freakishly weird. I'm wondering why that is. I have been called a freakishly weird person, many times in fact, even by psychologists (I presume), and I do know that dreams DO have meaning. It's easy to link things together, there. Anyway, I don't need a band singing about being in the sky with diamonds even if it sounds nice in theory, I don't want to dream about a purgatory where strawberry fields are forever, etc., etc. and I don't want Sleep's weird doom, either. Number 2: No brutal death metal. That needs no explaining nor does the third rule: No depressive black metal. This may sound offensive (it's not supposed to be), but no raga music for similar reasons to the first rule, and no Steve Vai because of rule one, once more. I don't want Tuvan throat singing or even pirate metal. I'd just be like 'WHAT'S GOING ON?'

It's worth pointing out that I like some raga music in a way. Indian musicians really do use scales only the most daring prog bands like Dream Theater would even consider playing. I would like to use such ideas in my own music, but of course, I'm not very good at it. At very least I do have some musical curiosity. One raga scale is the same as the phrygian mode, but has a double flattened 3rd note!! Isn't that crazy?? How's that even work? It should sound terrible. Do I have the curiosity to study music harder? No, BUT if I did and I become a pro songwriter, you have to ask... 'is the world worse really benefitting from raga progressive metal with me going 'booooooo'?' I probably wouldn't even find the slightest success. It sounds to me like the kind of music that would cause embarrassment for a country and would be swept under the rug at all costs. In another country, I could even be imprisoned. As I always say, I'm not a huge fan of AI, but I suppose I could use the technology to compose such music for me. THEN AI will get a bad reputation, which now that I think of it, is what I want.

What are my last thoughts? Sleep sounds like Sabbath, as I always say. The album's alright I guess, let's give it a high 8.5. Hang on... my site, my rules. In that case, let's give it a solid 8.65 out of 10. I do want to keep writing for Metal Rules and their

stricter, less free scoring system but I feel like I'm walking on egg shells all the time. Maybe if I bring up the subject of bad dreams caused by raga music and me singing 'boooo' in a MR review just the one time, it will get it out of my system forever. On the other hand, maybe I'll go crashing down in flames. There's part of me that feels like I'm crashing down in flames, right now. :( How to build myself up again? Well, I successfully updated my computer a couple of days ago. Pretty much all I had to do that time was to click the update button, but I kept things together when there was an error message saying the download didn't work or something like that. I told my computer to restart and after that, things worked out fine. I may have been stressed, but I like to think of myself as cool as a cucumber. Yeah, that's something to be proud of. 10 out of 10 to me. And.... bye!