

Mp3 Cosy Sheridan - The Pomegranate Seed

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Catie Curtis said, "Somewhere in the uncharted, overlapping territory of Mary Chapin Carpenter, Dr Ruth and Deepak Chopra is you, at Cosy Sheridan concert, laughing and crying; go there." 16 MP3 Songs

FOLK: Modern Folk, FOLK: Power-folk Details: "The Pomegranate Seed" is the soundtrack to Cosy's one-woman-show . ("THE POMEGRANATE SEED - An Exploration of Appetite, Body-Image and Myth in Modern Culture"). This cd features 16 superbly crafted songs weaving the ancient Greek myth of Persephone into modern-day America. "The Pomegranate Seed" is a pastiche of stories: how to turn lost innocence into gained wisdom and maturity, how to find our true selves. In post Roaring-90's America, this is a welcome and empowering collection of songs - reminding us that tough times can be seen as a journey of mythic proportions. After the title cut, a modern re-telling of Persephone's abduction to the underworld set to a traditional British Isle's ballad, the cd continues with a series of songs about how women relate to their bodies. In "Dorothy and Eve", The Wizard of Oz's Dorothy discusses appetite and happy endings with Eve from the Garden of Eden. "Barbie" is a humorous fictional letter to the Mattel Corporation with suggestions for a more anatomically reasonable Barbie doll; "All Alone With a Bathingsuit" encapsulates most women's dreaded experience of trying on the first bathingsuit of the summer; and in "Iphigenia" a young girl hospitalized with anorexia compares her own story to the ancient tale of Iphigenia from the Trojan War, who was sacrificed so her father's ships could sail off to war. "The Pomegranate Seed" is a cd in two acts. With a driving guitar riff, the second act begins with "Demeter's Lost Daughter" : 'Follow me down to the River Styx/ Look deep into the water/ when Persephone appears on the riverbank/ Tell her, I am another lost daughter'. But these are not the songs of victims. After "A Bad Cliche", the haunting story of a girl dealing with a sexually inappropriate uncle, comes the anthemic "Survivor", which moves beyond self-identification as a survivor to the ability to see beauty in the world in spite of its darkness. Known for her wry social commentary on women surviving media, culture and life in general, Cosy combines this with the ability to write songs with an honesty that opens hearts. Her most impressive effort to date, "The Pomegranate Seed" showcases some of her best writing and studio performances.

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