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How I Create Music to Burn In Mental Models

By Will Tygart · Tygart Media · Canonical video & essay at https://tygartmedia.com/how-i-create-music-to-burn-in-mental-models/

Reading an architecture principle once in a blog post rarely holds up at midnight when a live AI session starts drifting. You think you understand stateless context windows until you catch yourself arguing with a model as if it remembers Tuesday. That gap between knowing a rule on paper and firing it automatically under pressure is why I turn operating rules into songs.

When I built **The Author of the Mind (Iron Mix)** in Google Flow Music (2:26 at 140 BPM, driven by brass fanfares, cello, and 808 percussion), I was not chasing background playlist music. I wanted a hard-edged mnemonic that burns five core LLM truths straight into daily instinct.

The Four-Step Musical Compression Loop

1. Name the expensive mistake. Every song starts with a recurring operator error — forgetting that model weights are frozen, trusting chat history past its ceiling, or blaming the model when your own startup files are messy.

2. Compress prose into meter and rhyme. Writing a paragraph lets you hide behind soft qualifiers. Forcing an engineering idea into 16-syllable metered bars strips out every extra word until only the load-bearing truth survives.

3. Score for sonic friction, not wallpaper. Research on melody as a mnemonic device (Wanda T. Wallace, *Journal of Experimental Psychology*, 1994) shows that repeatable melody and rhythmic grouping measurably lift verbatim text recall over spoken prose alone.

4. Put the finished anthem in pre-work rotation. Hearing the chorus on a morning drive turns abstract advice into an automatic pre-flight reflex before you load your first file.

Lyric Anchor	System Reality	Failure If Ignored	Operator Habit
Frozen weights (Verse 1)	Inference weights never update from chat turns	Repeating the same prompt correction every week	Save fixes to persistent rules & specs on disk
Window ceiling (Verse 2)	Tokens evict or sag across long sessions	Silent rule drift and hallucinated constraints	Compact threads early; anchor key rules at edges
Text file down the line (Chorus)	Every session boots blank without injected state	Mistaking retrieved notes for real memory	Own the boot context packet before work starts
Set the plate (Verse 3)	Models read whatever curated files you hand them	Garbage-in summaries and broken citations	Maintain clean Markdown twins, ledgers & schemas
Sculpture, not a mind (Bridge)	Fine-tuning freezes past behavior into weights	Baking volatile prices & facts into rigid weights	Keep fast-changing state in live editable context

Verbatim Lyrics: The Author of the Mind (Iron Mix)

Google Flow Music · Tygart · 140 BPM · 2:26 · https://www.flowmusic.app/song/4680e3e6-af5d-41f3-859b-91f8c70bd895

[Verse 1]

The weights got frozen long ago, the training day is done / It won't learn a thing you tell it, not a lesson, not a one / All it holds is what you hand it, loaded in against the clock / A window full of words is all the memory it's got

[Verse 2]

And the window has a ceiling — when it fills, the early goes / What it "remembers" from last week is just a note the system loads / It doesn't call the moment back, it reads it fresh instead / A database of yesterday re-fed into its head

[Chorus]

It only knows what's in the room, it wakes up blank each time / The continuity you're feeling is a text file down the line / So whoever loads the context is the author of the mind / You carry in the soul each session — it was never his, it's mine

[Verse 3]

So the smart move isn't trusting that the model holds your thread / Keep the thinking in your artifacts, the files and specs you've fed / The intelligence that lasts is in the pages you curate / The machine is just a reader — you're the one who sets the plate

[Bridge]

Now fine-tuning bends the weights, that's true, it changes what's inside / But it bakes the past in permanent — that's sculpture, not a mind

[Final Chorus]

It only knows what's in the room, it wakes up blank each time / The continuity you're feeling is a text file down the line / So whoever loads the context is the author of the mind / You carry in the soul each session — it was never his, it's mine

Pre-Session Operator Check: Before you prompt any model on real work, ask three questions: (1) What clean context file am I loading first? (2) Which stale assumptions from earlier turns need to be pruned right now? (3) Where will the verified output live on disk so tomorrow's blank session can read it cleanly?

Primary Sources & Further Reading

1. Original Song on Google Flow Music: https://www.flowmusic.app/song/4680e3e6-af5d-41f3-859b-91f8c70bd895
2. Anthropic Engineering, Effective context engineering for AI agents: https://www.anthropic.com/research/effective-context-engineering-for-ai-agents
3. Liu et al. (2023), Lost in the Middle: How Language Models Use Long Contexts: https://arxiv.org/abs/2307.03172
4. Wallace, W. T. (1994), Memory for music: Effect of melody on recall of text (DOI 10.1037/0278-7393.20.6.1471)