

Eudaemonia *by Sandra Kluge*

sandrakluge.com | 03/20/2025 - #3

Peek into my recording process, my sketchbook, and my overthinking brain

Innovation



How I record my taps

I've been exploring how to record tap percussion and use it in music production since 2018. Naturally, I've gone through many iterations and approaches (let me know if you'd find it interesting if I went into this in more depth in an upcoming newsletter!).

My current process can be broken down into the following steps (mostly applies to pocket/accompanying; my process for solos is slightly different):

- I record all parts of the groove with 2 mics in stereo. I place an SM57 at the back left corner of my board, and a Warbler Condenser mic right in front.
- I overdub the separate key elements: kick, snare, hihat, etc. (all emulated by different parts of my tap shoes).

- I record any tiny extras/fills/sparkles.
- I overdub additional grooves if applicable (to use as tool to build and distinguish sections).
- Once everything is recorded, I can go into the mixing process, using compression, EQ, reverb, panning, and any other appropriate tools to get the sound I want.

Authenticity



Sketchbook, 2023

I love looking back at old sketchbooks. They're such an interesting window into past moments and mindsets, and are more straightforward to go through than a written journal.

I also often find myself being more intrigued by artists' sketchbooks than by their actual polished works because they're more unfiltered and spontaneous.

So here's a couple pages from one of my sketchbooks, featuring the not-very-surprising array of people + object studies, cute little friends, and abstract shapes.

Action

I'm someone who, for one reason or the other, has learned to live in her head, to delight in planning, to assume that the harder she thinks, the more she's accomplishing, and to equate rumination with a (false) sense of control.

Spoiler: Thinking harder in fact does *not* help (most of the time).

When I catch myself in the endless circles of thinking everything through a billion times, my mind getting increasingly agitated, holding my breath, tensing my muscles, utterly overwhelming my whole system, I turn to the gospel of:

Nike.

"Just do it", she whispers, winking at me with her impish little Swoosh.

The lesson that continues to show up for me is: Doing the thing is, by far, wayyyyyyy more effective than thinking about the thing.

The most profound principles are comically simple. We've seen them all around us, and they sound like basic platitudes. Live, love, laugh, or whatever.

Truly though, the only way to find out where something is going is to actually follow the path. Not look at it on a map.

Thinking is highly biased and, in a way, self-centered. Action is a dialogue, as the next steps reveal themselves to me as I go.

Thinking keeps me small and in the bubble I already know. Action opens me up to infinite possibilities.

Thinking is limited. Action allows me to get to know myself over and over, in an infinite number of situations, with an infinite amount of challenges that allow me to experience self-efficacy and build unshakeable self-confidence, self-trust, and *true* self-love (not the live love laugh kind).

Action allows me to remain open to and embrace, even delight, in the unknown. As it unfolds, it tells me what it's becoming along the way.

While some people could certainly benefit from the well-known notion of thinking before acting, heady people like me need to do the opposite in order to gain forward momentum.

So, these days, I continuously remind myself to act first, to act before I'm ready, to just try and see what happens. And then conceptualize my experiences *after*.

If you relate to this, my 2 questions for you are:

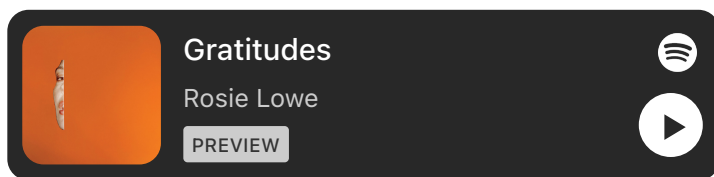
If you relate to this, my 2 questions for you are.

- Is your thinking/planning/ruminating actually productive or is it rooted in fear? How can you treat yourself like a scared little child, and hold your own hand as you jump into the vibrant unknown of action?
- What's the next best action you can take on something you've been thinking about a lot?

And now excuse me while I go for a run in my Nikes to clear my head.

What makes my life more colorful this week

This tune by Rosie Lowe. Released last year, still on repeat. Especially when finding myself in aforementioned thought spirals ʘ



What else

- This week, I released the first video of my new **YouTube series: "The Core Principles of Tap Dance - building efficient technique from the start"**. You can check it out [HERE](#)
 - Speaking of tap tutorials: If you're involved in tap and would like to join my separate newsletter, [Tap To Expand](#), subscribe [HERE](#) for free. **Tap To Expand** is a once-a-month collection of free resources I don't share anywhere else - including lesson videos, early access to new courses, subscriber-only offers, and more.
 - If you're in NYC, I'd love to see you at the **4th edition of The Duo Series**: Sat, Apr 5, 7-9pm, at [Commune](#), I will play 2 sets of fully improvised music with the amazing [Hari Nandu](#) on bass.
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Eudaemonia is collaborative, so don't be a stranger! Hit reply if:

- What I share makes you feel/think about something.
- You want to share something with me that you think I'd find interesting.

- You want to say hi :)

May you be joyful, healthy, and at ease this week.

~ Sandra

Eudaemonia (ancient Greek) describes a life well lived. It's the lifelong process of realizing our true nature, therefore fulfilling our most virtuous potentials. The eudaemon life is one dedicated to developing the excellences of being human.

In each newsletter, I share 3 things related to 3 qualities I want to embody. It's an effort to be the best and most authentic version of myself, for me, and for the world.



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