

A vintage photograph of a person sitting on the grass next to a large tree trunk. The image has a warm, sepia-toned aesthetic. In the center, there is a diamond-shaped frame containing the year "1970".

Plastic

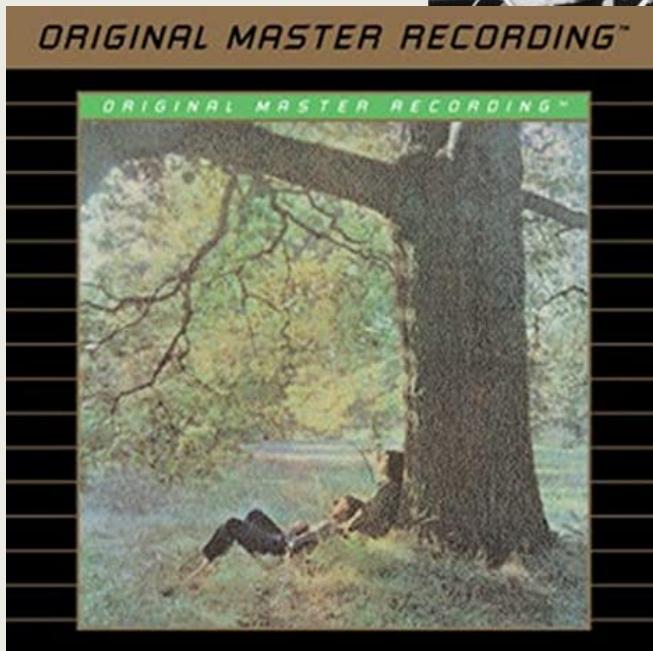
Ono

Band

1970

## About

*John Lennon was an English musician and peace activist formerly a part of The Beatles. He had a passion for art and rock n' roll and a goal to spread positive messages like peace and love throughout his doings. 'The Plastic Ono Band' was a conceptual art based rock band formed in 1968 by John and Yoko Ono. The name was a prior idea that Yoko had come up with for her art in Berlin, but didn't however use it. Plastic Ono Band is an honest and sincere piece of work consisting of childhood trauma, political views, social classes and love. It's personal and naked but also relatable in its own way.*



# *Track Listing*

## **“Mother” - 5:34**

*“Mother” opens the Plastic Ono Band album with a funeral bell slowly tolling which signifies not only his mother but, “about 99% of the parents, alive or half dead”. Lennon stated this during one of his last concerts. He was inspired to write this song, along with many others, after undergoing primal therapy with Arthur Janov. John acquired his feelings and thoughts from therapy and applied them to the album which not only helped him release some of those built up emotions, but also create amazing lyrics for others to take comfort in. It’s only towards the end of the song where the intensity builds and Lennon really belts and screams his emotions out.*



John Lennon (left) Julia Lennon (right)

## **“Hold On” - 1:52**

*The second song on the album follows the theme of emotional fragility. With gentle guitar playing that flows with comforting lyrics like, “it’s gonna be alright” and “hold on”. The song speaks firstly to John himself and then to Yoko, with a relaxing melody that feels like the album cover photo. This song also has a point where Lennon says ‘cookie!’ which is presumably inspired by his youngest son Sean.*



## **“I Found out” - 3:37**

*“I Found Out” is the album's third song with circulating beliefs about false religion. After the breakup of the Beatles Lennon wanted to take on more controversial and anti religion issues.*

## **“Working Class Hero” - 3:48**

*“Working Class Hero” is another possibly controversial song about politics and social classes. lyrics:*

*“As soon as you're born, they make you feel small  
while giving you no time, instead of it all  
till the pain is so big, you feel nothing at all  
They hurt you at home and they hit you at school  
They hate you if you're clever, but they despise a fool”*

## **“Isolation” - 2:51**

*The fifth song on the track “Isolation” revolves around John Lennon's feelings of vulnerability, insecurity and self doubt. The song, along with a recurring theme to the album, exposes the true feelings despite the fame and fortune.*

## **“Remember” - 4:33**



*“Remember” is another song on the album influenced by Lennon's primal scream therapy. Prior to him recording the song on his 30th birthday, John had an unsuccessful meeting with his father for the last time ever. This song journeys through a conflicting parent-child relationship with childhood trauma that remains hidden through adulthood. As the title states, John remembers the displeasing encounters with not*

*only family, but authority and peers. These memories were unraveled after a session with Janov where they would quickly become lyrics to the 6th song on the album.*

## **“Love” - 3:21**

*Amongst the darker themes of this album, “Love” is a beautiful piano/ acoustic that simply sings about everything love is.*

### *Overall Rating*

Personally, I would rate this album a 4/5 with its soothing melodies and comforting lyrics. Plastic Ono Band takes you through a reflection of Lennon's life whether that be hopeful or resentful. It's comforting and vulnerable and is one of the 100 best albums of the 70s.

