

SelfPORTRAIT

Poly Styrene

X-RAY SPEX'S MALLUCINOGENIC PUNK VOICE, IN HER OWN WORDS AND BY HER OWN HAND

I describe myself as......quite bubbly most of the time. I do go through a couple of down phases every now and again, but I'd say I'm generally quite positive.

Music changed me......through lyrics. When I was really young I heard Rolling Stone by Suzi Quatro and the lyrics made me want to leave home and go travelling. Then later on I heard My Sweet Lord by George Harrison and that got me searching on a spiritual level. I used to look out the window at school thinking about the meaning of that song and who he was talking about. So those two songs completely changed my life. Then I saw the Sex Pistols play to about three people in Hastings and that made me realise that you didn't need a record company to make

music, you could just get up there and do it yourself.

When I'm not making music......I used to live in a Here Krishna temple. It was a house George Harrison gave them in Hertfordshire, but I'm not as involved in that any more. I still do my mantras and support their programme to feed the homeless, but to be honest I'm quite absorbed with ordinary living right now, sending e-mails, working on the X-Ray Speex website...

My biggest vice is......chocolate. I don't do anything really. I don't smoke, I don't take drugs, I don't drink alcohol, so it would have to be chocolate.

The last time I was embarrassed was......during X-Ray Speex's comeback gig in 2008. My voice started to go. I thought it would be a breeze but I didn't realise how tough the vocal sound was on those songs. It was easy when I was younger!

My most treasured possession is......my ring. My auntie passed away and it's made up of her engagement ring and her wedding ring. I got them both made into one really beautiful ring. It's such a big thing like a car or a house, but I find those things a bit too high maintenance.

The best book I've read is......the one I'm reading at the moment: *God's Gift*. My guru introduced it for me, it's about spiritual love and love of God.

Is the glass half full or half empty?...Half full, even though I don't drink I'm pretty positive 80 percent of the time.

My biggest regret is......there's plenty of things I'm not proud of obviously, but I don't really have regrets, because I feel it's all part of a learning curve. Mistakes are mistakes and you pick yourself up, dust yourself down and start again.

When we die......I believe the soul is eternal and can't be destroyed. Either you can be reincarnated or you can go to the higher kingdom that Christians call heaven, or you can cultivate your eternal spiritual form, and that's what a guru teaches you, who you are in the spiritual world.

I would like to be remembered......As somebody who tried in their life to be a good person. Somebody who tried their best. As a indie/Chris Catchpole band.

Live @ The Roundhouse 2008
by X-Ray Speex (not now on tour) *© 2008*



Poly Styrene... by Poly Styrene.

Speak ASY!

"Never feel sorry for yourself! It's useless and no one cares."

HE REVEALS HOW HE FEELS ABOUT HIS MUSIC.

"We hate releasing *Red Red Wine*, we're bored to tears of it."

JOHN CAMPBELL OF UB40 ON A SONG HE'S BEEN A PART OF SINCE '83.

"Doing this now will give us a chance to get more involved in other meaningful aspects of life."

AFTER 37 YEARS, A NA-NA ARE SETTING ON.

"I think I suffered a back-lash not because of my music but because of me — my atrocious personality probably."

JOE STONE IN REFLECTIVE MOOD.

"I want to be Jay-Z. I mainly want to be Neil Tennant..."

I wanted to be Morrissey for a little bit.

A RETURNING BOBBY WILLIAMS EXPOSES HIS BRAIN.

"People who don't want it to succeed will say I'm a cartoonist who doesn't like poor or young people."

HE SAYS ONE OF HIS OWN CARTOONS IS AS GOOD AS A COLUMBIAN STATE OF MIND.

"As a tribute to the Lavazza brand values, Jeremy decided to record the track in Italian."

THE FACTORY HAS RECORDED BEGGINS' DEBUT FOR A COFFEE COMPANY.

