



This is sort of a sequel to "It's not a game", taking inspiration from recovery strategies and therapy/coaching after a particularly bad (for me) episode of depression.

The track titles are meant to be informed by the tracks themselves, NOT the other way round. They are written to be deliberately misleading if read on their own!

No sequencers were harmed in the making of this album. Some 'arpeggios' on the Montage were used for some background or percussion patterns (most obviously for 'On The Aire'), but the most of the notes and rhythms were played out by my own fair hands. I hope this gives it a more 'human' feel than earlier albums. Even the mechanistic drums on SHY were all individually hit to give a slightly wonky machine sound.

### **Credits**

Me: Violins, viola d'amore, piano, synths, guitar, drums, plugging stuff in, plugging it back in again in the right place, trains, bad cover photography, mixing, mastering, and all that jazz.



## Track Listing (with instruments)

### 1. On The Aire

Yamaha Montage  
Novation Peak  
Waldorf Blofeld  
Violorama Sycorax 5-string electric violin  
Drums (Waldorf Attack, Tourtech TT-12SM)

### 2. Ommm v2.0

Behringer Deepmind 6  
Piano (Yamaha Montage Bosendorfer)

### 3. Tarn

Piano (Yamaha Montage Bosendorfer)  
Novation Peak  
Violorama Sycorax 5-string Electric Violin  
Violorama 5-string acoustic violin  
E.mu Proteus (for drums, played via Alesis samplepad pro)

### 4. Clean

Novation Peak  
Waldorf Blofeld  
Yamaha Montage  
Bridge Lyra 5-string Electric Violin

## 5. SHY

E.mu Proteus (for drums - played via Alesis Samplepad pro)

Moog Sub37

Violorama Sycroax 5-string electric violin

Violorama 5-string acoustic violin

Bridge Tasman 4-string octave acoustic violin

Class 333 Electric Multiple Unit

## 6. Please Try This At Home

Elektron Digitone

Ibanez AM93 Electric Guitar

Piano (Yamaha Montage Bosendorfer)

Drums (Waldorf Attack, Tourtech TT-12SM)

Violorama Sycorax 5-string Electric Violin

“Song” 6 string Viola d'Amore

## 7. It May Never Happen

Yamaha Montage

Waldorf Blofeld

Korg Volca Kick



I would like to thank the cats for not making too much noise while I was recording the acoustic instruments.

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