

## **Track by track Guide**

### **Corruption**

Phil: There are two types of corruption in this song and I wanted to juxtapose them across the verses. In the first instance there is the corruption of the body which comes with the decline of youth or ill-health. In the second instance there's a moral corruption, a corruption of the soul if you like, that emerges from the deliberate deception and subjugation of others. Unlike ill health, we bring the latter upon ourselves and yet it is just as damaging, if not more so. Whether faced with poor health or with one who would deliberately deceive and manipulate, there's a feeling that we'd trade everything not to deal with the emotions that surface as a result.

### **Dying**

Phil: Whether literally or figuratively, the process of death is a long, drawn out affair where the screams are largely internal and where regret at past apathy and failure becomes a constant pang. We are compassed round with death and acceptance of this, rather than a giddy pretence that we're immortal, may seem morbid, but it can encourage us to embrace each day. The character in the song is, for whatever reason, too apathetic to do anything other than 'exist' and his slow march towards his own end is characterised by nothing more than a shallow representation of what others might wish him to be, until it becomes too late to do anything but wallow in regret.

### **Alone**

Phil: It's based on Hemmingway's beautiful novel 'for whom the bell tolls' and takes its inspiration from the action (and inaction) of the lead character, Robert Jordan, whose desperate decisions race through his head as he lies dying and alone at the conclusion. Although literature informs a lot of my lyrics, this is one of the few examples in which I based a song explicitly on one story. Hemmingway is a genius, and his work truly conjures indelible images and I wanted to pay tribute to his great artistry and 'Alone' is the result.

### **You Waste My Time**

Phil: We live in a connected society and we can reach out to anyone, anywhere. Yet we still chose to waste our time with those who bring us down, belittle us or ravage our dreams. Listen to this, and then start culling that Facebook Friends list...

### **Myopic**

Phil: Selfishness and short-sightedness personified. The abandonment of everything you profess to love in exchange for short-term satisfaction and the fulfilment of venal desires. It's a song born out of rage and trying to understand the nature of such callous sacrifice.

### **Failed Light**

Phil: The end of the day, where the sun drifts towards the horizon and light starts to fail, is so often accompanied by the emergence of demons which sit with you until dawn beckons. If you're lucky you meet someone understanding and engaging and the failed light is no longer something of which to be afraid. Ultimately, you start to realise that, when the early morning haze clears, there's someone waiting for you on the other side.

### **Spider Feet**

Rich: The threads of connection that entwine everyone on this planet can be a mixed blessing. At once struggling to not be consumed by feelings of the need for things we always managed without

before but, at the same time, not wanting to be left behind by generations who have grown up with new boundaries at nearly every turn and, thus can seemingly take them in their stride. Shutting out the distractions and noise gets harder and harder.

### **Lost Hope**

Phil: I was fooling around in my home studio and I wrote this piece of music that was, for want of a better word, a *tribute* to guns 'n' roses. I never meant it to be that way, but, however I arranged the track, it ended with this huge, four minute solo which irritated our guitarist no end. The problem was that, although the music didn't work, I really liked the lyrics and the opening solo. Finally I took the darn thing apart and rebuilt it as this weird, shoe-gaze-y thing and it's now one of my favourite tracks on the album.

The lyrics deal with the increasing feeling that, with the increasing influx of new technologies and ideas that surround us, our time has passed. There's huge societal pressure on everyone to *achieve* and with such pressure it's hard not to lose yourself, and hope, along with it.

### **Moths to the Flame**

Rich: Never has it been easier to reach a wide audience. A knack for controversy and an attention-seeking disposition is all you need. We all seem to get sucked into it at some time whether we seek it or not. Given negative attention only seems to inflate the perpetrator's ego further, it feels as though the only option is diversion, only for the whole cycle to start again.

### **In Silent Reproach**

Phil: When trust is repeatedly abused and all you can do is bite your tongue and try to avoid the inevitable conflict that comes with recriminations spoken out loud.

### **Alienation**

Phil: There's always that nagging voice that nothing you ever do is good enough. This is what mine sounds like.