

Breathe in. Bring forth the air that gives you pleasure.  
Give it significance and smile as you become a little more, when you breathe in.  
When you inhale, your imagination doesn't not see the limits that exist.

Let go; control robs you of the freedom you seek, so let go.  
You will never know if your sight is hindering you, so take your breath.  
You scream, you bleed, I see your need, so release your clasp  
And breathe in, the future is invisible for you.

The child iwas born wet and bloody, you managed the resistance bravely .  
Wondering a bit more, we become what we see, formed by the colours that your companions  
offer  
Absorb all that your ears hear; sort it out later and see what you need.  
Let the heart set the tempo you feel. The ego is mighty and togetherness becomes greater.

I feel no mercy, as I am not made as you are.  
And I have let go of my thread, and now I can't find my way out.

When our flag symbolises hate, everywhere on Earth is burning  
Then no one can take from us what what is known as dignity.  
When our nation builds walls, will not allow foreginers to enter,  
Then no one can take from us what is known as dignity.  
When our media will affect our anxiety, fill us with fear of something unknown  
Then no one can take from us what is known as dignity.  
When my life nears its end, and my performance has met its destiny  
I hope that I still have, what is known as is known as dignity.

To inhale means to breathe in air.  
Inhale and try to do it effortlessly.  
To inhale means that one breathes in air.  
Inhale and try to feel an atmosphere,  
Life that pulls you backwards and forwards ,  
And you try to tackle it without complaining.  
Onwards, onwards, without looking back  
Shut off shut off without doing a thing  
Because it is lust that rules.  
We chase after everything that is more costly,  
Towards power and fame we keep running.

Clap hands and shake what you've got, because we love the rhythm,  
The feeling it creates in our bodies,  
The sound that pushes you right to the top.  
Nothing can drag you out of your trance  
Dance to live and live to dance.

I can't give you any advice as I have forgotten my own name  
Forgotten what I stand for and forgotten what I know  
Alone and lost on this long journey  
All that I have left is a loaded rifle.

## Running

Smile for me, darling, and show immense patience.  
The anger you hide – soon something big will happen  
And if we listen, we will be able hear it.

The sign seems to show a change, an atmosphere of the future  
When it is stagnant at a standstill, life can feel tough  
Although if we break the pattern, we can change it.

## Running

All we have to do in a speedy time  
Increase the tempo hold on to the energy  
I know it sounds bizarre, but it doesn't affect me  
Yes, I scurry because all I have learnt is to hurry  
Want to be first in this obstacle race  
I know it sounds bizarre, but it doesn't affect me

Yeah I fling myself forward, must carry out all the plans that I sow  
There is only one chance and I want to be first at the finishing line.  
If you think that I am too hard, I apologise,  
But what I have learnt is the only thing I understand.

All the gadgets tempt the eye, and my lust for  
To own is all that gives soul  
It requires money and money demands success,  
When first I find it, I'll get some peace.

## Running

All we have to do in a speedy time  
Increase the tempo; hold on to the energy  
I know it sounds bizarre, but it doesn't affect me  
Yes, I scurry because all I have learnt is to hurry  
Want to be first in this obstacle race  
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## **Us two**

I know that it's time. The time has passed quickly.  
Hope that you are ready when you approach your gate.

I know that it will be us two, us two,  
So much happens when your heart beats, heart beats.  
I know that I will be there, more than dad ever was.

If you want to catch monsters, then it's monsters we'll catch.  
If you want to feel love, then its love you shall have.

Du you want it to be us two, us two?  
So much happens when your heart beats, heart beats.  
If you want me to be there, I'll be a proper dad.

## Over

Everything that was beautiful was close at hand.  
Didn't know that I had it before it disappeared again.  
Standing here at the gate, searching for memories,  
The pictures that took me away with the wind.

It's over now, everything she said.  
It's over now, everything she gave.  
It's over now, everything I stole.  
It's over now, everything we were. . . .

Everything we played created transformation  
Tried out the game, but found no truth.  
Threw stones, and aimed at the world.  
Tried it all, but found nothing worthy.

It's over now, everything she said.  
It's over now, everything she gave.  
It's over now, everything I stole.  
It's over now, everything we were. . . .

It doesn't matter which colours you mix,  
It doesn't matter, as I know you have the tone.

I say fly little bird, fly as fast as you can  
Fly little bird, fly from sea and from land.

The thought makes me warm.  
I can feel you here.  
The dream makes you beautiful,  
I will always be close to you

So fly little bird, fly as fast as you can  
Fly little bird, fly from sea, fly from land.

Adam Fastholm: Guitar, vocals, xylophone  
Dawn Fastholm: Vocals  
Thomas Fløe Nielsen: Hammond, synth  
Jay Zamroud Habib: Bass  
Kristoffer Sidenius: Drums  
Anders Juhl Nilsen: Trumpet  
Kristian Rinck-Henriksen: Trombone

The boss

Can't find the beginning, difficult to get started when nothing is happening.

Can't hear the bell ringing  
There's a lid on my ears; my ears make me blind.

So stay where you are in the same spirit.  
I know it's too late although I am trying to change  
Every little chord that I strike, every little bar is going to heal my wounds.

Jump into the middle; you know that you are safe if you just notice what you feel,  
Every short hour that passes, look up at the clock – it's difficult to understand.

But the truth is that it runs on, doesn't stop and wait for you to make it.  
*Important* that you always keep up, but don't look back.  
No, always look forward.

To the things that your future will offer,  
Don't forget that it's always worth enjoying.

Yes, I know that everyone is slithering; I know that it's slippery  
But with time I can promise you that you will see it very clearly.

So open your mind and let yourself be coloured by nuances  
Open your memory and show what you can do.

I know that it's difficult, but nothing is easy.  
Take it in, let yourself be shaped and always look ahead.

Your mind gains shades of meaning  
That was your balance,  
Show that you can do it.

Can't find the ending, difficult to stand here when no one gives me the sign  
Did't know anything when the lesson ended  
Can't feel the pulse; the atmosphere makes me ill.

So stay here in the same spirit, I know that it's too late,  
Although I try now to change'

So stay where you are in the same spirit. I know it's too late although I am trying to change  
Every little chord that I strike, every little bar is going to heal my sores.

## Villa Chill

Do you feel the wind, blowing away all the things we do not want to see.  
Equality for everyone, everyone should get the chance we have/ live with,  
Equality for everyone, yes, I don't understand why you don't want to see.

Listening to the stream, snaking its way quickly and smoothly past  
Hoping for a sign, 'cos then I'll know - it's time to jump in.  
Equality for everyone, everyone should get the chance we have/ live with,  
Equality for everyone, yes, I don't understand why you don't want to see.

When it stops, the image will disappear/vanish, the memory lost, the days  
pass.

See the human race as it should be seen. Nights disappear, and the days  
smile.

Know that we search; know we will see.

The roads that we follow, who are our followers?

The rhythms that accompany us as we walk, the songs we sing to  
understand.

Throw away all I have; I want to be naked to decide myself what I want to  
be.

Know it's difficult, though that's what I want to do.

I will allow this to be my last parade.

Do you feel the wind, blowing away all the things we do not want to see?  
Equality for everyone, everyone should get the chance we have/ live with,  
Equality for everyone, yes, I don't understand why you don't want to see.

Adam Fastholm: Mpc/sampler, guitar, percussion, vocals

Dawn Fastholm: Vocals

Jay Zamroud Habib: Bass, percussion

Kristoffer Sidenius: Drums, percussion

Trine Trash: Kalimba, harmonium

Kristian Rinck-Henriksen: Trombone

## Instruc

In the north are the woods, where my childhood home is to be found.  
In the south, I grow as the one I am. I become mature.  
And if you listen to the leaves, which chime clearly/purely in the moonlight.  
Then you know that life that comes from the east is not as it is here.

I have been told about huge mountains and open seas,  
Though they're nothing I've seen.  
It's a treat I still have left.  
Tales of the world  
Have given me the desire to be free.  
Sounds and new colours give us a rich imagination.

In the north the night shines, winter air breaks free.  
In the south, there are forces that /produce a magical energy.  
And if you listen to the leaves, which chime clearly/purely in the moonlight.  
Then you know that life that comes from the west is not as it is here.

I have been told about huge mountains and open seas,  
Though they're nothing I've seen.  
It's a treat I still have left.  
Tales of the world  
Have given me the desire to be free.  
Sounds and new colours give us a rich imagination.

Adam Fastholm: Mpc/Sampler, synth, vocals

Dawn Fastholm: Vocals

Thomas Fløe Nielsen: Hammond, synth

Jay Zamroud Habib: Bass

Kristoffer Sidenius: Drums

Trine Trash: Recorder

Anders Juhl Nielsen: Trumpet

Kristian Rinck-Henriksen: Trombone

## Young people smile

Words are sung by our protective carers to give us good advice.  
But what happens? The young people smile, will not be taught by us any more.  
Words are sung by our protective carers to give us good advice.  
But what happens? The young people smile, will not be taught by us any more.

I've had enough; I've fed my mind with the same sweets.  
It's had a damned ugly effect, have become a disgusting coward.  
Yes, scared, afraid to live as life can go wrong.

So I throw away my costume to be naked and prove that I'm not perfect.  
Dancing with everything I have and let my body take over for a while,  
And live out my dreams 'cos dreams are what I've got.

Words are sung by our protective carers to give us good advice.  
But what happens? The young people smile, will not be taught by us any more.  
Words are sung by our protective carers to give us good advice.  
But what happens? The young people smile, will not be taught by us any more.

My dearest friends have found alternatives,  
and indeed everyone I know has found their paths.  
Freedom and independence is what I want.  
So now I am living out my dreams 'cos dreams are what I've got.

My dearest friends have found alternatives,  
and indeed everyone I know has found their paths.  
Freedom and independence is what I want.  
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But what happens? The young people smile, will not be taught by us any more.  
Words are sung by our protective carers to give us good advice.  
But what happens? The young people smile, will not be taught by us any more.

Hey baby, baby, I know I've said it before, but it's so hard for me to understand,  
So hard for me to act upon/on what time is doing with me.  
Pressing the pause button, take a break and find out about the person I am,  
Yes it's so hard for me to understand, difficult for me to act upon/on what time is doing to me,  
When it was me who was wrong.



## The beat

Can you feel the beat  
That throbs against your chest.  
Let the body take over the power  
for now it's love that is heard.

I want to be seduced by your waist.  
My eyes follow every step you take.  
You tease me; you want me to suffer  
so my body will become exhausted and weak.

Always try to look around to learn new things,  
Though I almost always find myself on two  
four as my pulse beats.  
So I want to enjoy what I am here,  
Because then I'll know that it will hold  
It doesn't matter that I'm swinging on two  
Four as my pulse beats.

Yes, it is easy to be tempted by what's cool,  
Letting heart and mind be fooled by a nice label.  
I forget that I'm beautiful with my stain,  
Forget that my passion for this rhythm is perfect.

I take a step whither I do not know.  
Perhaps the thought shows my way and gives me the right message  
About what is happening. Would be nice if I could see  
Round about/around my large ego, on my little planet.

Maybe we can change a little bit

Fit ourselves into a shape form that seems to disappear when we win  
We should not prevent our unit  
In expressing their best in the things that they can do.

Maybe we can change our style  
Fit ourselves into a future profile, take a step,  
Change the rhythm and melody  
Forget swinging in four two, I think it gives life.

The child standing on the road asks for advice  
Nakedly watching, looking for tracks/clues  
In order to better understand their worth.

## **Throne**

You look at me, but you know, I don't care about you.  
I just want it back, back what you took.  
How cowardly can you be, all the lies that you told,  
But now give me back, give me back my throne.

Yes, love makes one blind but hell, you knew he was mine,  
And now you have to pay, pay for what you have done,  
I was, so dazzled, so damn easy to deceive.  
But now I take back, take back my throne.

Adam Fastholm: Mpc/Sampler, guitar

Dawn Fastholm: Vocals

Thomas Fløe Nilsen: Keys, synth

Jay Zamroud Habib: Bass

Kristoffer Sidenius: Drums

Anders Juhl Nielsen: Trumpet

Kristian Rinck-Henriksen: Trombone

## **Life philosophy**

Believe in life philosophy, here I stand, here I will remain

The desire has gone and will probably never return  
I have learned this lesson and will probably never get an answer.  
Though it would be nice if you could explain  
Why there is no time, no calmness  
To do what you really believe in.  
What is the meaning of life if we are deprived of liberty?

I feel strong, saddle the horse, find courage.  
I want to go to war with some words of wisdom  
As I have learned from one that is very close to me  
He has given me the facts, desire and your belief  
Armed me with strength from another land  
Now I see clearly and willing no longer let me stunned

Believe in life philosophy, here I stand, here I remain

Stop, check to see if it all it feels good  
Do not extinguish the fire, let it burn properly.  
Though think before act, think before elections.  
There must be room for all, all must huh.  
The whole world was bleeding and crying for help  
Here we complain over anything that does not make us satisfied.  
Stop, check to see if it all it feels good  
Do not extinguish the fire, let it burn properly.

Stop, check to see if it all it feels good  
Do not soak the fire, let it crackle as it should.  
Defy your fears invest your faith  
Resist the arrest you confuse with Roses  
Want to create your future, shaping your life

Do not hang down in dogma, borders, and strife.  
Stop, check to see if it all it feels good  
Do not soak the fire, let it crackle as it should.

Believe in life philosophy, here I stand, here I remain



## **Ego**

Up on the hill three soldiers did sit  
They rested their legs, there was a long way left to walk  
One of them speaks of his missus back home on the farm  
The second one bound up all of the wounds  
The last man drowned in melancholy tears.

Fly little ego, fly as quickly as you can.  
Fly little ego, fly from sea, fly to land.  
From life you will learn, fly out and take a chance  
Life will carry you, you'll learn to find balance

I stand secure in my action/deed, when praise makes me hot.  
I feel safe in this position; feel huge in my ego's arms.  
Enjoying every second, people acclaim me as king.  
Big and strong and healthy. The illusion makes me round.

The body has taught me to breathe.  
The ego has taught me to take.  
I have learned to mix the good evil/wickedness that I have.  
Enjoying every second, people acclaim me as king.  
Big and strong and healthy. The illusion makes me round.

Does it matter if I steal a little,  
If I steal from my neighbour, if I take from his country?

Fly little ego, fly as quickly as you can.  
Fly little ego, fly from sea, fly to land.  
Does it matter if I steal a little bit?  
If I steal from my neighbour, if I take from his country?

Illusion makes me free from what my eyes see  
Became blind in this battle, even in the struggle for success  
The illusion makes me free from what my eyes see  
Became blind in this battle, in the struggle for success

Not that I want to see how I'll become from life's journey  
It all seems to be wrong, undergoing a sick transformation.

Just wanted all to be well, though there was no one to explain.

Now there are only explanations that I try to defend.

Adam Fastholm: Mpc/Sampler, guitar, synth, vocals

Dawn Fastholm: Vocals

Thomas Fløe Nielsen: Hammond, synth

Jay Zamroud Habib: Bass, mandolin, guitar

Kristoffer Sidenius: Drums, percussion

Trine Trash: Harmonium

Anders Juhl Nilsen: Trumpet

Kristian Rinck-Henriksen: Trombone

Johan Bylling Lang: Saxophone

## **Intro**

My eyes flicker, I can't find my way on/forward  
The screen has gone out and my body burns hotly.  
It burns, this love it burns,  
I try a just little to be a bit careful  
Though a little also bites. Yes, my sense has disappeared.  
It's burning, feels like this head of mine is exploding.

So easily tempted, easy to reach, captivated by your charm, yes, every hair rises.  
With every glance your smile I see, squirms in the body so the heart wants more  
Take all my strength, drain my energy, it's all OK if you give me your time.  
Tempted so easily, too easy to reach, must be with you, woman, it's all I can manage.

My eyes flicker, I can't find my way on/forward  
The screen has gone out and my body burns hotly.  
It burns, this love it burns,  
I try a just little to be a bit careful  
Though a little also bites. Yes, my sense has disappeared.  
It's burning, feels like this head of mine is exploding.

Trying to smile even though it fades, try to forget yet cannot,  
Feels like only you can give me back my spirit.  
The time spent with you lights up my flame.  
Did I do something wrong that I didn't know about,  
Forgot to give you the space that you asked for.  
Please let me know, am stuck in a vacuum,  
As long as I don't know, I'll be stuck in my emptiness/vacuum/void.

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The screen has gone out and my body burns hotly.  
It burns, this love it burns,  
I try a just little to be a bit careful  
Though a little also bites. Yes, my sense has disappeared.  
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