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In 2021, we started working in cycles. Through the practice of archiving, research, and music, we worked relentlessly to explore our thoughts and processed them through sound. We took this time to create, catalog, document and digest our work based on themes of self care, improvement and preservation. Our music and art takes inspiration from life experiences. These works were written over multiple cycles and completed in 2021.



Discomfort ¶ Through the physicality of our bodies and senses, we have all felt discomfort. Through our minds, we

process these inputs as mechanisms to protect our well-being. ¶ When we invite discomfort, we learn and play with its boundaries. We openly acknowledge the unknown. When we acknowledge the unknown we open a door to adventure, spontaneity, and variety. We start molding our character by diluting discomfort with wisdom to create space for structures of support within ourselves.

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Depression + Perseverance

Depression creeps into our thoughts, physical body and expands through our senses while replicating like a virus to our surroundings. The root of depression is ultimately ourselves, our mind, our physical body, our state and the relationship we have with these feelings and emotions.

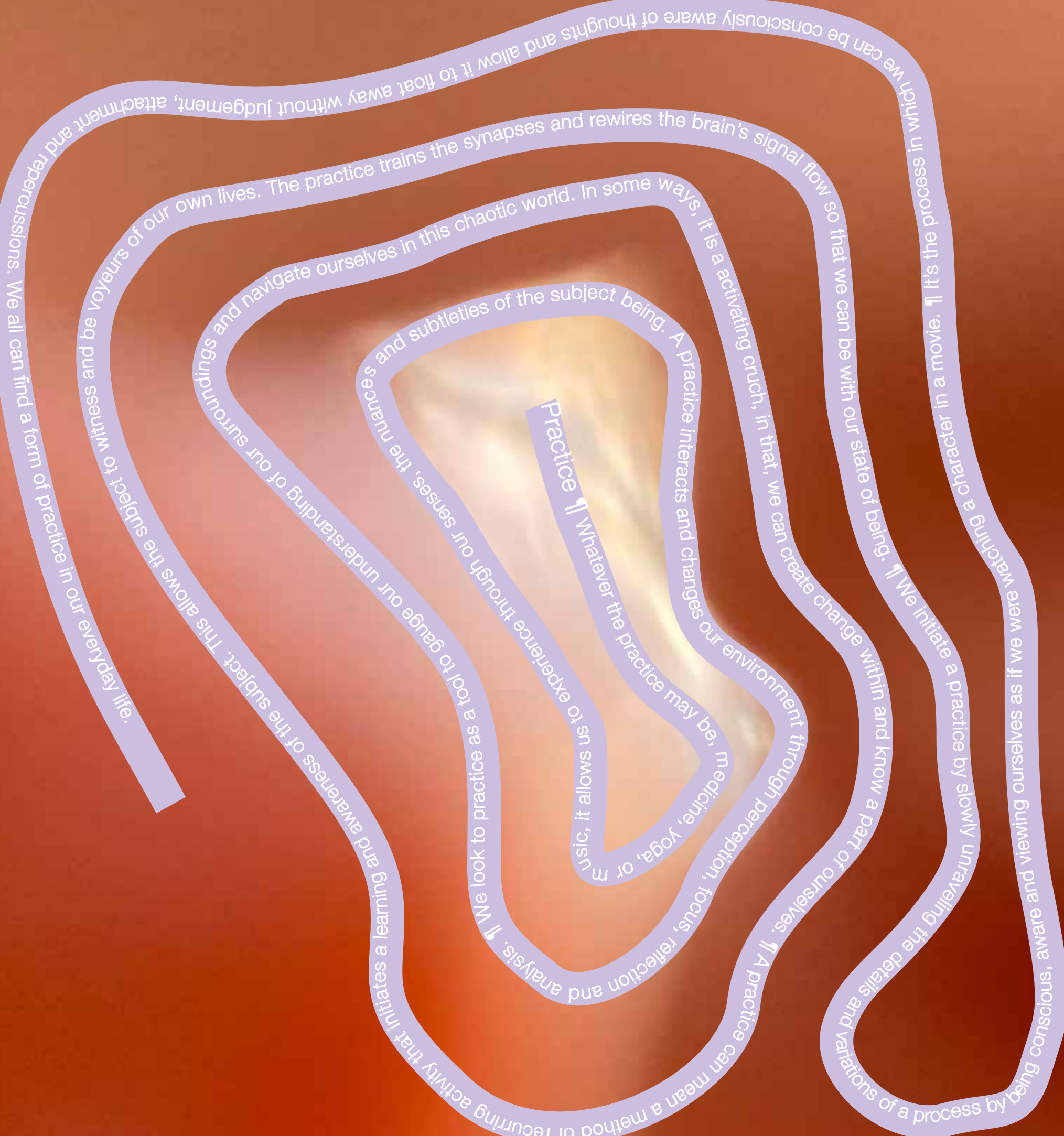
Perseverance is the repetition of effort, to create change and maintain control of ourselves in observation of our state in action. The most difficult times are the times in which we MUST persevere. Persevering is hard, difficult like speaking to a noisy crowd on a soap box. But if we learn and practice perseverance, even when it's difficult, it can open doors to places in our lives that we didn't know existed.

Persevering means cutting to the root of the depression so that the soil filled with new plants, opportunities and ideas to grow until it comes time to harvest. Persevering is knowing that the stitches will hurt, but the wound will heal. We persevere every day by consciously recognizing and choosing how we confront our obstacles, but must persevere and witness our lives so that depression does not take over.

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Practice

We look to practice as a tool to gauge our understanding of our surroundings and navigate ourselves in this chaotic world. In some ways, it is a activating cruch, in that, we can create change within and know a part of ourselves. ¶ A practice can mean a method or recurring activity that initiates a learning and awareness of the subject. ¶ This allows the subject to witness and be voyeurs of our own lives. The practice trains the synapses and rewires the brain's signal flow so that we can be with our state of being. ¶ It's the process in which we can be consciously aware of thoughts and allow it to float away without judgement, attachment and repercussions. We all can find a form of practice in our everyday life. ¶ We initiate a practice by slowly unravelling the details and variations of a process by being conscious, aware and viewing ourselves as if we were watching a character in a movie. ¶



It does not retain the amount of water our body needs to quench its thirst. Forgive the physical glass because it does not retain the amount of water our body needs to quench its thirst.

Forgiveness ¶ Be aware and witness of our thoughts, sayings, and actions. It can be something as little as pouring a glass of water when we are thirsty.



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Good Room
Trophy Bar
Broken Teeth Crew
Public Records

Bossa Nova Civic
Club
Webster Hall
Trouble & Bass
Dubwar
Groovology
Scott from
Sweetwater
Luke and Heff from
PMC Speakers
InGrooves
Diggers Factory

T. Nguyen

1. The Kissing Song
2. Meet Me Again
3. Emptiness
4. 'til Late
5. Cell Sight
6. Love, Mercy & Justice

All tracks written and produced by T. Nguyen
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