**CRASH N RECOVERY- DEEP IN THE WOODS**

**All songs produced by Johan Arveli**

**DEEP IN THE WOODS**

- MUSIC BY ROBERTH JOHANSSON & LINDA ENGSTRÖM LYRICS BY LINDA ENGSTRÖM ARRANGEMENT BY THE SONGWRITERS AND JOHAN ARVELI, DANIEL JONSSON, OLOF SÖDERLIND & LARS ÅSTRAND

We’ve played this song live since 2013 and it’s always the perfect way to end the show. Nowadays when we perform it live we’ve added a drum solo where Olle really gets a chance to display his great talent as a percussionist. I think I speak for all of us when I say it’s one of our favorite songs to do live. The whole song is built around this riff that Roberth came up with and it didn’t take me long to write the melody and lyrics to go with it. And on a more serious note, it sets the tone for the album as a hole where these dark lyrics are a reoccurring theme in this record and I will discuss this further when dealing with some of the other songs./ Linda

Deep in the woods where no one goes, where no one goes

Misty and dark where no wind blows, where no wind blows

No rest no place to stay, I am running I am running

I’ve never seen the light of day

I hid from the world a long time ago, a long time ago

I don’t remember when and I don’t wanna know oh I don’t wanna know

No rest no place to stay, I am running I am running

I’ve never seen the light of day

There’s no stopping now, once I’ve begun, once I’ve begun

My home is my grave when I’m all done, when I’m all done

No rest no place to stay, I am running I am running

I’ve never seen the light of day

Deep in the woods where no one goes, where no one goes

Misty and dark where no wind blows, where no wind blows

No rest no place to stay, I am running I am running

I’ve never seen the light of day

SINCE WE WENT TO SLEEP

MUSIC & LYRICS BY: LINDA ENGSTRÖM ARRANGEMENT BY THE WHOLE BAND

Sometimes it feels like I’m not a part of this society and its’ warp-speed technological evolution. I just don’t buy that we were made to sit and stare into some sort of screen for the amount of time that we actually spend in front of them. I definitely see a danger in this addiction that seems to become the disease of our time. When parents rather read status updates on Facebook than watch their children perform in a school play or giving small babies the access to Smartphones or IPads to keep them distracted so that they, themselves can continue to distract themselves with this sort of devices. Also we need to stop and think of the consequences of this enormous consumption of technological equipment and what it will do to the earth in the future when the piles of waste that can’t be recycled have expanded to mountains surrounding us. Now I’m not saying that we shouldn’t evolve or that all technology is bad altogether for us but I am saying that we should aspire to find some kind of balance and awareness regarding our own behavior and the influence media have on us; wanting us to continue to consume more… and more. If we were to look up from these screens for a while and just be, to interact with the real world, nature, our families and friends for the equal amount of time that we usually spend in front of these devices and in their artificial world, I think we would feel as if we’d just woken up from the longest sleep./ Linda

It’s all upside down, yet we go round and round

The world is crying but who are listening

We’re all so busy

Birds of steel steal the sky, making clouds of white lines

The world is bleeding but who are listening

We’re all so busy

Chorus: Being slaves of technology, glued to our precious screens

Dealing with reality by walking in a dream

If we’d look up for a second we would all get to see

Everything that’s happened since we went to sleep

The rich feed off the poor, still insatiable

All these cracks in the system never enter our minds

We’re all so busy Chorus

Tied to mindless routine, machine before family

How did this come to be, we’re just following the stream

In these crowded big cities that we call home

We’ve never been so many yet so alone

**MINEFIELD**

MUSIC & LYRICS BY: LINDA ENGSTRÖM ARRANGEMENT BY THE WHOLE BAND

I went through a very dark period a few years back where I really started to question the purpose and meaning of life and struggled hard when faced with the absent answers. I dug deep inside of my being and traveled reluctantly to the outskirts of my soul and stood there, on the edge, staring down the dark and threatening precipice in front of me. Many of the songs on this album sprung from that particular time and the desperation, the frustration of my darkened mind is the thread which holds these songs together. When I wrote Minefield I had recently read “The myth of Sisyphus” by Albert Camus and I was very influenced by his thoughts and found both sadness and solace in his words. I had also just visited Café Flore in Paris where Camus and other great philosophers used to spend time and discuss the same issues that still linger within me./Linda

How did I wind up here?

I swear I’ve never seen this place before

A paralyzing, mindblowing fear

Has taken over every limb

I’m shaken to the core

C: This territory, hostile and unfree

Rescue me from this minefield

This territory has brought me to my knees

Rescue me from this minefield

Oh rescue me from this minefield

It wasn’t my intention to fall

And I never meant to go down this road

It’s not like me to beg and to crawl

Yet somehow I am left with no other options

Have mercy on my soul

Chorus

**LAST FLIGHT**

MUSIC & LYRICS BY: LINDA ENGSTRÖM ARRANGEMENT BY: LINDA, JOHAN & ROBERTH VOCALS AND HARMONICA BY: JOHAN ARVELI ACCORDION BY: ROBERTH JOHANSSON

This is a follow-up to Minefield in the line of those songs that I’ve just mentioned. If possible, even a bit darker and a more desperate cry for help than the previous. My favorite line when it comes to attempting to describe those powerful emotions I dealt with appears in the second verse; this nothingness keep on tearing my bones apart. It’s squeaking inside like a bird on its’ last flight. That was as close I got to put my inner struggle into words. The song were lifted a great deal by Johan Arveli’s beautiful vocals on it which are sung in unison as two aspects of one voice.

It’s dark in here

As the night pulls me near

It’s been so long since I saw

The light of day

Or the right way

C: Throw me a rope

Pull me up from this gorge and restore my hope

Force me to see and make me believe

That brighter days are waiting for me

This nothingness

keep on tearing my bones apart

Well it’s squeaking inside like a bird on its’ last flight

I’m not alright

Chorus

**DAMAGED**

MUSIC & LYRICS BY: LINDA ENGSTRÖM ARRANGED BY THE WHOLE BAND VOCALS: OLOF SÖDERLIND

What can I say? This is a classic country duet about a couple who are realizing that they have grown apart instead of closer together. There’s no anger or blame from either part. It’s just a sad conclusion that they’ve come to the end of the road.

No matter how bad we want it to

Work out between us

We both know the painful truth

That me and you have been unglued

C: I’m afraid we’ve strayed

From where we began

I’m afraid you want something

And I want something else

I’m afraid this charade

Is getting out of hand

I’m afraid this damage

Can not be repaired

No matter how hard we try

Or how we let ourselves fall deeper in denial

We’re just buying time

To avoid speaking our minds

Chorus

TOO LITTLE TOO LATE

MUSIC & LYRICS BY: LINDA ENGSTRÖM ARRANGED BY THE WHOLE BAND AND MADS TOGHOJ SECOND VOCALS BY: MADS TOGHOJ

After having written this song me and Roberth started to look for a duet partner outside the band- just for the fun of it! And when we played at Skagen Festival in July 2013 we found what we’d been looking for in singer/songwriter Mads Toghoj who also performed at the festival. Later during the festival; actually it was right after Buffy Sainte Marie had finished her show, we introduced ourselves to the son from Skagen and asked if he’d be interested in a collaboration. The rest is history since you’ve probably already heard Mads’s very cool vocals on the track. But I just have to tell you about how we came to record the song. Mads sent us an e-mail saying that he would really like to come visit us in Östersund and record it in our studio, together. And that we did. On a grey winters day he flew over from Denmark to Östersund and the result is this song.

Yes there was a time When I waited for your call

When I would’ve given anything

For you to show up at my door

Now it’s too little too late I grew tired of waiting

Hear me out now darling Before you brush me off

I’m a changed man I’m not the kid I used to be

So please don’t say

It’s too little too late You got tired of waiting

You must have some kind of radar to know

When I’m happy and contempt When I’ve started to let go

Now it’s too little too late I grew tired of waiting

But I have come to apologize- oh save your breath darling

And to let you know that I’ve realized- well I couldn’t care less

That I’ve been wrong all along You’ve been the one

Oh it’s too little too late I grew tired of waiting- But we belong together

It’s too little too late I grew tired of waiting- I can’t go on without you

It’s too little too late, I don’t care what you’re saying

I grew tired of waiting

**IF YOU ONLY WERE MINE**

MUSIC & LYRICS BY: LINDA ENGSTRÖM ARRANGEMENT BY THE WHOLE BAND AND IN PARTICULAR JOHAN ARVELI PIANO BY: FREDRIK HÖGBERG

We recorded the piano in Fredrik Högberg’s studio Courthouse Music in Nyland and I think that added the extra dimension Johan needed to find inspiration for his classic Pedal Steel in this song and then did a great job mixing where the pedal steel and the piano both get their individual space in the song.

Will she ever love you

The way that I do

The pain she causes you

I would never treat you that way

C: I’d never betray you

I’d always stay faithful

Eternally grateful

That you were mine

You’d never be let down

I’d never leave your side

Until the end of time

If you only were mine

I’d never leave you hanging

Waiting like a fool

The way she makes you do

I would never do that to you Chorus

As long as my heart keep beating

As long as I’m capable of dreaming

I will be waiting Darling

**RESTLESS MAN**

MUSIC & LYRICS BY: LINDA ENGSTRÖM ARRANGED BY JOHAN ARVELI & THE WHOLE BAND VOCALS: OLOF SÖDERLIND

Another classic country song sung in a duel between me and Olle. My favorite bit is Lars Åstrand’s great solo on the fiddle. It’s about a woman who’s holding on to a man who doesn’t want to be tied down. That stereotypical image of a man with commitment issues, always looking for greener pastures, always keeping one foot out the door is what I’m playing with in this song. And I’m pretty confident most of us have run into a guy resembling this caricature and despite our better judgment, fallen for his fleeting nature. Or what do you say ladies;-)

He was nearly mine

It was my heart on the line

I tried my best to make him stay

Instead he slipped away

I should’ve pulled the breaks

The first time he said

C: I’m a restless man I’m a restless man

Never been a fan of dry land

I’m a restless man I’m a restless man

Change me if you can

I can’t believe that’s what I tried to do

But I was wasting my time on you

Cause old habits die hard

And a bad habit is what you are

But tell it to this foolish heart that stayed hopeful when he said

Chorus

I swear that’s what he said

**THE FALL**

MUSIC & LYRICS BY: LINDA ENGSTRÖM ARRANGEMENT BY: JOHAN ARVELI, LARS ÅSTRAND & LINDA ENGSTRÖM ACOUSTIC GUITAR BY: JOHAN ARVELI

And now we return to the dark songs. The Fall is nothing but an extension of Minefield, Deep in the woods and Last Flight. They all circle around the same core and that is; deep, consuming, existential anxiety. But in this song, there’s a silver lining which is absent in the previously mentioned songs that suggests that there might be a ray of light in the midst of the deepest darkness. And when everything seems hopeless and you’ve tried everything yet nothing seems to be working in your favor, you just have to let go. Instead of struggling and fighting against the current, just let go and follow it. Just fall.

The world is a stranger

Reading a paper in a café

Never to endanger

Any secrets through appearance

As silent as a wall

Leaving you uncomfortable

C: When you’re hanging on the ledge

Holding on to the weakest of branches

Don’t resist Just let go

And let the angels catch you when you fall

One day you will wake up

And you can’t recognize

Those strange eyes in the mirror

Staring at you like empty holes

Those cracks in the wall

Make sweet illusions fall

Chorus

**TAKE ME BACK**

MUSIC & LYRICS BY: LINDA ENGSTRÖM ARRANGEMENT BY THE WHOLE BAND

This is another song dealing with the same issues yet this time the perspective is a little different. As the title suggests this song explores the false comforts of nostalgia. Wishing one could go back to another time, or another place, or to a past relationship where things were better than they are now. It could also be talking about the relationship with one’s own soul or even to God. Longing back to something that has been experienced but probably won’t ever be again. When it comes to the music I have to give extra cred to Daniel Jonsson who does a great job on the bass in this song.

My home was the garden

Now I’m told I won’t ever get back in

I’ve been locked out and left in the middle of the street

I’ve done paradise Now all I do is bleed

I’ve done paradise Now all I want to do is scream, scream

C: Come on Take me back

Take me back

I beg and I plead

Come on take me back

Take me back

Lord have mercy

Alone I roamed the garden

I had it all and I can’t have it back again

I’ve been kicked out and left in the middle of the street

I’ve done paradise now all I do is bleed

I’ve done paradise now all I want to do is scream, scream

Chorus

**GUILTY AS CHARGED**

MUSIC & LYRICS: LINDA ENGSTRÖM ARRANGEMENT BY THE WHOLE BAND TRUMPET: CHRISTER LÖFGREN FLUGELHORN: INGEMAR FORSLUND LEADVOCALS: OLOF SÖDERLIND

I wanted to write a song where Olle could do the lead vocals. In my opinion, his voice is very suitable for bluegrass so that’s what I wrote and made it a little cheeky and rough. This is a story about a man confessing his sins of adultery. He’s laying out all his cards on the table and saying; hey, I did it and there’s nothing I can do to change that now. I admit that I am guilty as charged.

In these crimes of the heart

Well I played my part

And I’m guilty as charged

The deed is done

An evil crime

I was out of line

Now I do my time

C: I am a victim of temptation

I couldn’t help it I, I couldn’t help it I

Hear my howl my sole confession

Oh I admit that I, I admit that I am

Guilty as charged

In these crimes of the heart

Well I played my part and I’m guilty as charged

I said I played my part and I’m guilty as charged

C: I am a victim of temptation- I couldn’t help it I, I couldn’t help it I

No road leads to my redemption- I won’t be saved no I, I gotta face the fire

Hear my howl my sole confession- Oh I admit that I, I admit that I’m

Guilty as charged

Of these crimes of the heart

**UNDEFEATED**

MUSIC & LYRICS BY: LINDA ENGSTRÖM ARRANGEMENT BY: JOHAN ARVELI, OLOF SÖDERLIND AND THE WHOLE BAND ACOUSTIC GUITAR BY: JOHAN ARVELI BACK-UP VOCALS BY: MADS TOGHOJ

And we go full circle with this song. We return to the theme of philosophical discussion and existential anxiety. A topic that you’ve come across on most songs on this album which now takes it to the edge. Undefeated is about the fleeting nature of all things. That the lives we’re given to spend here on earth are painfully short and that time is a relentless enemy, showing no mercy or compassion for the pleading cries of men. No matter how we try to catch it and hold it still, it inevitably gets away from us.

Good hearts on the ground

Good people fallen behind I

Can’t find reason or rhyme to life

Six feet down rest all the builders of these great nations

Forgotten lives lived by good men

C: Time gets away from us

Ashes to ashes and dust to dust

There’s no turning of the hourglass

Time is undefeated

Undefeated

I once was here

I lived and loved and I shed my tears

For this world which devoured me in return

Chorus

Time gets away from us- like a memory of a distant dream

Ashes to ashes and dust to dust- like fallen leafs running down the stream

Time gets away

was it all a dream

Bonus track: FARE THEE WELL

MUSIC & LYRICS & ARRANGEMENT: LINDA ENGSTRÖM PIANO: LINDA ENGSTRÖM RECORDED IN ONE TAKE AT: COURTHOUSE MUSIC IN NYLAND ( A BIG,BIG THANK YOU TO FREDRIK HÖGBERG)

In every sweet memory

In everything I cherished

Something that’s been there for all of these years

Vanished like dried up tears

Fare thee well innocence of youth

How swiftly aloft it flew

Fare thee well to the wholesome and true

Fare thee well to you

Fading like withering leafs

That linger in eternity

It sweetens the bitter reality

As long as you choose the dream

Fare thee well innocence of youth

How swiftly aloft it flew

Fare thee well to the wholesome and true

Fare thee well to you