



NEPH>R15E

## **A slow ride towards death**

**Alexander Lycke** Vocals

**Per Schelander** Bass, Vocals, percussion

**Johan Hallgren** Guitar, Vocals

**Martin Larsson** Drums, Vocals

All keyboards played by **Jörgen Schelander**

Background Vocals by **Karolina Karner**

Produced, recorded and mixed by **Marcus Jidell**

Mastered by **CJ Grimmark**

All photos by **Therés Stephansdotter Björk**

Cover by **Russin**

## **Lonesome cry**

The first song we wrote for this album. During an extremely creative weekend in Johans studio this song just landed right in front of us. Johan started to play the riff and after that we where interrupting each other with ideas how to take this further. It was one of those moment you know you have something really good coming and the energy in the room was almost physical.

Music: Johan Hallgren, Per Schelander, Jörgen Schelander, Alexander Lycke,  
Martin Larsson

Lyrics: Per Schelander

## **Take me with you**

If Lonesome cry was easy this song went through several changes. There was some struggle with the chorus and we tried a lot of different things with both vocals and music. The wonderful thing with writing music is that you just have to "tune in to something else" and turn on some kind of autopilot to make it. The final version of the chorus was unexpected but when the autopilot kicked in, lyrics and melody came in one package. Same thing with the intro melody that was an improvised first take during the demo session - you just have to be in the zone.

Music: Per Schelander, Jörgen Schelander, Alexander Lycke

Lyrics: Per Schelander

## **What you resist will remain**

Many of the songs on this album is actually based on mistakes! I was going to dub the guitar with some strings but managed to play the chords in the wrong order and then you got that tension that makes the intro sound both majestic and a bit twisted. The fact that we need to confirm our negative thoughts and behavior before we can leave things behind was the inspiration to the lyrics.

Music and Lyrics: Per Schelander, Alexander Lycke, Jörgen Schelander



## Never let you go

This one is also based on a mistake. Most of the song was written during that intense weekend in Johans studio but it missed a main riff. I started to work on it but my guitar was out of tune so I started to tune it, put my fingers on the wrong fret and BAM - the intro riff that also became a main theme was written.

**Music:** Per Schelander, Jörgen Schelander, Alexander Lycke,  
Johan Hallgren, Martin Larsson  
**Lyrics:** Per Schelander

## Youtopia

Ever had the feeling that you invested too much in a relationship? That the person you thought had it all has limitations? The idea that something is perfect always dazzles you and makes you blind. I played the guitar melody for Jörgen and his only response was - that will be a good song. My intention was to write a moody dark ballad but once again, creativity wanted something else. I was looking for drum beats and by accident I started a drum loop with an indian vibe with lots of toms while I was playing around with the melody. From that moment the song took a different direction. I elaborated a lot with bends on this one to capture the feeling and make the music go with the lyrics

- Something isn't right, disharmony...  
**Music and lyrics:** Per Schelander

## Until It ends

Another one from the weekend at Johans studio. Johan had the idea for the refrain and we built everything from there. Jörgen had a cool part played on synth bass lying around which used for the solo part, but played on electric bass and we even kept the guitar solo that Per played from the first demo. The lyrics is written after one of the numerous mass shootings in the US. Will we ever learn to take action and appreciate life before it ends?

**Music:** Johan Hallgren, Per Schelander, Alexander Lycke,  
Jörgen Schelander, Martin Larsson  
**Lyrics:** Per Schelander

## Control

Featuring Johan on lead vocals. Jörgen had most of the song ready and we just made some small adjustments to put it all together. Martin came up with some cool rhythms and Per added the guitar riff in the beginning.

**Music:** Jörgen Schelander, Per Schelander, Martin Larsson, Johan Hallgren  
**Lyrics:** Jörgen Schelander

## M.E 2020

The main theme, written by Jörgen has been around for almost twenty years. We have tried it in many versions but it never felt right. This time we where determined to use it, so we digged deep and hard into creativity to make it into a whole song. We knew we wanted the song to be like a long journey that described our relation with music and we used everything to make that happen. The children's choir in the ending is sung by Mino Schelander. Once again that idea started with a mistake. Me and Alex was working with the ending and I had forgotten to mute the strings played in the chorus. Because of this, the melody just started by accident but now it was in the wrong key and sounded spooky so we just looked at each other and said - keep it! I had to record Mino singing in Swedish, in the wrong key while Johan is growling.

**Music:** Per Schelander, Jörgen Schelander, Alexander Lycke  
**Lyrics:** Per Schelander

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Therés Stephansdotter Björk  
family and friends.



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