



# EMEFE

RELEASED MAY 5 2015

## TRACKLISTING

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tension

**[introduction]**  
**the one**  
**come back to me**  
**cb2m [reprise]**  
**same thing**  
**sun spat**  
**summer**

release

**listen closely**  
**free to scream**  
**40 watt**  
**dream your life away**

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We begin in static: the undefinable noise and clutter of everyday life. We come to terms with anxiety and fear, we pit complacency against change. Through the Tension Suite, we descend into these static emotions, never escaping them; in the Release Suite, we ascend beyond, into a place of clarity and light...

We

find

EMEFE.



Produced by Miles Arntzen, Jake Pinto & EMEFE  
Additional production by Jacob Blumberg & Jas Walton  
Mixed & mastered by Jacob Blumberg  
Recorded [& additional mixing] by Dan Knobler  
Mixed at Mason Jar Music, Lido & Cornelia Street  
Recorded at Casa Ramos, Mason Jar Music, Cornelia Street & Lido  
All songs written by Miles Arntzen [smilesahead, ASCAP] except:  
Sun Spat: Jas Walton [Mo Boogie Music, ASCAP]  
Come Back to Me [reprise]: Miles Arntzen & Jas Walton  
Additional writing on The One, Come Back to Me & Dream Your Life Away: Jas Walton  
Performed by EMEFE:  
Miles Arntzen [vocals, drums]  
Jas Walton [saxophones, vocals]  
Jake Pinto [keyboards]  
Doug Berns [bass]  
Javier Ramos [percussion]  
Deen Anbar [guitar]  
Michael Harlen [guitar]  
Michael Fatum [trumpet]  
Additional performers:  
Trombone, vocals, tuba: Raymond Mason  
Baritone saxophone, vocals: Zach Mayer  
Electric guitar: Dan Knobler  
Laughter: The Ramos Family  
Dream Your Life Away singers: Claire Clayton, Mary Knapp,  
Melody Rabe, Lily Wen, Jenny Tangen, Alix Eve Schram, Miriam van  
Eck, Hannah Herman  
Album art & design: The Collected Works  
All songs copyright 2015  
Thank you to Melody Rabe, Dan Knobler, Jacob Blumberg, our families  
and loved ones, and all of our fans who have supported EMEFE.

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## 1. [introduction]

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## 2. The One

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[fall for it, don't fall for it...]  
fall for voodoo tactics, mixing you up  
all the day you're spinning to the ground  
can't feel your body, ain't hot or cold  
forces beyond control  
question why you got it, got it good  
eyes, she's left them looking in your heart  
no use in trying to fight it off  
you lost long ago

listen close, hear the sound  
rising heat off the ground  
i need my heart to calm me down, down, down...  
can you see it now?  
my head is in the clouds, now  
your voice is piercing loud, now  
and i can't hide it, i've fallen down

i can't kick the habit, give it up  
all addicted, never growing old  
why do this to me? i'll never know  
but i'm opened up, you know i'm holding on  
don't let me go

listen close, hear the sound  
rising heat off the ground  
i need my heart to calm me down...  
can you see it now?  
you're shaking on my ground, now  
your voice is piercing loud, now  
and i can't hide it, i've fallen!  
now, now... my head is in the clouds, now  
your voice is piercing loud, now  
and i can't hide it, i've fallen down

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### 3. Come Back to Me

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waiting for the turbulence to pass  
so i can breathe again  
i'm not so sure what it's all for  
waiting just to land on the ground  
so i can walk again  
falling in love with the door  
nerves palpable around me  
gently resting and waiting  
waiting for a tap on the head  
any minute it could all burst  
we're all animals again  
in the end, all of us, in the red

again, ladies and gentlemen,  
we're getting to the end  
descending all for you  
twisting and bending all for you

déjà vu is second nature now  
this has happened once before  
floating up, floating back, to and fro

again, we're leaving you again  
don't know where from when  
we're not coming back for you

tell me what's it all about  
tell me if i have to shout  
shout it out, take me to my home!  
tell me what i'm supposed to be  
tell me if i have to scream  
scream it out, don't leave us alone!

again, you're leaving me again  
don't know where from when  
now i'm all alone  
won't you come back to me?

wait, wait, wait...  
when will you leave me again?  
when will you leave me again?  
you're leaving me again...

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### 4. CB2M [reprise]

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## 5. Same Thing

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every day, same thing  
every night, same thing  
got to break  
same old way, same thing  
same old sight, same thing  
got to break

when i go through my day, all i end up doing [da, do da da do da do]  
when i go through my day, all i end up seeing [da, do da da do da do]

not okay, same thing  
not alright, same thing  
got to break  
find a way, same thing  
end the fight, same thing  
got to break  
when i go through my day, all i end up doing [da do da da do da do]  
when i go through my day, all i end up seeing [da do da da do da do]  
i have to make a change, it won't come right away [da do da da do da do]  
i have to make a change, yes i have to make a...

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## 6. Sun Spat

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## 7. Summer

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## 8. Listen Closely

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i gotta learn how to breathe again  
i kinda lost myself again  
can i find all i need for when i wake up?  
gotta learn how to listen close  
to what i know matters the most  
alarms ring inside of my heart, it's time to wake up

listen closely  
the feelings you've been feeling haven't felt good [listen  
closely]  
you think you'll never get to where you know you could  
[listen closely]  
feel the tension bubbling up  
let it pop, it'll drop  
release your heart

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## 9. Free to Scream

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floating past the people  
on these crowded dirty streets  
precious woes slip to the concrete  
some days life is just right  
clarity lights the sky so bright  
listen closely, hear all the sounds in the night

but some days don't feel the same  
deep in your bones, that feeling tugs at you,  
begging you: let me out

waging war  
on what you see, on how you are  
you're free to scream

when you start flying  
make sure your systems are in check  
'cause what's inside does nothing but reflect

there's no sense in delaying  
you can scream any time of day  
be prepared for anything in your way

'cause some days don't feel the same  
deep in your bones, that feeling tugs at you [singing],  
begging you: please, let me out

waging war  
on what you see, on how you are  
you're free to scream

move too slow, move too fast  
move too slow, move too fast  
waging war...  
move too slow, move too fast, cannot see:  
you are what you see  
you're how you are  
you're free to scream



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## 10. 40 Watt

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## 11. Dream Your Life Away

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tension and release, as if i'm asleep  
all i see are dreams  
mixing up my mind, i've lost track of time  
falling through the sky  
thousands wait on the ground  
they catch me mid-air  
and warm hands lift me up  
swearing that it's real  
the ups and downs carry me through life  
images i seek are right in front of me  
so i dream my life away  
real life so black and white  
i see colors running by  
forget the clouds hover so gray in the sky

sirens sing a grating sound  
the moment's about to come around  
when the real world starts closing in  
closer, closer...

dreams took over me, now i wake up and see  
the clouds all drift away, the world comes into frame  
surrounded by light and love,  
are these dreams pleasure or pain?  
blinding me throughout the day  
now i see clear blue skies  
all i need is patience divine

my senses opened up now  
a wash of color floods the ground  
and all i want is all i am  
i can go far as i can, as i can  
if i take it slow

