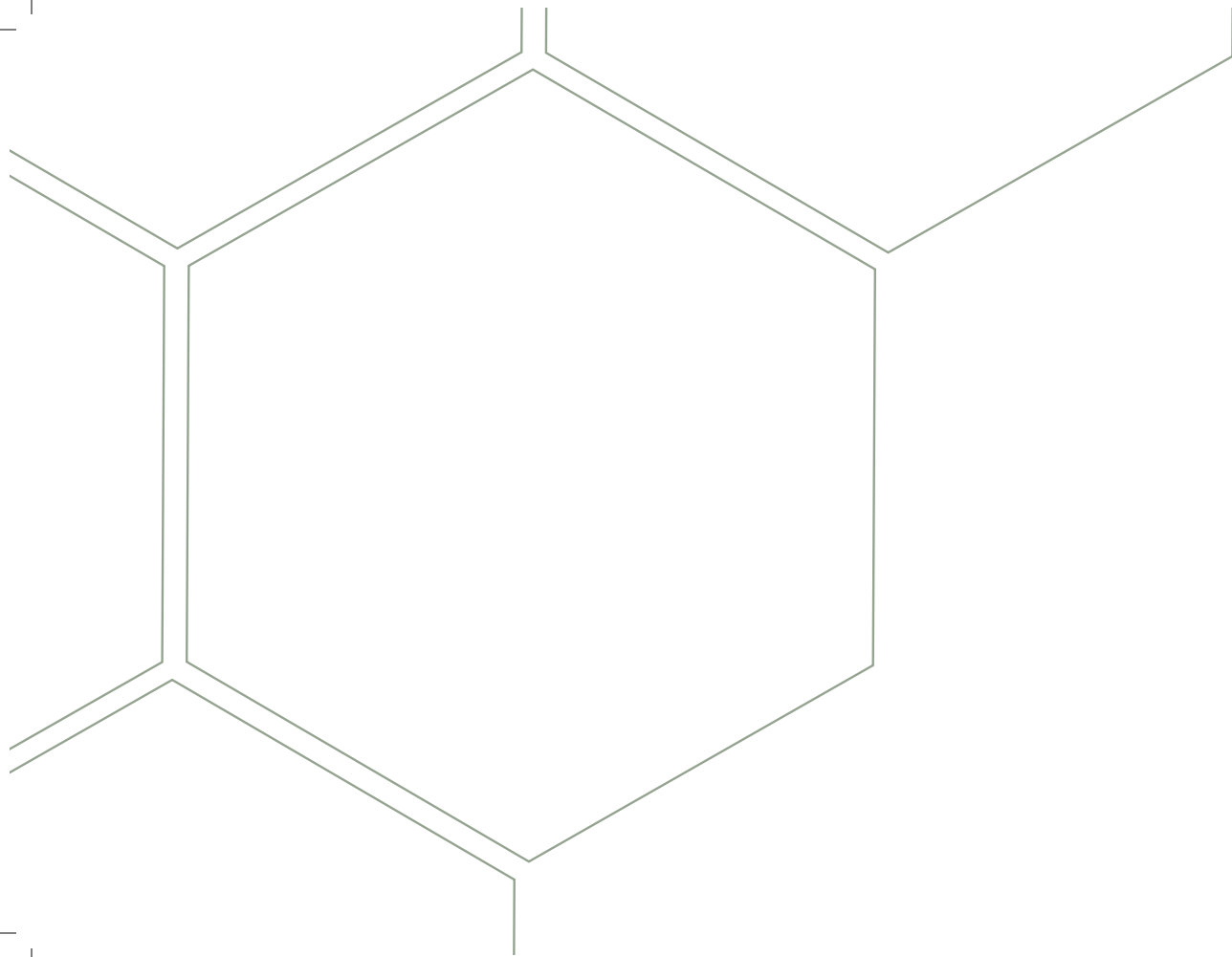




Melissa maHoney • In Spirals



For M, my golden love.

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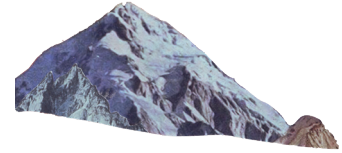
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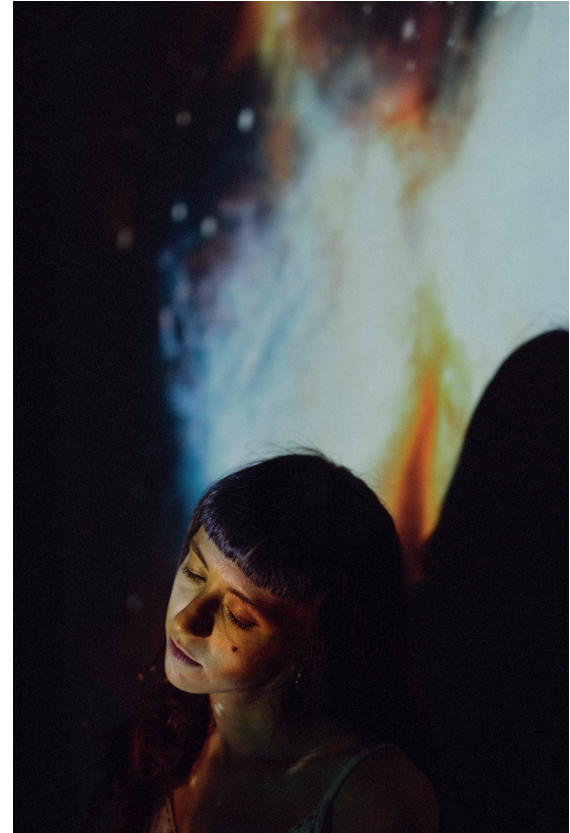
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Download Instructions



1. To download the music tracks please scan the QR code or enter the following link in your desktop browser: mahoneymusique.com/download-in-spirals
2. Type in your code and click "Enter".
Your code is EW8LS3XO.
3. Click on "In Spirals Full Album" to download the zip file with all the tracks of the album. After the download is complete, unzip the file.
5. Enjoy.

PS: The tracks are yours to download & to listen to on your favourite media player (if you don't listen to them on CD anyway). However, please keep in mind, that you would support me even more by streaming the tracks, i.e. on Spotify. This helps me gain more presence & grow my audience. THANK YOU!



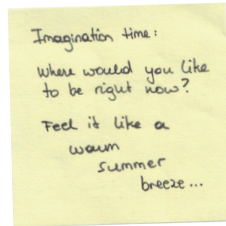
Play & Interaction

I love interaction & spontaneous play, that is not primarily about the outcome but about fun & possibly a new experience. Therefore, I have developed 2 interactive elements to accompany the *In Spirals*-booklet & songs.

1. The Riddle

My talented friend and artist Sharon Arik Karandi has spent many hours creating awesome, unique collages (purely analogue!) for each track on the album. Look at them closely. Can you spot the single letters, we've hidden in each collage? Collect all 8 letters & find the secret solution word.

To enter the prize draw, sign up to my mailing list on mahoneymusique.com/newsletter & send me the solution word: inspirals@mahoneymusique.com
For every 50 emails received, I'll give away a surprise gift to one lucky person.



2. The "Get Inspired"-Impulse-Notes

Next to the song lyrics you can find little sticky notes with ideas for you to try out with each song. While some instructions are aimed at a physical experience, others are meant to spark your imagination and encourage your introspection.

You can try this more than just once, for example on different days & places. Each time you might have another experience.

Have fun & let me know, what you discover :) (Send me an email or post it on Instagram with [#inspirals](https://www.instagram.com/inspirals))

#inspirals

Us humans benefit so much from sharing our experiences with others. It fosters our sense of belonging & cultivates the vibrant energy of community. While I would argue that social media platforms heavily backfired in terms of social connection by making people feel even more isolated behind their screens, I still try my best to demystify these platforms and use them as tools for engagement and communication, without getting too caught up.

Also, as an independent artist, it's a way for me to find my audience; people with whom my music resonates & who see value in my creations for their own lives.

So, if you are feeling it, share your thoughts & experiences with this album with other inspired people.

Add [#inspirals](https://www.instagram.com/inspirals) to your post, so we can find each other :)

PS: Your attention is one of the most precious things you can give to anyone or anything. I appreciate it very much.

Thank you.

Behind the Scenes of *In Spirals*

To want something. “The intention, the desire, the will to do something specific,” says the dictionary. I am restless. My perfectionism blocks me – so too in writing this text. The fear of never being good enough in what I do once again obscures my vision. I don’t know where to start, I’m stuck in the problem and dragging the burden of these unfulfilled tasks each day into the next. It’s the same story all over again! Well, I guess that’s how my story begins.

I’ve been making music for a long time, in various ways. I would like to omit the details of my biography here, but let me say this much: creating my own music, expressing my imagination and passion – THAT has always been my greatest dream. “Well, just do it then!” But why have I only dreamed about it year after year, just talked about it, felt desperate and lost? In fact, producing one’s own music has never been easier than it is today. The necessary equipment to get started is affordable. The internet is full of tips and tricks. Good luck telling that to my perfectionism! The abundance of possibilities often does not make it easier to find the first step. The pres-

sure is constantly growing while being stuck in self-doubt and procrastination.

Then there comes the diagnosis: “vocal cord polyp.” My confidence hit rock bottom. I’m not supposed to sing for at least half a year! A tough decision must be made: Do I want to have surgery and possibly wake up with a “new” voice, or do I take the gentle path and try speech therapy, which could slowly heal the polyp? I decide to at least record my first album with the smoky voice that belongs to me and, in the process, practice being gentler with myself and my body. (Especially to stop comparing myself to others!)

The transformation. It is time to listen to the inner silence.

I get up off the ground and start walking. Through voice training, meditation, and conscious body work, I dive into unknown depths. It often overwhelms me, but I keep at it. I feel my skin as the thin line separating the inner and outer world. I perceive how these two spheres merge in me through breath. Gravity lets me feel my muscles. Vibrancy.



I continue to educate myself, learn about trauma and core beliefs, and how they show up in deeply ingrained patterns. I practice relaxing my belly. Tears flow.

I define my three great values, by which I live my life in the most fulfilling way: Love, connectedness, & self-determination. (The first time I did this “Find your values”-test, the result was: Love, fun & imagination. Well, what can I say?) Little by little, I find myself again.

Actually, I have always been passionate about these things. At the age of 6, little Zen-Melissa already sat under the tree, pondered about existence, life and death, and the infinity of space. Right now, as I write this, and now, as you read this, millions of things are happening in the universe, some incredibly fast, some infinitely slow. Glances meet.

In every moment, we are part of a greater whole, moving in streams that all eventually flow into each other. In essence, there is more that



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connects us than separates us. Day and night. Life and death. The dynamic circles of life, of the universe.

Everything is connected and constantly in motion.

The symbol that expresses all this awareness and experience for me is – you guessed it – the spiral. A few years ago, I got a purple spiral tattooed on my left forearm to keep reminding my future self of this feeling: trust the universe, release all your desires and fears, and be grateful for another day on planet Earth.

Thousands of YouTube tutorials later. My self-doubt still hasn't disappeared, but now I know that it won't. It's just part of being human and, hey – you're holding my album in your hands! I am very grateful that the desire to unfold myself has always proved to be greater than my ego stories and fears of failure. Never could I have known that the invitation to play a concert at the Planetarium Vienna would give the decisive impulse for my debut album. How wonderful! For me, this is fate.

THANK YOU for being part of it.





Song lyrics



Me Lost - Intro

I want to get to a place
 Where I can get lost ...
 Where I can get lost in time.
 Forget about time.

Take me to a place.
 Where nothing is there.
 Where nothing holds me back.
 Where we can dissolve.
 Like dust.

In the skies. The endless skies.

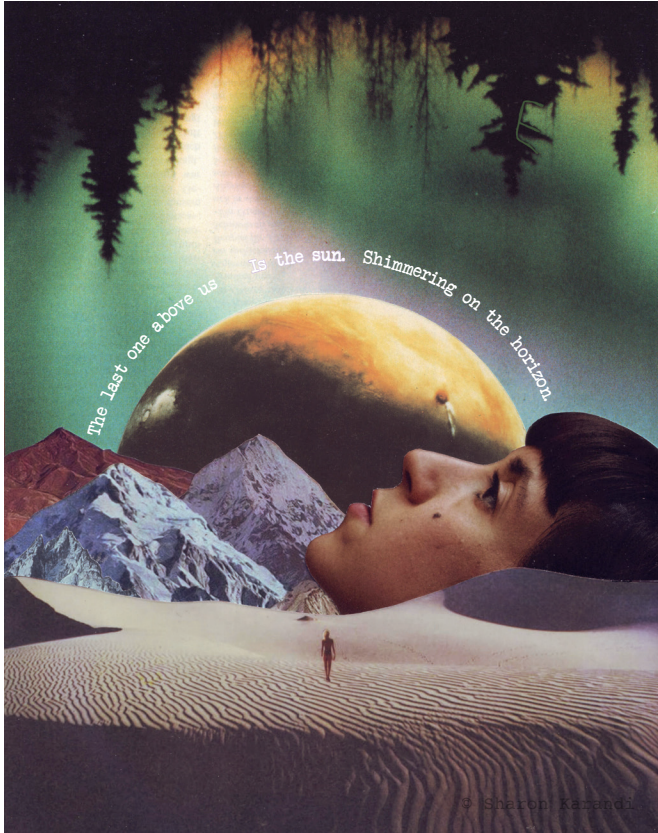
I want to see you.
 I want to be there.
 I want to be closer.
 Closer, closer to all.

lie down on the carpet
 or on the floor
 of the room you are in
 right now.
 Maybe you are outside,
 surrounded by nature.
 If so, lie down
 on the ground &
 gaze up into the sky...

I want to get to you.
 You.
 Where I
 Can get lost.



Where I Can get lost.



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On the Horizon

If stars threw out numbers
 Who would it be to count?
 Who would it be to care?

The last one above us
 Is the sun.

The last one above us
 Is the sun. Shimmering on the horizon.

Then clouds, made out of letters
 Writing the science down.
 In great gravity

The everlasting flower spreads its seeds.
 Within their limbs we grow.
 We grow wings. Flying, high above the sky.

The last one above us.
 Is the sun.
 Shimmering on the horizon.

On the horizon. Shimmering on the horizon.

In. Out. Up. Down.

Sway.
 Left to right.
 Front to back.
 Move in small circles.
 At first, lead with your
 shoulders.
 Then let your hands &
 arms explore the air
 around you.



The Green Tiger's Milk (Instrumental)

Imagination time:
Where would you like
to be right now?
Feel it like a
warm
summer
breeze ...



During the album's production phase, I spent some inspiring days with my friends Anja & Dominik at their stunning home Riegelhof. "The Green Tiger's Milk" is one of the tracks I recorded there.





Heart/Hope

With the thought of hope never dies
 I was watching the skies up above
 And there on the wall in the mirror
 And there on the wall in I was looking at you.

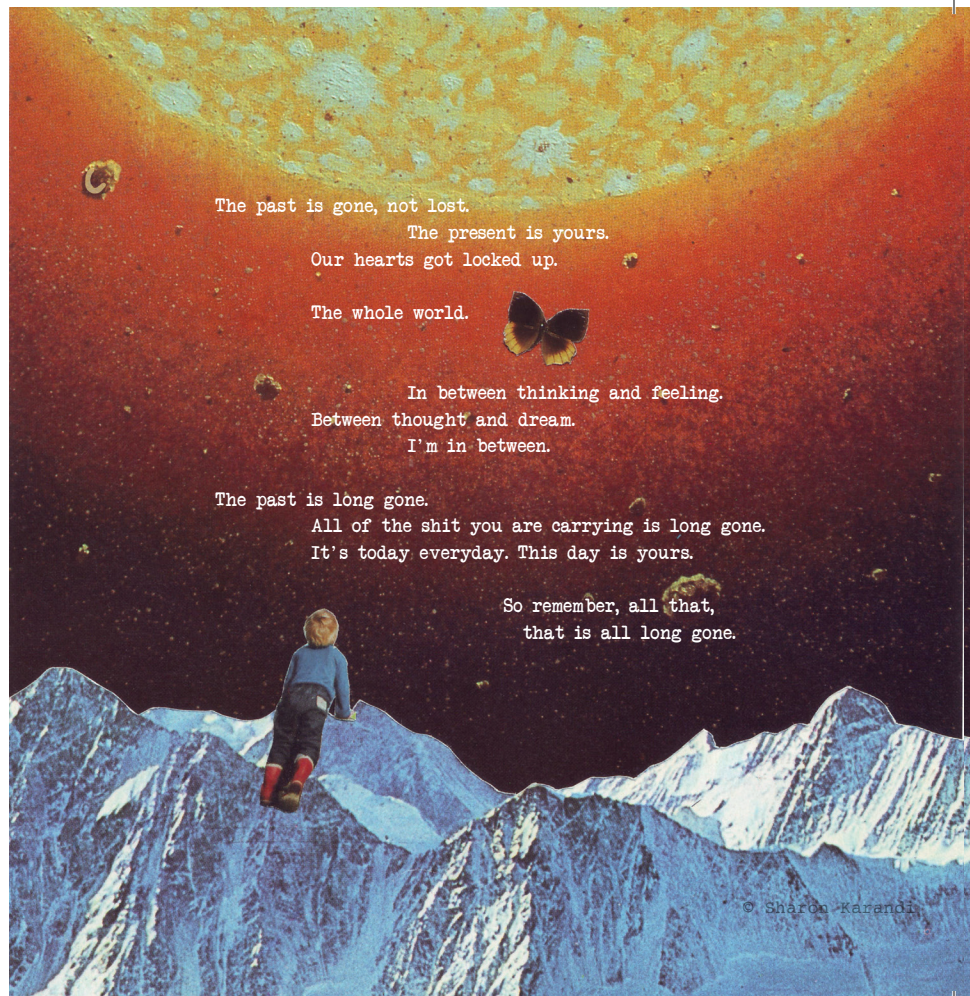
My eyes got locked.
 A line from my heart to yours
 Pulling me deeper into you...
 Looking at you.
 Blurring with you.

I was looking at you.

With the thought of love lets me fly.
 I was watching the sky.
 And I took a close look .
 The world keeps on turning
 As we keep on blurring.

I was seeing you.
 (In the sun, everywhere I went)

If you are ...
 ... inside: Slowly walk to
 a MIRROR.
 Place one hand
 gently on your chest.
 Then both.
 Now dance.
 ... outside: Start walking.
 Walk, walk, walk.
 Run, run, run.
 Spin in circles



The past is gone, not lost.
 The present is yours.
 Our hearts got locked up.

The whole world.

In between thinking and feeling.
 Between thought and dream.
 I'm in between.

The past is long gone.
 All of the shit you are carrying is long gone.
 It's today everyday. This day is yours.

So remember, all that,
 that is all long gone.

Feel the Space in You

Tell me the story of eternity.

Never mind the beginning.

I didn't quite get the start.

Right in the middle.

That's all right for me.

Who is there? What is moving? Are you there? Your voice

Is there all there is enough for all of us?

Who is there? What is moving? Are you there? Your voice

Is there all there is enough for all of us?

I couldn't dare a leap. Into the shadows of the soul.

The shadows of the human mind.

Leap in! It's beyond our grasp.

So many people. Grasping opportunities.

I could But is it enough? Enough for all of us? The soul.

And then I get lost.

In the night.

No sound. No inside, the outside is cold.

When the darkness overwhelms me and I'm all alone.

I say to myself.

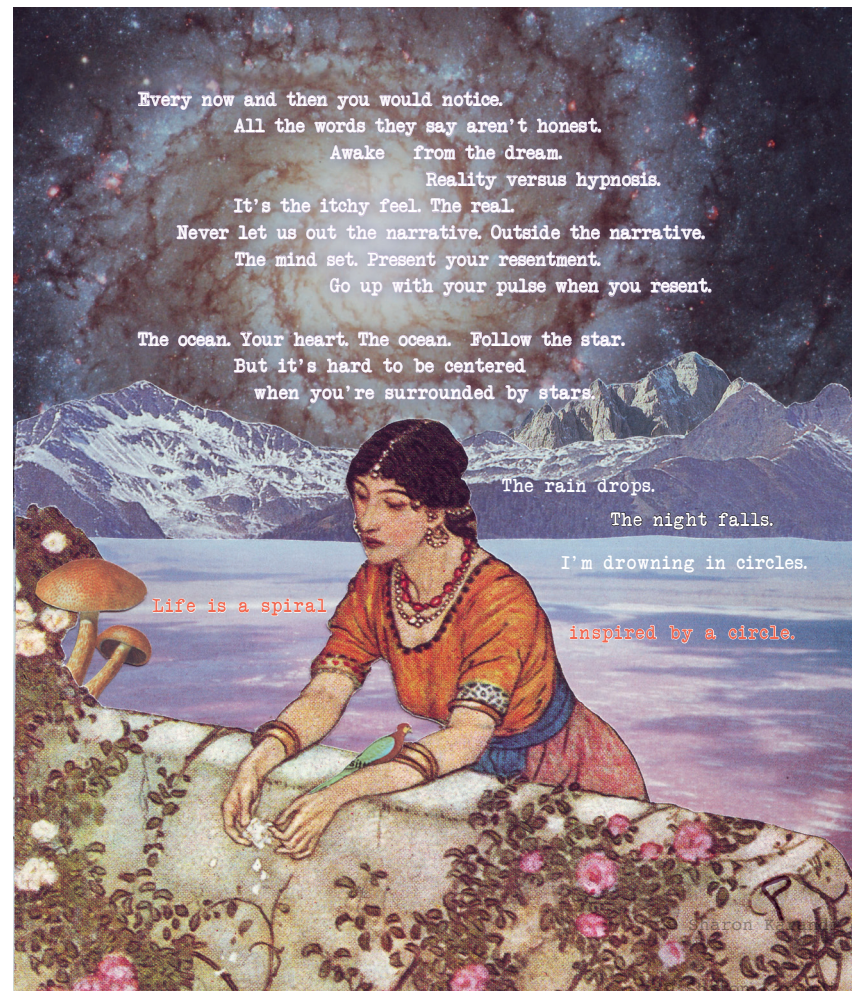
Feel the space in you.

If only I could see it clearly.

But it's hard to be centered when you're

surrounded by stars.

Everything is connected.
Just LISTEN.
You know what to do.



Every now and then you would notice.

All the words they say aren't honest.

Awake from the dream.

Reality versus hypnosis.

It's the itchy feel. The real.

Never let us out the narrative. Outside the narrative.

The mind set. Present your resentment.

Go up with your pulse when you resent.

The ocean. Your heart. The ocean. Follow the star.

But it's hard to be centered

when you're surrounded by stars.

The rain drops.

The night falls.

I'm drowning in circles.

Life is a spiral

inspired by a circle.

The Moon

The Moon has a light.

The sea causes love.

The Moon has a light.

The sea causes love. The sea causes some scars.

The sea. Then. Then the stars have your face.

When people come causes some scars.

Then. Then the stars have your face.

Your face shines, so when the stars have your face

Your face shines, so

The Moon has I, I ask, may I caress you in desire.

Desire. In desire.

Desire.

The Moon has a light.

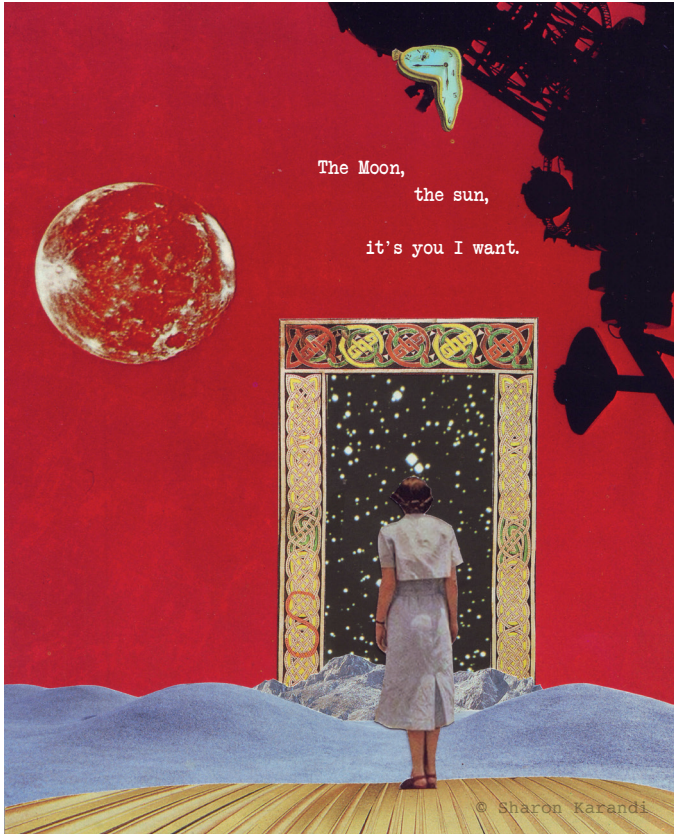
The sea causes love. The sea causes love.

What is it
that you
deeply desire?

True beauty
you cannot possess.



© Sharon Karandi



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NightnDay



Night and day, day and night, I got you, on my mind.
 It's you beneath the moon and under the sun.
 Night and day and day and night, I got you,
 I got you on my mind.
 Night and day, and day and night, I got you,
 I got you on my mind.

It's hard to find my way out in the dark without you.
 Suppose I long for some time to connect again.
 Nothing compares to the fire you set in my heart,
 body, mind & soul.

All I want is more of your golden love.

And every look that you share,
 And every look that you share,
 Word that you speak.
 I got my hands on your cheek.
 I got my hands on your cheek.
 You are the brightest star for me
 On the horizon. Shimmering on the horizon.
 (Can you believe. It's been so long since we breathe)

Night and day, all I got is you on my mind.
 When the moon shines, when the moon is high
 The moon, the sun, it's you I want.

(Scat solo)

Get ready.
 (It's somebody's
 birthday!)

Red & Gold

Up in thin air and off the scent you're thrown.
Come to me.
There's a night before the dawn.
A grip on the reasons why is not important.
Come to me.
Come to me and we might long for more,
for nothing more could brighten the space in which we dissolve.
My heart gets warmed,
as in your eyes the sun is born red & gold.

Often do I wish to be able to stop the time
Whenever I'm with you.
I slip through the moments, fall right into your arms.
You in mine. We stop the time.
By making it slow down some more
I feel the warmth we let the subcutaneous unfold. red & gold.
I feel the warmth as in your eyes the sun rises red & gold.
So let your breath fall on my skin,
with every pore I promise to hold and your desires.
The full moon & its warmth and your desires.
The full moon also rises red & gold.

Up in thin air and off the scent you're thrown.
Come to me. Come home.
Cause there's a night before the dawn.
Come to me. Come home.

Sit or lie down,
if you feel like it.
Breathe deeply,
in & out ...
Feel how GRAVITY
& the ground
carry you.

And I wish that we stay curious.
Cause there's a light and it never goes out.
We fly through time and space.
We watch ourselves grow.
And I wish that we stay curious. Stay curious.
To let yourself fall. To let it all go.
To let yourself flow. Moment to moment we flow.
Cause there's a light and it never goes out.
It's the stars shining for you.

I will always be there for you.
I will always be there with you.
I will always be there for you.
And I will always be there for you to come back to.
I feel the space here. Right here.
Can you feel the gravity? Right now.
I will always be there for you.
I will always be there with you.
And I will always be there for you to come back to.





Melissa MaHoney · In Spirals

To everyone who is holding this piece in their hands right now:

THANK YOU VERY MUCH!

Especially to those following humans:

Michael Geiger, Belma Balci, Murat Üregen, Berfin Üregen, Linda Schütte, Merve Üregen,
Irem Balci, Mualla, Kaniye & Haluk Balci, Stephan Steiner, Silas Pross, Jasmin Behnawa,
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Special thanks to Planetarium Wien for letting me play under the stars.

Performers & Contributors

Melissa maHoney – vocals, guitars, keys, bass & beat

Erika Farina – vocals (tracks 2, 4, 5, 6, 7)

Eva Prosek – vocals (track 8)

Lukas Fellner – drums (tracks 5, 6)

Felix Biller – keys (tracks 6, 7)

All songs written, produced & recorded by Melissa maHoney
Acoustic guitars recorded by the Red Korbinian @ Offbeat Mastering
Mixed & mastered by Mike Wolff @ melonFM

All photos shot & edited by Sophie Nawratil

Collage Art created by Sharon Arik Karandi

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Space for Your Notes



In addition to the full album, I have recorded two bonus tracks for you, which are available for download only! (See Download Instructions)

Bonus track 1: “Universal Lines (raw demo version)”

Bonus track 2: “Guided Meditation: Feel the Space in You”

References Collage Art

Title / Publisher / ISBN

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