

# RUN ON

JAMIE BOWER

(FEAT KING SUGAR)



WHILST ON A WINTER VACATION I WAS OVERRUN WITH THE THOUGHT AND THE MUSIC OF GOD'S GONNA CUT YOU DOWN (RUN ON), A THOUGHT THAT I COULD NOT SHAKE. MADE MOST NOTABLY FAMOUS BY ODETTA AND JOHNNY CASH, FERVENTLY I MADE MY WAY TO MY MOBILE RECORDING STATION (NAMELY MY LAPTOP) AND BEGAN TRACKING A DEMO.

I SAT BACK FROM THE WORK A FEW HOURS LATER AND REALIZED THAT THIS WAS SOMETHING THAT I LIKED. I CALLED MATTHEW TERRY AT VADA IN SOME SORT OF CHAOTIC STATE AND ASKED HIM IF THERE WAS SPACE AT THE STUDIO THE FOLLOWING WEEK AND IF HE KNEW OF ANY MUSICIANS THAT WOULD BE INTERESTED IN TRACKING SOMETHING LIVE AND WILD. HE DID, AND SO A WEEK LATER WE FOUND OURSELVES STOOD IN THE CHAPEL AT VADA, GUITARS AND STICKS IN HAND NOT KNOWING WHAT WOULD HAPPEN.



AS IS NOW MY PREFERRED METHOD OF RECORDING WE TRACKED THIS SONG FULLY LIVE, IN ONE TAKE AND WHAT YOU HEAR IS WHAT WAS PERFORMED IN THE ROOM. NO EDITING, NO FUNNY BUSINESS, NO TRICKS JUST MUSIC. GEORGE PERKS (VADA'S STUDIO ENGINEER) AND MYSELF MIXED THE SONG UP THE SSL DESK AT 2AM AFTER FINISHING TRACKING.



I HAVE ALWAYS LOVED THE LIVE ELEMENT OF MUSIC AND SO NOW FIND MYSELF OFTEN FIGHTING TO MAKE SURE THAT THE SOUNDS CREATED AND FEELING IS ORGANIC. IT MAY NOT BE PERFECT BUT IT IS REAL AND THERE IS A LOT TO BE SAID FOR THAT (IN MY HUMBLE AND SMALL OPINION).

THE VERY NEXT DAY CALLAN AND I SAT DOWN TO DISCUSS THE STORY PART OF THE VIDEO. BEING AN AVID HORROR FAN AND INTERESTED IN ALL THINGS SYMBOLIC WE DISCUSSED THE CONCEPT AND WHAT REFERENCES / INSPIRATION WE WOULD LIKE TO INCLUDE IN THE VISUALS. SO THAT NIGHT WE BEGAN BUILDING A 8FT CRUCIFIX TO CARRY UP THE MALVERN HILLS AT 5AM THE FOLLOWING DAY. FREEZING AND TIRED WE SHOT THE VIDEO AND EDITED IT THAT SAME DAY.



I'VE ALWAYS BEEN FASCINATED BY THE IDEA OF DARK AND LIGHT, HEAVEN AND HELL IF YOU WILL (WITH LITTLE LEANING TO ANY ONE CON-SCRIBED RELIGION) THIS OFFERING TOUCHES ON THAT. I BELIEVE WE FEAR DARKNESS THAT WE CONSIDER IT EVIL AND IT ALSO MY BELIEF THAT DARKNESS IS NOT EVIL, RATHER NECESSARY, THERE IS NO DAY WITHOUT NIGHT, NO LIGHT WITHOUT DARK, THEY NEED EACH OTHER AND EACH GUIDES US GREATLY. THIS OFFERING TOUCHES ON THESE THEMES AND IS ANOTHER STEP INTO THE STORY I WISH TO TELL. IN TIME THERE WILL BE MORE, ANOTHER OFFERING INTO THIS, ANOTHER ADDITION TO THIS STORY. THIS IS ONLY THE BEGINNING. ANOTHER STEP INTO THE SHADOWS. LEAVING BEHIND ALL THAT WE THINK WE KNOW TO FIND OUT THE TRUTH OF WHO WE REALLY ARE.





THERE CERTAINLY IS AN INSTINCTUAL NATURE TO THIS OFFERING, SOMETHING ORGANIC, WILD AND FREE SPURRED ON BY THE MUSE OF INSPIRATION. WE WERE LUCKY, WHATEVER IS OUT THERE LOOKED FAVORABLY UPON US AND WE ARE ALL DELIGHTFULLY HAPPY TO PRESENT THIS WORK TO YOU. PERSONALLY I WOULD LIKE TO THANK GEORGE PERKS, MATTHEW TERRY, MIKEY DEMUS, ARYA GOGGIN, CALLAN, JEN AND MY TINY VOLKSWAGEN LUPO FOR STICKING WITH IT AND NOT CRAPPING OUT. WITH HUMILITY AND WHAT GRACE WE HAVE. THANK YOU.

