



**Pedestrian 2017**

### **What's that Sound?**

Now I lay me down to sleep  
In my apartment by the alley  
I close my eyes and try to dream  
The gears begin to turn inside me

What's that sound?

From the darkness comes a beat  
Leaky pipes electric humming  
Tangled up in unwashed sheets  
Gotta listen up

### **Marathons**

We used to run marathons  
We used to go up and over again  
If at any time we couldn't break through  
Throw it down lace up our shoes  
We used to wake up at dawn  
We used to get wasted out of our heads

The beat of your heart's your motor  
You'd come and run hungover

We used to run marathons  
We used to come home covered in sweat  
We were young and wild and free  
Moving drinking freaking breathing machines  
We glued our game faces on  
We said we'll sleep when we're dead

The beat of your heart's your motor  
You'd come and run hungover

We used to run marathons  
We used to get suntanned out on the sand  
We could travel all the trails we knew  
And make it back for beers and barbecue  
We used to go all day long  
Kicking it with our friends

The beat of your heart's your motor  
You'd come and run hungover

We used to run marathons  
They'd say we're out of our heads

The beat of your heart's your motor  
You overheat you're over

### **Leave the City**

Leave the city  
Leave the city now  
There's nothing pretty to look at now

It's going to blow down  
It's going to blow  
It's going to blow now  
It's going to blow without you

Leave the city  
Leave the city now  
Its volatility is palpable now

It's going to blow down  
It's going to blow  
It's going to blow now  
It's going to blow without

You are the stronghold  
You are the scaffolding  
You are foundation  
You are the only thing keeping it from crumbling

Leave the city  
Leave this city now  
This humidity for crying out loud  
It's going to blow down  
It's going to blow  
It's going to blow now  
It's going to blow without you

### **Why We're Running**

All the time we talk about  
All the things we'd do without  
If our fears were filtered out

And we lost all sense of doubt

All the kids are calling  
And the leaves are falling down  
And my head keeps humming  
'Cause the winter's coming

Every flake from every cloud  
Scars the surface shakes the ground  
Every color has a sound  
And the daylight speaks to loud(ly)

Every day a troglodyte  
Someone else's paradise  
Keep it down and keep it quiet  
But it all comes out at night

This is why we're running

All these thoughts they would be fine  
If they came one at a time  
But the way it's working out  
It's a lot to think about

This is why we're running

### **Get It**

You are going to a special place  
A place no one has ever seen  
A place no one understands  
It's yours

Don't wait up  
For the light for the sun to catch you  
Go with the kids running for the fences  
And climb up

Don't wait up  
The old guard has strong defenses  
But you've got privilege you've got all your senses  
Stir it up

The horizon moves  
There's something beyond  
Get it

Draw up your plans for towers and bridges  
You've got the future  
They've got albums and pictures  
Hanging up

You go in deep  
You get the dirt on your faces  
Sharpen your wits or you'll be dead in the mazes  
Soon enough

You've got room for improvement  
You've got to move like you're losing  
Get it

Get it while you can 'cause you can't go back

### **Soap and Water**

If your day takes you  
Tries to paint you blue  
No it can't change you  
If you don't want it to

Have a little soap and water

Time could placate you  
But there's so much to do  
This game's a dirty one  
And you're wearing its hue

Have a little soap and water

Scrub your skin at the doorstep  
Wash the blues off your forehead

Have a little soap and water

Scrub your skin at the door step  
Wash the blues off your forehead  
Walk outside take a deep breath  
Laugh it up before bed  
In this place you're you

## Pedestrian

Don't know how I made it this far  
Without SSRIs without a car  
You say  
You're so brilliant  
But I'm not  
No I'm just lucky, resilient

Don't know how I made it this far  
So little sleep and so little confidence  
You say  
Myself needs forgiving  
But I won't  
He owes me for the years that I put in

Don't know how I made it this far  
Biting my nails and biting my tongue  
You say  
I've got to start living  
And I will  
Just after this one more thing that's keeping me

Don't know how I made it this far  
I made the choice to be a pedestrian  
You say  
Think of all that you're missing  
But I know  
Each and every inch of the distance  
My mind cuts to the overgrown  
Paths so narrow cars can't go  
My heart picks up to fuel the flow  
In rhythms you will never know

There's always just one more thing  
Just after this one more thing that's keeping me

## Pedestrian Liner Notes

### Album Overview

Pedestrian was written and recorded in San Antonio, TX in 2015, immediately following the completion of I Want/I Need. Pedestrian focuses on the anxiety and nostalgia that resulted when I uprooted my life and moved to a new place, as well as my continuing struggle with work-life balance.

The album cover photo is of myself and two friends running toward a glacier near Squamish, BC.

### SONGS

#### **What's That Sound?**

In the absence of inputs, the mind awakens. My mind turns on at night right before bed. Every conversation, every thought, every desire from the day finally has space to expand into the silent emptiness. When the bedroom light switches off, the rumination machine is turned on. Every creaky floorboard, every buzzing electronic device breeds new fears and distractions. "What's That Sound?" was written late one night while I was trying to sleep.

#### **Marathons**

When I lived in Santa Cruz, I took running seriously. I ran daily and competed in a variety of races from trail half-marathons to multi-day 150-mile adventure races. I had a few very close running buddies who kept me motivated and sane. When I moved to San Antonio my running routine took a major blow. I had trouble finding new running buddies and I had trouble with the heat and humidity. I cut my running down to a few miles a few days a week and longed for the good-old-days with my friends.

#### **Leave the City**

Let me start by saying that San Antonio is a great town - lots of history and culture, great parks, restaurants, and a bike-friendly downtown. Some of the best concerts I've ever attended were in small clubs in San Antonio. But it's not where I wanted to live. Too hot. No mountains to climb. And the dating scene was not to my liking. On top of that, I missed my friends. I lacked many of the things that I needed for my sense of well-being and I could barely hold myself together. I use the city as a metaphor for my mental/emotional state at the time. It was as if a light breeze could collapse every building and leave my city in ruins.

## **Why We're Running**

This is a song about anxiety and one way to deal with it. Wouldn't it be nice if we could stop it when minor things become exaggerated to the point that they are unbearable ("every flake from every cloud scars the surface shakes the ground")? Minor things like imposter syndrome ("everyday a troglodyte in someone else's paradise") can wear at a person if they don't have a healthy way to deal with rumination ("keep it down and keep it quiet, but it all comes out at night"). We can become overwhelmed and traumatized by our own thoughts ("All these thoughts would be fine if they came one at a time"). When we have anxiety, it triggers our fight-or-flight mechanisms and we may want to run. Interestingly, running had been shown to act as an effective treatment for moderate depression and anxiety.

## **Get It**

I was working at a university. Every day I would work with students who were hungry for knowledge, some of them wanting to be spoon-fed information. But some of the questions they were asking me were new to me too. Perhaps the questions were new to human society as a whole. Each generation will push the boundaries of knowledge further than the previous generation could ever imagine. Teachers need to pass down knowledge, but they also have to help students arm themselves with the skills required to venture into the unknown, to challenge the old guard in the face of new data with self-confidence, creative problem solving, and grit.

At the time I was listening to a lot of old recordings of Alan Watts at night to help me fall asleep, so I couldn't help but start this song with some Alan Watts-inspired words of apparent wisdom.

## **Soap and Water**

I visited my mother. She came home from work one day and was so worn out from her job that she started crying in my arms in the kitchen. It seemed it wasn't only me who was having a hard time. Our jobs take a lot out of us. But what if we could firmly delineate work life from our home life? At least then we could find some relief for part of the day. What if we could wash off all of the bad feelings from our work and start fresh when we walk into the house to enjoy time with our loved ones?

## **Pedestrian**

This is a song about having to fight for a lifestyle that you want. When I moved to San Antonio, I engaged in behaviors that were not considered normal. I refused to buy a car because I liked walking and biking to work. I was bummed about being alone and it showed in my behavior. I was also overworked. My boss, trying to be helpful, gave me unsolicited advice and mixed



messages to the point that I became angry with him. He continually pushed me to buy a car and told me on multiple occasions that I should take SSRIs to help with the clinical depression that I may or may not have had. He told me that a single man of 30 is “damaged goods” and I should get out and date before I didn’t have a chance of establishing a relationship. Of course, there was so much work to be done that I didn’t have time to do anything other than work. My boss’s comments combined with my own negative self-talk and low self-confidence started me off on the wrong foot in that job. My method of resistance? I continued to stubbornly walk everywhere, no matter how inconvenient, because I enjoyed walking and needed to feel like I had control over something. I walked for self-care.