

THOMAS LAUREN

Exhale Tempus

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| 06. | Post Amor | 01. | Space Invader |
| 07. | Exhale Tempus | 02. | Perception |
| 08. | Love's Acceptance | 03. | Forsaken Glory |
| 09. | While My Closet Is Burning | 04. | Gentle Shift |
| 10. | Banelle | 05. | Wake Up |

Tomorrow, and tomorrow, and tomorrow. –William Shakespeare-

Exhale Tempus, the title of this album. The inspiration of this title came from the book 'A New Earth' by Eckhart Tolle. Some years ago, I noticed time was something that brought some kind of pressure with it. Achievements and time are two strong parts of life in a western society. When combined, they can be very destructive. By not achieving things, or when you have too much or little time on hands, they can be valued in a wrong way. The reality in the today's western society is that many people have problems with this. And it has a huge impact on how we spent the time we have given.

After my first love, I had to make choices and felt that I had to move into other directions. I had to re-define life and love, what they meant to me and how to accept them. I moved to Berlin and looked back in the past and noticed how some things that I used to have or do, disappeared. This journey took me through different layers of life. My learning's about spiritual connections, consciousness and the power of the moment throughout were a wake up call. This album represents the process I've been through, and this I want to share this with you.

The reason this album is for free is fairly simple. In the 60's the government tried to control radio. The reaction was piracy. Now, big companies are trying to control our consuming behaviour. But what they didn't expect was evolution. The evolution of our ego. We do not want things for ourselves any longer, we want to share them. This is the reason that this album is free and available for everyone.

So, for you.

Thomas

All this did not commenced if the following persons were not a part of this process;

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