



KRISTIN
SWEETLAND
TRILOGIES

ABOUT TRILOGIES...

When I got the idea for my *Trilogies* project years ago, the concept was to release a series of EPs over a period of time with a “trilogy” of songs on each. I wanted every EP to have its own distinct theme and flavour, but for there to be a natural progression between the releases –as if they were different legs of the same journey. I always intended for the songs to be listened to as a full album and thought about this quite a bit while composing them. However, when the project began there’s no way I could have fathomed all the individual twists my life would take before its completion.

Artistically, I wanted to explore my role as a multi-instrumentalist, as I had primarily focused on fingerstyle guitar compositions up to that time. My goal was to play as many of the instruments on each track as I possibly could, with the exception of the violin and cello (whose mastery might be beyond me in this lifetime.) I found that picking up new instruments encouraged me to compose different kinds of melodies and create novel arrangements that may never have occurred to me on the guitar. Although I was having some eclectic visions about where I might go instrumentation-wise, I wanted a throughline that would connect each “trilogy” to the next. The plan was to have one track on each EP I could perform solo acoustically, one track that had vocals (but no lyrics) and every track would feature my gorgeous Lowden O-10 acoustic guitar, whether as the lead instrument or simply somewhere in the background.

However, these best laid plans went out the window when someone broke into my apartment and stole my beautiful Lowden from its stand beside my bed. I was unable to replace it at the time (it was during pandemic lockdown) and turned to my mini Yamaha Reface keyboard for composition purposes. This led to the third EP being very keyboard-inspired, pushing to me do something I had never anticipated –composing a proper solo piano piece. Although I still miss my guitar every day, I’m aware of how its loss has pushed me to grow as an artist and composer... the silver linings abound.

My *Trilogies* project has also produced four music videos. “**Sunstone**,” “**Night and the Gale**” and “**Paradiso**” form a trilogy of DIY videos I made by myself (using just my iPhone and iMovie.) Additionally, I worked with acclaimed director Andrea Ramolo and cinematographer Dale Sood on the video for “**La Vie (Après La Guerre.)**” Together we created a gorgeous piece of work that will make me proud for years to come. All videos can be viewed on my YouTube channel at www.youtube.com/kristinsweetland.



Photo by Jen Squires

KRISTIN SWEETLAND

TRILOGIES

1. SUNSTONE (2:59)

(Kristin Sweetland: acoustic guitar, Hammer-tone guitar, percussion)

2. THE ICE PALACE (4:36)

(Kristin Sweetland: acoustic guitar, electric guitar, castanets, vocals. Sahra Featherstone: violin)

3. ROSE OF THE WOOD (3:30)

(Kristin Sweetland: acoustic guitar, electric guitar, soprano recorder, percussion. Sahra Featherstone: low whistle)

4. HAWKEYE (4:00)

(Kristin Sweetland: acoustic guitar, electric guitar, bass, tambourine, vocals, FX. Sahra Featherstone: violin)

5. THE SAND PIPER (4:06)

(Kristin Sweetland: acoustic guitar, electric guitar, alto recorder, button accordion. Felix Deak: cello)

6. NIGHT AND THE GALE (4:51)

(Kristin Sweetland: acoustic guitar, soprano recorder, bass)

7. COEUR-ÂGE (4:11)

(Kristin Sweetland: electric guitar, Wurlitzer, Omnichord, Porchboard stomp)

8. LA VIE (APRÈS LA GUERRE) (4:06)

(Kristin Sweetland: piano, castanets, synth strings. Sahra Featherstone: violin)

9. PARADISO (2:29)

(Kristin Sweetland: banjo, electric guitar, piano, alto recorder, vocals, music box)

10. MEMENTO MORI (2:35) (BONUS TRACK)

(Kristin Sweetland: electric guitar, acoustic guitar, synth strings. Sahra Featherstone: violin)

**ALL SONGS WRITTEN BY KRISTIN
SWEETLAND**

© 2024 **ARBORA VITA MUSIC** (SOCAN)

PRODUCED/ENGINEERED BY **CHRIS
STRINGER**

RECORDED AT **UNION SOUND COMPANY**

MASTERED BY **JEFF ELLIOT** AT **FEDGE
ALBUM MASTERING**

KRISTIN PHOTOS BY **JEN SQUIRES**

ALBUM COVER DESIGN BY **FAYE BLAIS**



Arbora Vita Music



MADE IN CANADA

KRISTIN@KRISTINSWEETLAND.COM

WWW.KRISTINSWEETLAND.COM

