

lost

the magazine



tracklist

1. *dig deeper*
 2. *seasons*
 3. *broken record*
 4. *happy birthday*
 5. *fairytale*
 6. *love u*
 7. *diary*
- from the vault*
8. *jailbreak*

prologue

part 1

over the past six months, i've been dealing with a lot of emotions. this record is a soundscape for that period of my life.

at the start of february, during the early stages of the “bittersweet” creative process, i found myself thinking about what to do next. i saw a lot of greenery - a forest, a lake. at the time, i'd been listening to a lot of noah kahan's “stick season,” so that aesthetic carried over into this project. to me, the sound felt like it did too. from that moment on, i was set on the album title, and that didn't change at all. in fact, the more time went on while making this record, the more the aesthetics and the name of the album made sense. so here we have it: *lost*.

the word “lost” can mean so many different things, and it happened to align with what was going on in my life in a lot of ways. the idea of loss is definitely something present in my life right now, and my recent experiences have shown me that you always have something to lose. you can lose an object, a friend, a family member. you can lose a feeling.

but not only that - you can be lost. lost geographically, lost in a relationship, lost in your feelings. lost within yourself.

i find it bizarre how i came up with the name for this record before any of what i've written about had even happened. i hadn't written a single lyric. at the time, i don't think i thought much of it. but as i wrote this album, it became clearer and clearer to me how this word could apply to my life.

metaphorically, this album is about being lost in the depths of the woods, stuck with myself and my feelings. only by facing those feelings head-on will i be able to find myself on the other side.

prologue

part 2

the reason it took me so long to create this record is because i didn't want to rush the process. i wrote and crafted 12 songs for it, and unfortunately, some had to be scrapped along the way. my goal was to create something i'm truly proud of - something that represents me in the best possible way.

"the man who enjoys the journey will go further than the man who enjoys the destination."

in the past, while i appreciated the journey, i was always more focused on reaching the destination. i'd reach a certain number of songs and rush to release them, eager to share something new with the world. but this time, my approach was different. i prioritised the need to express my emotions over the urgency of releasing new music. the first song i wrote for this album was in march, and it's been an ongoing process since. i wanted this collection of songs to be as true to myself as possible—and i like to think i've achieved that. the brutal honesty and vulnerability i explore in these songs is almost scary to put out, but i know it's in safe hands.

i'm not sure why, but i knew i wanted to do something completely different with this album. and that's exactly what i did. this isn't what anyone might expect, but that's precisely what i love about it. if you're not sure what that means yet, you'll understand soon enough.

i've never been more creatively challenged. i poured every fibre of my being into this record. i hope you can appreciate it, and care about it, as much as i do.

welcome to the land of lost.

aston xx

A scenic mountain landscape featuring a rocky path winding through a dense forest of tall evergreen trees. The background shows majestic mountains under a clear blue sky.

*i know you could make me
crack a smile but could you
break my heart?*

track one dig deeper commentary

it took me a while to figure out how to open this album. i wrote a bunch of songs before i got to this track. i cared about the story - the first impression. what do i want my listener to hear first?

initially, i planned to start with "love u," which seems crazy in hindsight. but when i wrote "dig deeper," i knew there was something special about it. it captured so much yearning, confusion, and pent-up frustration. i love how the song opens, with the piano notes which then lead into the carefully thought out lyrics of the first verse.

to put it simply, this song is about begging someone to make me go insane. it touches on a theme i explore throughout "lost" - my loneliness. more specifically, my lack of any romantic connections.

the song refers to two different muses: one you're all familiar with, and one i've never mentioned before. i'm asking my new muse to "dig deeper" than the ones i've loved in the past, because no one else had made me feel anything special in a long time - except for my recurring muse.

i can see it being a hard song to understand without any explanation, since i tend to go back and forth between muses without any warning. brownie points if you can follow along.

make me blush, you're just a silly crush

i know it's nothing real, you gotta make me feel it

know you can make me crack a smile but could you break my heart?

i'm love struck, you've really fucked me up

can't get you out my head, i may as well be dead

all encompassing, i cry and i weep

but i will never speak 'bout how you're in my dreams

you dig deep, you've got me feeling weak

got a hold on my heart, i don't think that i deserve this

you found the gems, i hid them from myself

make me laugh and make me hurt, you dig through all the dirt

you gotta dig deeper, you can be my keeper

you're looking too shallow, go ahead and put pull under

got your X on the map, but you're not on track

steal me, dig deep

track one dig deeper

i know that i'm getting older

love is changing, not sure if it's for the better

i was head over heels obsessed and insane

maybe i've just outgrown those ways

is it still real if i'm not tearing out my eyes

or fantasising lies and he don't live in my mind?

is it not true if he doesn't make me blue or if i don't feel new

and he ain't been here for two years?

you dig deep, you've got me feeling weak

got a hold on my heart, i don't think that i deserve this

you found the gems, i hid them from myself

make me laugh and make me hurt, you dig through all the dirt

no one else digs deeper, it could be self inflicted

all i know is that i feel passion no longer

you're engraved in me, you'll never leave my heart

become me, dig deep

track two seasons commentary

this song is so crazy to me, the way it came about is unlike any other song on this album.

when writing a regular ola song, all you need to do is write over someone's existing lyrics - and can be relatively simple if you know what you want to do. there's no need to worry about a melody, pace, or structure of a song. writing all of these songs on "lost," i had a very different writing experience. often, all i had was an instrumental to guide me through the process, meaning i was a lot more creatively challenged when writing this album.

on "seasons," i pushed my boundaries even more, because i wrote the entirety of the song without an instrumental. on some random may morning, i had a burst of creativity while on a walk and this idea sprung on me. somehow, i wrote the entire song in my head, and sang it all to my voice memos app.

i was nervous to find a instrumental for this song, because i had already perfected it in my head. unfortunately, i had to rewrite some of the lyrics to fit. i guess you could say there's two different versions of "seasons," but i love this one just the same.

i am so proud of this song lyrically and conceptually, and my attention to detail when it came to executing my vision. one of my favourite details is that the verses and pre-choruses each are their own season, respectively.

on this track, i compare my feelings towards the seasons of the year to a cycle of a relationship. because hey, sometimes your life can be like a rollercoaster, and that's okay.

track two seasons

winter, god it makes me depressed
don't know why but i say it's the best

can't tell i'm cold until it's caught my chest, caught my chest
i'll need my blankets of distraction, thinking 'bout not thinkin' about him
don't know what gets me out of bed. caught my chest, out of bed

and when the flowers start to bloom, we become what they'd say is cool
butterflies make me feel like a fool. i'm a fool, but we're cool
love to think you're interested in me, nothing there but i love the maybe
always speaking to me so briefly. that's a maybe, it's a maybe

you spin me round on my axis, changing my seasons, dizzier than ever
rely on your good nature to play with my feelings, i can't predict the weather
pulling me to pieces, cheeks getting redder, if you leave me dry then i'll cry you a river
you spin me round on my axis, changing my seasons, dizzier than ever

summer, i like to call you lame. too hot to function and not enough rain
no one knows that the salt and sand washes away all my pain
sue me but i don't like sunscreen, i like your smile and how you treat me
won't shield myself from your vitamin D, it's all i'll need for life

when the leaves fall like broken hearts, i'll avoid your gaze just like at the start
can't figure out what ripped us apart. i'm nervous, i'm nervous

you spin me round on my axis, changing my seasons, dizzier than ever
using the leaves as a metric, how much do you love me? aware that there's no shelter
soaked from the rainstorm, can we bask together?
we're overcast, rain or shine forever
you spin me round on my axis, changing my seasons, dizzier than ever

with you, i'd happily spend all year through the laughter and all the tears
hibernate through all my fears
for all year, i fear the tears

you spin me round on my axis, changing my seasons, dizzier than ever
rely on your good nature to play with my feelings
i can't predict the weather
pulling me to pieces, cheeks getting redder
if you leave me dry then i'll cry you a river
you spin me round on my axis, changing my seasons, dizzier than ever

track three broken record

c o m m e n t a r y

this song!!! this one has some lore behind it. i thought of the concept of this song around june 2023, and i kind of never forgot about it. i'm so proud to have made it reality and i think it serves as a great addition to the album. it ultimately does speak for itself, but to sum it up: there are some things i repeated too many times to myself and others, and i needed to immortalise these delusions in a way. in song form, it can serve as a reminder for me to use my senses.

track three broken record

i feel like a broken record, scratch me once and i'm fucked for life // don't matter how many times
i'll say the words, each time they'll cut like a knife /// he's taking up all my energy, robbing me of
a peaceful life // leads me on then he drops it suddenly, i'm not gonna give him thought or time //
he's got a girl, he's PDA // was scared of our potential and his heart // but that's not what he'd
say to her // wouldn't mention how i'm a piece of art /// i feel like a broken record, cause i say this
all the goddamn time // then i'll sit down and write some songs about him, and i'll always make
sure that they rhyme /// i think he could be feeling something, don't let you get yourself down // he
messages me quite often, it doesn't matter what it's about /// we only talk when he needs
something // an answer to an equation or my heart to string // i think he could be using me, but did
you not see him blushing profusely? /// i feel like a broken record, i'm all yours but you're not
mine // don't know what to say so i keep on spinning, everyone else seems to think i'm fine /// i feel
like a broken record, scratch me once and i'm fucked for life // don't matter how many times i'll
say the words // each time they'll cut like a knife /// i feel like a broken record, only one who can
get me high // every third line i'll say he's perfect, all the others i'll call it a lie

A dark, atmospheric landscape featuring a dense forest of tall evergreen trees on both the left and right sides. In the center, there is a body of water, possibly a lake or a wide river, with some rocky shorelines visible. The overall mood is somber and contemplative.

*i can't tell if i'm drowning
or holding my breath*

track four commentary happy birthday

this song floors me every time i listen it. not because i'm cocky, but because of the sheer emotion i baked into it. i wrote this entire song so early in the morning, it must have been 2:00am. everyone was asleep, which added to the isolation i was feeling.

i remember when i started writing this i was being careful about how i used my words - i wanted to deliver my situation perfectly. however, the more and more i wrote, the lyrics just started flowing through me and out of me, to the point where i was just writing and feeling the weight of my own words. this song is so raw and introspective, and i truly think that it's the heart of this album.

i woke up the next morning after writing this and took a look at the debris i left in my notes app. i can't remember much from that night, but i do know i meant every word i wrote.

because of this, i left this song unedited. you could argue more could have been written, or it could have been more stripped back, or that i could've made better lyric choices, but that would've made it inauthentic. and i am so glad i made that decision because this song is so honest and holds more value than an edited version ever could.

track four *happy* *birthday*

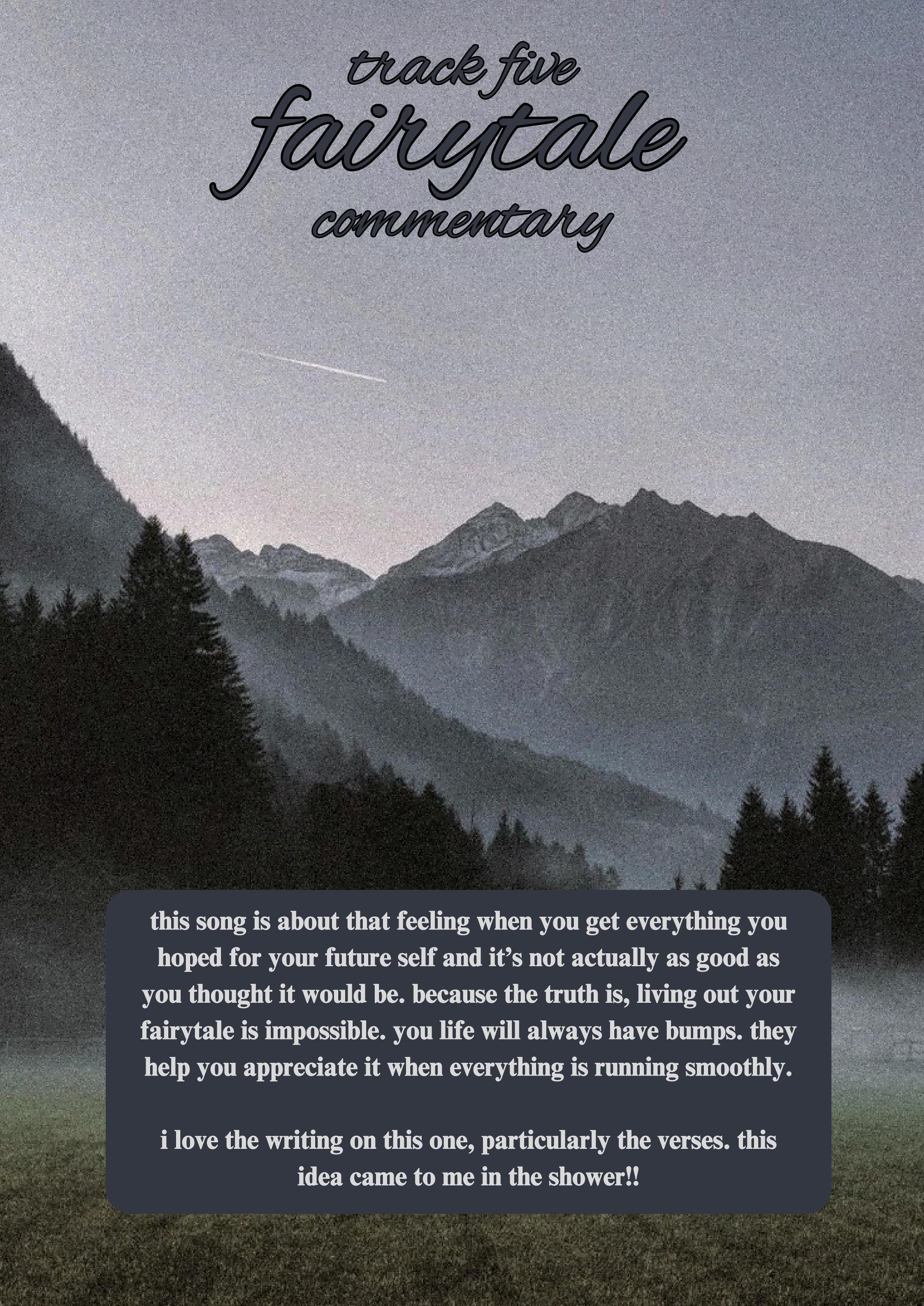
i wake up, it's morning, the birds barely chirping
my phone more alive than the person i'm becoming
they say "happy birthday", the sweetest of 16s
at school they parade me around like it's nothing
can't tell if i'm drowning or holding my breath
lost in the woods or running from myself
used to love these days but now getting older
it's not so bad if you ignore that i'm colder
am i happy or am i falling down?

gravity becomes weird for me sometimes
don't know if i'm dramatic or if i'm paralysed
don't know if the world is different in my eyes
they say happy birthday, but i'm not so sure if it is
cause i haven't been having fun, and you haven't wished me one
i'll wake up tomorrow, craving someone's touch

know that it's stupid but i need to feel a rush
romance in the teens, my only life goal
it's not looking too promising for me though
only 16 but dying of loneliness
hate to see everyone getting their doses
wanting it more then they'll ever deserve it
laughing it off but i can't stop feeling this
feeling nothing for you but you're not out of my head
love the idea of us cuddling in bed

am i clinging to you or the want for a love
who decided this was something i'm above?
thought that you'd message, surprised that you didn't
should have expected no less from the coward
unsure why i let you affect me

i think it's the youth and naivety you took from me
secretly knowing that no boy could fix me
that don't matter as long as he'll hold me
still trying to love myself without someone else



track five
fairytale
commentary

this song is about that feeling when you get everything you hoped for your future self and it's not actually as good as you thought it would be. because the truth is, living out your fairytale is impossible. your life will always have bumps. they help you appreciate it when everything is running smoothly.

i love the writing on this one, particularly the verses. this idea came to me in the shower!!

track five
fairytale

i stood at the bottom, i knew what i wanted
i said i was fine, only a matter of time
till we weren't friends anymore
and that's what i wanted, and believe me i got it
but above the clouds the castle was emptier than i'd imagined
before

what is it they say about the grass being greener?
it was so overgrown, basically a forest
and it turns out the fairytale i had dreamt of was a nightmare
turns out the fairytale i had dreamt of was a nightmare
turns out the fairytale i had dreamt of was a nightmare

in amongst my head, i came across a cabin
they were out for blood, now happy has gone missing
mirror, mirror, on the wall
who's the saddest of them all?
not even a true loves kiss will save me from this

i don't want you back but there's something that i'm missing
secure to fragile instantly, if you touch me then i'll shatter
and it turns out the fairytale i had dreamt of was a nightmare
turns out the fairytale i had dreamt of was a nightmare
turns out the fairytale i had dreamt of was a nightmare
turns out the fairytale i had dreamt of was a nightmare
but it's better, it's still better

*after everything you've put me through
you'd think i would've found someone new*

*track six
love u
commentary*

“love u,” was the first song i wrote for this album, and it originated from a lullaby i sang to myself while i was on holiday. at the time, i

didn’t think it would become an ola song of mine, let alone be on an entirely original ola album.

i wrote this song at the end of march and by the time it was completed at the start of april, i hated it. i was a bit too self-critical of this song, so i hid it away and i didn’t return to it for months.

when i returned to it, i saw the beauty in it. i’m glad that i finally did, because otherwise i never would have made this album.

track six *love u*

look at me, i'm back at it as you see
you won't let me be free
even though you've given me the key

i love you and i don't even know why i do
all i know is that you're my muse
and i really hope that i'm yours too
i love you, i don't know what i'm to do
after everything you've put me through
you'd think i would've found someone new

guess i lied
said i was over it when i can't decide
how i feel about you in my life
the ins and outs are what i despise

i love you and i don't even know why i do
it could've been my dream come true
we could have been the stars and the moon
i love you, you left without a trace or clue
although i admit that you're a view
you break my heart in two

i hate you
i find it hard to think of anything
i want you
it's taking over all my feelings
i love you
it's more powerful than everything
i need you
nothing else will get me healing

i love you, i wish i knew why i do
this is a small sweet tune
that i've written just for you
i love you, why can't i help the feelings that i spew
i don't think that i'll continue
it'll start to feel too real soon

this was the last song i wrote for this album, after 11 other stories told. i always knew that i would close my writing process with this song, as it was the only way to create closure for this album. this was the best way to put a bow on this collection of songs, and also enable me to move onto something new when i needed to.

the 6 month time-period i made “lost” during was a very tough time for me, and in many ways this album was very healing for me to create. to be able to pour your soul into something which is preserved forever is so special, and i will always treasure this record and it’ll always be so close to my heart.

the french means “i loved you, i don’t love you anymore,” which i think is very fitting.

*track seven
diary commentary*

all my heartfelt tears, every time i cared
with them i painted a picture of somewhere far from here
i wrote these words across my wounds and let them feel the pain
although i'm on the other side, these songs as scars will stain
from the tips of my fingers to the core of my heart
this diary has become me, as it has since the start

i've noticed the places i use to let loose have been gathering dust on the shelf
instead my heart has been plugged into this, now i haven't felt more like myself
to preserve my emotions, to preserve state of mind
i'll always have this to return to when i can't be found

i'd love to be able to tell myself everything i wrote about is done
but i can't be sure of that statement, i can only be sure of one
i can't deny i have turned a page, started a new chapter in my life
i hope all is up from here, if it burns down i'm still keen to try

je t'ai aimé // je ne t'aime plus // je t'ai aimé // je ne t'aime plus // je t'ai aimé // est-
ce que je t'aime? // je t'ai aimé // je ne t'aime plus // je t'ai aimé // je ne t'aime plus
love u / seasons / happy birthday / jailbreak / dig deeper / wishes / broken record /
vacation / fairytale / son / game, set, match / diary
je t'ai aimé // est-ce que je t'aime? // je t'ai aimé // je ne t'aime plus // je t'ai aimé //
je ne t'aime plus // je ne t'aime plus

track seven
diary commentary



*from
the
vault*

track eight - from the vault

jailbreak

commentary

while making this song, i thought this would never be released. i was almost right.

this song took me incredibly long to perfect, especially when it came down to the vocal effects i have during the chorus. i could spend days on this song and it would still feel incomplete. i had a similar relationship with this song that i did with “love u,” but i only came around with this one once it was too late. i did eventually appreciate this song for what it was, and i’m happy that it got it’s moment when i decided to release it just after the album’s 4 month anniversary. this one still has brothers and sisters in the vault, and at this very moment i am writing these words i do not know what will become of them. the unknown is exciting!

track eight - from the vault
jailbreak

i hate you, i hate you, so bad

i don't even have to try, no, no, no

i know they'll hate you, they'll hate you, so bad

concrete floors

you've locked the doors,

all i need is some fresh air

and be away from it all

can't say i regret escaping, no, no, no

guess that's something i must have done right

i know that i've done no wrong, babe

but you've made them hate me, hate me so bad

loving the freedom that i've got now

the days look brighter without you in my

low budget food, in a constant mood

thought friends were supposed to make you feel good

guess i was just a prisoner

shackled up, avoiding conflict

fighting the guards for just some happiness

“don't be out of order”

first on your most wanted lists, yeah

dissing me and shading me, like you've got nothing better

to do

won't even look you in the faces

reminds me how much i hate you, i hate you, so bad

trying too hard to be cool and fit in

i liked you when you were just being yourselves

i hate you, i hate you

thank you

if you cared about this album, thank you! if you
listened to it, thank you! if you read this magazine,
thank you! i will forever be in your debt, your
support means the world to me. a special shoutout
to my croomf lachie who has always been here
every step of the way.

until next time,

aston xx