

Hot n' Spicy

The Magazine

THE HIT
ALBUM OF
IT ALL
BY ASTON



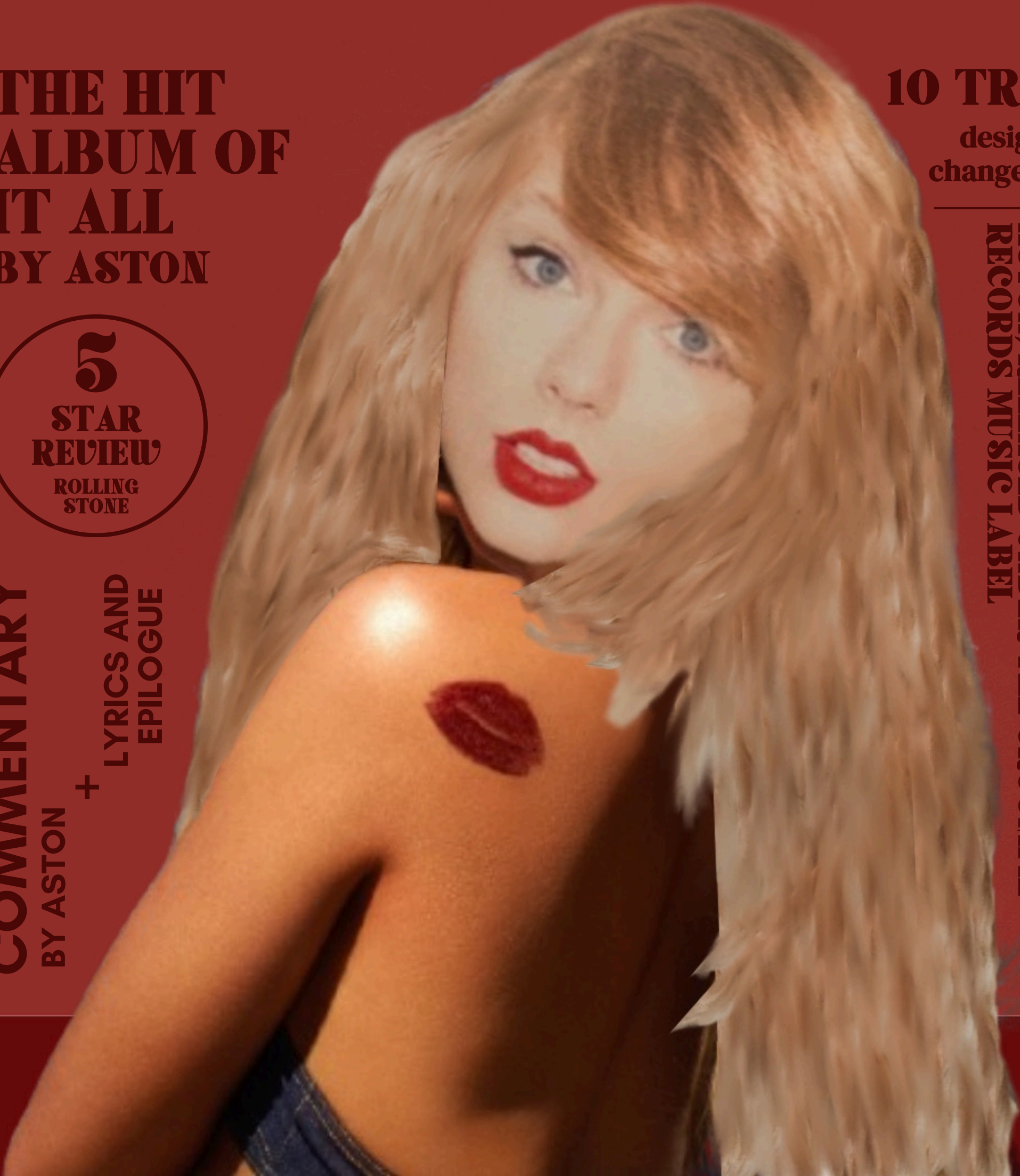
COMMENTARY
BY ASTON


+

LYRICS AND
EPILOGUE

10 TRACKS
designed to
change your life

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A close-up photograph of a woman's back and shoulder. She has long, wavy blonde hair. A tattoo is visible on her upper back, and a black strap is across her shoulder. The background is a solid red color.

Hot n' Spicy

Tracklist



1. Hot n' Spicy (Intro)
2. Forgivin' Fella
3. Single Pringle
4. Ticking Time Bomb
5. Popularity
6. Let Me Breathe
7. Croomfidence
8. Psycho
9. Problematic
10. See You Around



Track 1

Hot n' Spicy (Intro)



Commentary

The last thing I made for this album. Overall, this track alone demonstrates the theme and creation of this album, as well as what I wanted to convey.



Script

Phone Dial

Aston: Hey.

Unknown Speaker: Are you out of your mind? Stop with the sad songs! It's time to have a laugh! Make some hits!

Aston: Fine. But I don't know how to.

Unknown Speaker: Are you hot?

Aston: Yes.

Unknown Speaker: Are you spicy?

Aston: You could say so.

Unknown Speaker: Then prove it.

Phone hangs up



New Year

New Me

**Wipe the tears away.
Let's have some fun.**

Track 2

Forgivin' Fella



Commentary

This was the first song I wrote for the album, and as usual, this means that it holds a very important place in my heart. I would be lying if I said that these people I write about hadn't been getting to me. I knew that they shouldn't be, but they were. Sometimes you know what the strongest thing to do is, but it's easier to be weak.

I've really tried to be sympathetic and understanding of other people's situations. In this song I really try to get across that I'm trying not to hate these people, because there's already enough hate in this world. Looking at the lyrics, however, you can see that I am very contradictory and definitely do become hateful towards these people. But I think that's important for me and for the life of the album.



Lyrics, Part 1

I'm so mature, collected, and sensible, except when I get hit with accusations
You twist and spread my shit, how unethical
And to all my friends, that's gotta be a low
Do you think she's the one?
How could it be when she's a ten and you're a c*nt?
I always scream "I'm so done"
But when you lose I must admit, I have some fun
Cause I'm a petty person
Now I, I can't help thinking that if you jumped off a crag
I would revel in the glory and freedom that you're finally gone, cause what a
drag!
(Hahaha)

I'm so receptive to your little goddamn lives, I've decided that I'll just accept ya
Cause I don't give a fuck if you cuss me out, we all heal in a unique way
If you don't want me, I'll just deem you straight
So if this fills your lungs, what am I to do? Don't know kung fu, it's fine
It's such a waste of time to sit and shit on everyone when we're all trying
Cause I'm a forgivin' fella
I'll hold no grudge against ya, no matter what you do
All I ask is that you spend less time on me and more with some shampoo!
(That shit is greasy!)

Track 2

Forgivin' Fella



Lyrics, Part 2

Forgivin' fella, he's so kind

Forgivin' fella, what a life!

What you did was really fucked

But forgivin' fella will forgive ya tonight!

So if this fills your lungs, what am I to do? Don't know kung fu, it's fine

It's such a waste (it's a waste) of time to sit and shit on everyone when we're all

trying (all trying)

Cause I'm a forgivin' fella

I'll hold no grudge against ya, no matter what you do (what you do)

All I ask is that you spend less time on me and more with some shampoo!

(Some shampoo)

(Hahaha)



Track 3

Single Pringle



Commentary

This is the bop I've been needing to write for centuries at this point! This was the first song idea that came to me after I finished "lost". I had no idea what it would be called or that it would be Espresso, but I wanted to write a song about how the thing I always have wanted the most is probably being glorified right in front of my eyes. There are so many great things about being single. And I'm not just saying that to make anyone (including me) feel better. I think the first time I felt this was one random night, I was lying in bed after a great week and it finally clicked. I felt happy and full - despite having nobody by my side. That's when I realised how many things I love about being single. So here we have it.



Lyrics, Part 1

Now I'm totally free
I could mingle with strangers and get physical
Don't you see? It's so simple being a single pringle
I'll be like this until I wrinkle
So lonely, so typical
But don't you see? It's so simple being a single pringle
I've cried for years about what's coming
I've got no man to satisfy me
But I lowkey realised that a man's restricting
I can do what I want with no explanation
I used to see those couples 'round and I'd want to take them to the ground
But now I pity the bound
When I'm alone I can run away
Or I can fall asleep for days or I could maybe fly to space
Cause I'm totally free
I could mingle with strangers and get physical
Don't you see? It's so simple being a single pringle
I'll be like this until I wrinkle
So lonely, so typical
But don't you see? It's so simple
Being a single pringle
Holy fuck
So lonely, so typical

Track 3

Single Pringle



Lyrics, Part 2

Maybe it's best I've got some privacy
What would I do if he heard Hot n' Spicy?
All my niche obsessions or my dark depression
That's not a very good impression
Sometimes I can be ugly and I can keep my money
Doesn't that sound just lovely?
It would hurt me socially and it would destroy my sanity
Doesn't that sound like a tragedy?
Cause I'm totally free, I could mingle with strangers and get physical
Don't you see? It's so simple being a single pringle
I'll be like this until I wrinkle. So lonely, so typical
But don't you see? It's so simple being a single pringle
Totally free, I could mingle with strangers and get physical
Don't you see? It's so simple being a single pringle
I'll be like this until I wrinkle. So lonely, so typical
But don't you see? It's so simple being a single pringle
So lonely, so typical, being a single pringle



Track 4

Ticking Time Bomb



Commentary

This is 100% the most vulnerable song on the album, and is one that is long overdue. I could have written this in so many different ways. On “BITTERSWEET”, it could’ve been some soft pop song. On “lost”, it would have been a heart wrenching ballad. Despite all of this, it ended up on this record, and it’s a breezy country song.

I really enjoy how punchy the lyrics can be. They’re straightforward and to the point, just like the experience can be for me sometimes.

This is a real and genuine thing I struggle with when it comes to all of my relationships. The problem is, there’s nothing more I love than a honeymoon phase. Once I’m out of it, I don’t know what to do.

As someone who recharges their energy from quiet, alone time to myself where I can think, sometimes spending too much time with a person can overload my system and I’ll get sick of them. That’s what this is all about.



Lyrics, Part 1

I tend to auction out my heart
So easy to fall right for, you don’t know that it’s a big set up
Got a curse I can’t run from
We’ll get so close so fast, you know soon I’ll see too much of you
You could be kind, sweet, and fun, but still, there will be something wrong

Cause I’m a ticking time bomb
If you hold me too close for too long I’ll explode right up in your arms
I know that it’s a problem, but it’s natural, I’ve got no control
I’ll just end up hating every bone

It’s true, Taylor Swift was right
All my enemies once were friends, I can’t end anything without a fight
Going through them like a train, can’t keep anyone around
Within my own red flags, I think I’ll drown
I either have poor judgement or I suck, either way it looks like I’m fucked

Track 4

Ticking Time Bomb



Lyrics, Part 2

Cause I'm a ticking time bomb
If you hold me too close for too long I'll explode right up in your arms
I know that it's a problem, but it's natural, I've got no control
I'll just end up hating every bone

Hating every bone

Every day I crave some fresh connections
But it's not that I don't care about them
It's just complicated disconnection with a tad too much of introspection



Track 5

Popularity



Commentary

I'm getting to the age where I'm starting to compare myself to other people, especially socially. I'm constantly anxious about how I am viewed in other people's eyes. Being hated is the worst thing that can happen to me. Naturally, this means I worry about stupid things, like "Am I cool enough?", "Am I funny enough?" Sometimes it's too hard to tell. Am I supposed to enjoy all the things everyone else enjoys? (because spoiler alert: I don't)



Lyrics, Part 1

I don't really understand you
I don't really understand you

I used to hate you, I still do, but now I'm curious how you operate
Is it easy to replicate? I'm not built for this lifestyle
What do you mean this comes naturally? It's hard to be you, but you do it easily
Like oh
How must it feel to know that you are so loved?
So hated? And everything in between?

I want to fit in desperately, I envy you counterintuitively
I'll research ways to manipulate popularity
I wanna be admired like that, fuck this. I love male validation
Dap me up and pat my back again
I want to fit in desperately, I envy you counterintuitively
I'll research ways to manipulate popularity
Need to be chased after like that, so hot. I would be the talk of the town
Throw me in, I'll find my way out

I don't really understand you
I don't really understand you
I don't really understand you
(This slaps)
I don't really understand you
I don't really understand you
I don't really understand you

Track 5

Popularity



Lyrics, Part 2

I know I hate being perceived but I think that I could excel at being
The bees knees in everything
Just trust me, no more crying alone
What do you mean this is how you live your life?
I find it bizarre how you waste all your time

I want to fit in desperately, I envy you counterintuitively
I'll research ways to manipulate popularity
I wanna be admired like that, fuck this
I love male validation
Dap me up and pat my back again
I want to fit in desperately, I envy you counterintuitively
I'll research ways to manipulate popularity
Need to be chased after like that, so hot
I would be the talk of the town
Throw me in, I'll find my way out

I don't really understand you
I don't really understand you
I don't really understand you

I don't really understand you
I don't really understand you
I don't really understand you

No I don't
I don't really understand you
No I don't
(I don't, I don't, I don't)

No I don't
I don't really understand you
No I don't
(I don't, I don't, I don't)

Track 6

Let Me Breathe



Commentary

I love this song a lot!! I think it really captures the breakdown of this friendship really well. There's confusion about what happened and what's to come, but there's certainty when it comes to how I feel about it.

When it came to the track listing of this album, I really tried to order everything in context. I wanted the listeners understanding of the album to develop as they progressed towards the last track. An example of this is on this song, I think this heavily falls in line with "Ticking Time Bomb". In another song, I reference "Ticking Time Bomb" explicitly, which shows that although it exists as one song, the feeling that the song encompasses is an experience which plagues a lot of my life.

On "Psycho", I develop on "Single Pringle", so on and so forth.



Lyrics, Part 1

I know how to be casual, I know just how to act
But when I'm all around you I don't know where you're at
Cause we were so fucking close once, but then it all fell apart
It's fine, though

You said you preferred your company to whatever we could provide
You wanted genuine connections, and I said "I guess that's fine."
These remarks I found so strange, what an unexpected change
But God, I think I like it this way

What's up your sleeve? What's on your mind?
What's your plan when I see you around?
Are we friends, are we cold, are we nice?
At some points you're bubbly and sometimes you're flat
And if I am honest I don't want you back
So please just let me breathe

Some people gave me warnings that I don't want you by my side
Unfortunately, I ignored 'em but it turns out that they were right
Cause you went and spilled my secrets and now you're gone I see the light
I'm not kidding
Really, really, really

Track 6

Let Me Breathe



Lyrics, Part 2

What's up your sleeve? What's on your mind?
What's your plan when I see you around?
Are we friends, are we cold, are we nice?
At some points you're bubbly and sometimes you're flat
And if I am honest I don't want you back
So please just let me breathe

Now you're in my DMs explaining and apologising for something vague
And I don't know how to feel cause it was sweet but I don't wanna repeat my
mistakes

Let me breathe (breathe)
Let me breathe (breathe)
Breathe (breathe) breathe (breathe) breathe



Track 7

Croomfidence



Commentary

I was long overdue for another song dedicated to my Croomfs on Twitter, because they are the light of my life!! I think this was just something cute and fun, and it doesn't need much explanation to understand nor can I provide any additional context.

P.S. The word “Croomfidence” means absolutely nothing. I just squished together “Croomf” and “Coincidence” and hoped for the best. Sometimes it can make sense but sometimes it doesn't, and in some poetic way I think that describes us all very well.



Lyrics, Part 1

When I chose to join the Swiftspace app
I didn't know who that would lead me to
And by luck, I followed a guy
His name was Lachie and he was terribly kind
And I lost him when Swiftspace died
But I found him again
What a croomfidence

Na na na
Na na na na
Na na na
Na na na na

To think it was just us at first
Before Liv or Sara, the croomfs we met
I met them randomly, it's all a blur
Replied to Sara about her mister
“He's a dick”, “He's not worth it”, “Forget it”.
Now she's my croomf friend
She eats cheese like a mouse
What a croomfidence

Track 7

Croomfidence



Lyrics, Part 2

Na na na
Na na na na
Na na na
Na na na na
Na na na na
Na na na na
Na na na na
Na na na na

I am devastated, Olivia is leaving
From 4 to a 3, I'll jump off a crag for free
She's gone, it's a cruel day
We lost a bestie

If you're waiting for an Elon diss
He's a fag, that's all I know

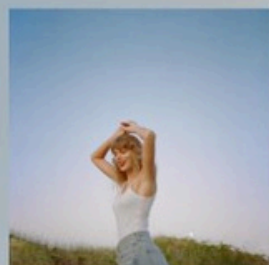
What a croomfidence

Oh wow!
Let's break Twitter again
What a croomfidence
Croomfidence, croomfidence, croomfidence, croomfidence

croomfie
records



aston



lachie



liv



sara

Track 8

Psycho



Commentary

I love the storytelling I did on this song! I love how I managed to twist the meaning of the word as the story progressed. You need to be listening close, however, because things can change really fast! For me, that's how it felt at the time. The whiplash. I'm glad I could immortalise my feelings in that way. That day was genuinely a rollercoaster, I went from getting butterflies to hysterically crying within the space of 12 hours.

I wasn't crying over him, I was crying over so much more than that. Just to clarify.



Lyrics, Part 1

When I woke up this morning I didn't think I'd be involved with a man
So used to crying in my sleep, your message shocked my plans
Mmm

I'm kinda going with the flow today
A little confused if you swing my way
Imagining us together someday
Oh, you're seeming desperate baby, it goes both ways

I hope we fall in love tonight, we'll be married by tomorrow
Watch me turn into a psycho
I know I'm so fine, you're a reminder I've got time
Everyone is secretly wanting me, but I'm choosing you, baby
Watch me turn into a lovesick psycho
Ah

Secretly you're not my cup of tea
Gotta give you a chance though, just for me
This is kinda dry, you want some Vaseline?
And now you're bringing up my friend
What the fuck is this? It's giving obsessed
It just clicked, you're that dick she told me about
Using me to try get in her pants
Now I'm so embarrassed that I fell for your trap

Track 8

Psycho



Lyrics, Part 2

I am here calling out your behaviour, watching my own paragraphs grow
Cussing you out and calling you a psycho

It's true, bro

You promise you know where you went wrong
Can't believe I talked to you all day long, I'm disgusted by you
Cause you're a godforsaken psycho

I'm lonely, I let myself forget it but you made me feel so wanted, so amazing
And now it's gone I feel hollow and deceived

I'm lonely, how could you do this to me?

False hope, my biggest enemy
I feel so hollow and deceived, baby

I will curse you out every time I can, you should jump into a volcano
Cause you're a psycho , you're a psycho

You will never learn your lesson, there will be another girl you're harassing
What a weak, pathetic man
Oh my god, what a fucking psycho



Track 9

Problematic



Commentary

I've said this many times over, but this song is the older sister of "freak out". This was a song I had envisioned a lot before writing it, and once I started I realised how much I needed to let all of this out again. I hadn't given them a lashing for 9 months before I wrote this.

This whole situation does boil my blood, and I would be over it if I didn't hear them talking shit about me everywhere I go for no reason. Sometimes, when you choose to be the forgivin' fella and step out of the situation, that gives them free reign to say whatever the hell they want about you without facing any backlash. Sometimes you can't be forgiving.



Lyrics, Part 1

Oh, I left a fucking legacy, 9 months later and you're still mad
It's not my fault you are so self centred, pushed me out until I fell down
After all this, you're still projecting
It was you, fucking up while I was leaving
I hear all that you're saying, your composure's out of bounds
And your accountability is running all around, I know you're pinning this on me
Like a trickster clown
If I'm problematic, what are you?
Can we think back, for a second? Us three were at your house
You stole some gin from your mum, and got down
While I was all conked out
And you didn't even tell me 15, in a trio, but so lonely
I heard about what you did from someone else
Discovered your relationship from a Tiktok launch
You're still so rabid, all I did was leave
If I'm problematic, what are you?
Every time I see your face, or hear about a life update
I thank the lord I left that day cause it was killing me to stay
You shit on your best friends, and even your own girlfriend
Who the fuck do you think you are? I swear you think that you're a star
Well I heard you wanna break up, and, if that's true
She'll be devastated, but let's say I approve
You insist to everyone that you're not obsessed but it's kinda looking like it
(It's kinda looking like it) What are you? You're problematic, I hate you

Track 10

See You Around



Commentary

This song hurt to write, and it hurts to listen to sometimes because I can imagine this person hearing this song and getting upset.

The truth is: you can love someone and want them to be in your life but at the same time know when they're not good for you anymore. It can be so hard to leave, but you need to trust that it's the best decision you can make for yourself. I trusted my gut, and I benefitted from it.

I tried to show a lot of grace and respect for this person because that's all they have showed to me. Although it took a while, they came around and decided to respect the decisions I made. We are on good terms, we just aren't friends anymore. And that's okay.



Lyrics, Part 1

I know you're not over me leaving, hearts were broken in slow motion
And I'm sorry that I left you alone
I heard from a friend you're taking this quite hard
Oh that kills me, I'm so sorry but it was only a matter of time

Cause we were showing cracks long before we shattered
I tried to save us, but we were out of chances
Constant disappointment, that's the way things happen
I was crippling under the weight of us on my shoulders
I still love you, i hope that you'll be fine
I had to say goodbye and leave your life
Not to kick you when you're down but I guess I'll see you around
I guess I'll see you around
I guess I'll see you around

Was it poor timing or was it already written?
Years of laughter down the drain all because of her
I find it likely that I would still be with you
Maybe we could've got through if we removed her

Track 10

See You Around



Lyrics, Part 2

I guess I'll see you around when I'm with my friends out about in town
My heart will skip a beat
cause I'll never forget the way you made me feel complete
I know I'll smile at you during break when we're both at school
But it's hard to ignore your company
cause I'll never forget the way they made me bleed

I know that you never meant any wrong
But you left me there waiting for so long
gruelling conversations making my heart ache
Sometimes you have a hard decision to make
And sometimes separation is all that you need
For you to get back up on your feet
Not to kick you when you're down but I guess I'll see you around

i guess i'll see you around
i guess i'll see you around
i guess i'll see you around
i guess i'll see you around
i guess i'll see you around
i guess i'll see you around

I guess I'll see you around when I'm with my friends out about in town
My heart will skip a beat
cause I'll never forget the way you made me feel complete
I know I'll smile at you during break when we're both at school
But it's hard to ignore your company
cause I'll never forget the way they made me bleed

[illegible]

Epilogue

When I set out to make this record, I knew what I wanted it to be. I wanted something fun, I wanted to make some hit songs which my audience will enjoy listening to. To put it brutally - The essence of “Hot n’ Spicy” itself is a cash grab. I wanted a commercial success. I needed to prove to myself that I could have fun after writing slow, sad songs for a year.

My life has definitely taken an upwards turn in the last few months, so I thought I could write the album authentically - which I did. It just didn’t turn out in the way I thought it would.

As I set out on my creative process for the record, I realised that everything that I was writing about wasn’t even happy. As a matter of fact, it seemed as though everything I had to write about was making me unhappy. Even on the most happy songs on the album, I still mention difficult things I deal with. It’s almost like each song wore a mask, and covered my real feelings for what they really were. Often, it was the beat or the funny punchlines which helped me achieve this.

And so, this record took on a whole new meaning to me. The lesson which really cemented in me throughout the making of this album is that you can be the happiest you’ve ever been, and still be struggling on the daily. You can have everything you wanted - money, love, peace, you name it - and it still won’t be enough to erase all of your problems. That’s because we are human, and we never know what life can throw at us. This seems like such a simple thing to be preaching about, but it’s something so easy to forget. All you can do is just embrace where you are in life and appreciate the beauty in the fact that you will always be fighting something, no matter how big or small.

I set out to make a happy album, and that’s what I did. Don’t let me convince you that this is just a sad album and that’s all there is to it. You probably came here expecting happy because I marketed it as such, but you walked away with something different. And that’s exactly how life goes. One of the best things about this album for me is the blurry line between good and bad.

Ultimately, this *is* a happy album, just on a deeper level. A level which can acknowledge struggle while still having fun. A level which may hide some cries behind some laughs, but there’s always room for a silver lining and a little bit of optimism.

For me, “Hot n’ Spicy” is a multitude of things, but the last thing it will ever be is a liar. You can just say that I put on a brave face when things weren’t as good as I wanted them to be.

After all, that’s how I deal with things in the real world.

Thank you

Thank you

Thank you

!!!!

Thank you, listener, for being here once again. You have zero idea how much I love releasing this stuff and how much I love your support. Lots more to come this year hopefully.

See you unbelievably soon xxx