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1. **BEGINNING** 1:40  
2. **HUMAN BEING** 5:41  
3. **IN THE DEEP SEA** 5:24  
4. **BIRDS & US PT. 1** 4:20  
5. **BIRDS & US PT. 2** 2:43  
6. **PASSION** 5:00  
7. **IN LOVE WITH THE WORLD** 5:57  
8. **UNIVERSE** (Feat. Yuko Kawasaki) 3:10  
9. **VULNERABLE/NO WORDS** 9:41  
10. **INTERLUDE** 1:20  
11. **PATIENCE** 2:18  
12. **YOUR INNER SELF** 5:19

**Ingrid Schyborger** *Double Bass & Compositions*  
**Ian Cleaver** *Trumpet* • **Tommaso Perazzo** *Piano*  
**Rogerio Boccato** *Drums & percussion*  
**Yuko Kawasaki** *Vocal (only at Universe)*

**Thu-An Duong** *Violin I* • **Mark Chen** *Violin II*  
**Ariana Mascari** *Viola* • **Wick Simmons** *Cello*

Photo **Peter Schyborge**

Recorded at Sound On Sounds Studios, New Jersey, 9/5-2023

Recording engineer **David Amlen**

Assisting recording engineer **Liv Burnett**

Mix & edits **Pål Svenre**

Mastering by **Thomas Eberger** & **Sofia Von Hage**, Stockholm Mastering

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