Regresé

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Regresé is a project that includes a fully produced, mixed and mastered single as well as visual work that consists of visual performances with projection mapping captured on film and animated digital art pieces. A Downtempo track with a BPM of 100, unique sound design of Techno Analog synthesis, 808 subs and dark-tribal percussions is now being live streamed on over 100 famous online streaming platforms.

The dark and powerful sound elements, mood and tone of Regresé speaks about gaining self power from battles of self destruction. The journey of self destruction that consists of trigger, blame and shame; is the perfect recipe of what I call, "*The Trinity of Destruction.*"

The art cover of the Regresé expresses this concept by portraying the meaning of Power. Embedded in the design is a graph of Work(w) and Time(t) depicting that Power is gained with more Work(w) and Time(t) being transferred or put. The total hours depicts the time it took to produce this project.

And so I wonder, how many of us are living in fear of shame ? How many of us are not fully living because of fear of blame? Are we mostly aware of our triggers? And if not , does that mean we are built on and identifying ourselves with our own triggers ?

It is not about gaining control over your demons more than its about being aware of them and not allowing that to over power you. Not identifying yourself with your triggers, trusting yourself to not blame and not fearing shame is breaking free from the loop and that is freedom, that is power. That is Regresé.