



**Kuggur – "Outlived"**

**UPC: 196922554438**

**Catnr: BAYO026**

Release date: 2023-09-04

(It is a Monday album)

1. **Muhit al ahlam - Featuring Salah Halime** - IRSC: SE6562200810  
Written by Guðmundur Óli Pálmason, Salah Halime  
Bark At Your Owner Publishing/Copyright Control
2. **Nattsand - Featuring Martin Rubashov** - IRSC: SE6562200802  
Written by Guðmundur Óli Pálmason, Martin Boman  
Bark At Your Owner Publishing/Despotz Music Publishing
3. **Miss - Featuring Sofia Härdig** - IRSC: SE6562200804  
Written by Guðmundur Óli Pálmason, Sofia Härdig  
Bark At Your Owner Publishing
4. **The longest night - Featuring Colin and the Clouds** - IRSC: SE6562200803  
Written by Guðmundur Óli Pálmason, Harald Eliasson, Matteus Willysson  
Bark At Your Owner Publishing
5. **Sóltún II (Sun and Moon)** - IRSC: SE6562200808  
Written by Guðmundur Óli Pálmason  
Bark At Your Owner Publishing
6. **Swatak featuring Kye Akoun** - IRSC: SE6562200806  
Written by Guðmundur Óli Pálmason, Karim Rifai  
Bark At Your Owner Publishing/Copyright Control
7. **The Misanthrope** - IRSC: SE6562200807  
Written by Guðmundur Óli Pálmason  
Bark At Your Owner Publishing
8. **Aurinko ja kuu - Featuring Stinako** - IRSC: SE6562200801  
Written by Guðmundur Óli Pálmason, Stina Sofia Koistinen  
Bark At Your Owner Publishing/Copyright Control
9. **Ólafur í Hvarfi** - IRSC: SE6562200809  
Written by Guðmundur Óli Pálmason  
Bark At Your Owner Publishing

Produced by Guðmundur Óli Pálmason and mixed and mastered by Henry Barboza,

## OUTLIVED

Every single artist always says the same thing when they release a new album; "This is not only the best album I've ever made in my entire career but it's also the most special and personal album I've ever made", and then they proceed to release something that sounds exactly like everything else they ever released.

Ok, I'm not only generalizing here, but I probably managed to shit on every artist that ever existed on this planet, and that in the opening sentence of this press release. Good going idiot!

Anyway, Outlived is for sure the most special album I've ever made in my career. I'm not gonna stand here (I'm actually sitting down) and say this is the best most personal album I've ever made though. I've always tried to pour my persona into everything I make, and what's the best and worst of my work is ultimately not up to me to decide. But Outlived is, as I said before, special, especially if one considers what came before.

My musical journey didn't begin just yesterday; some of you know it, others hopefully not (I'd like to reach some new listeners). Having worked within the confines of bands for what seems like a lifetime, I started dabbling with making music completely alone again (I dabbled in that as a teenager too) and released a few demos under the name Kuggur which I had previously been using for my visual art.

The first Kuggur demos were raw, and very much the product of somebody taking the first steps into the unknown, both in terms of style and technical ability. I would at that point never have dreamed of asking any established artists to cooperate with me on this little project.

That slowly started to change somewhere around the spring of 2022 when I had completed writing all the music for Outlived, and I started listening to it as an album. To my amazement (or lack of judgment - though I've never felt I've lacked self-criticism) I found that with Outlived I had actually created something worthwhile. But I felt something was still missing, maybe the music could benefit from having vocals.

After a chance meeting with Carlos Ibarra of drone/experimental band Maulén led me to another chance meeting with record label owner/publisher John Cloud I decided to take him up on his word and send him some unreleased music, pretty much expecting him to never even answer my email, but much to my amazement he did, and not only that but he was interested in what I was doing as well.

Long story short, after signing with John's label, Bark At Your Owner, he helped tremendously by putting me in contact with some amazing vocalists in Sweden and Finland. I also decided to get in touch with a traditional Lebanese Mawal singer that had sung at a wedding party my mother-in-law had organized for my wife and me in Lebanon (she's Lebanese) and later, my wife put me in contact with another Lebanese singer she knows. That's how I ended up with an album full of singers I really didn't know before, and that is really what makes this album so special to me. Each and every one of them brought something unique to the songs, their own styles, and their own personalities. Thus Outlived became a cooperation between me, them, John, my wife, and my dear friend and mixing/mastering genius Henry Barboza, that made sure everything sound not just amazing, but that the album miraculously still sounds like something more than a collection of very different songs. He somehow manages to tie them all together in one brilliantly sounding package.

At the risk of sounding arrogant, I already know that some of the music I've taken part in making will outlive me. I've already left something behind, but I truly hope that this album will be the start of a new chapter that will be remembered too, but only time will tell.

Guðmundur Óli Pálmason - Kuggur

## BIOGRAPHY

Although Kuggur is a new musical entity, its sole member Guðmundur Óli Pálmason is no newcomer to music, being currently active in Icelandic post-doom/black metal band Katla as well as having been a founding member and drummer for twenty years in Sólstafir and having contributed to Potentiam, who now holds a cult status within the international black metal scene.

Kuggur's music is of a new ilk though, being mostly electronic and ambient in nature, Guðmundur uses Kuggur to explore previously unvisited musical landscapes without any pre-set limitations.

Guðmundur started his solo project in 2020 and has said he did not have any high hopes or dreams for it at the beginning and that was just a way for him to experiment with music without any preconceived boundaries and without the confines of a band.

He chose to simply use the same name he uses for his visual art, Kuggur ( [www.kuggur.com](http://www.kuggur.com) ) as he sees both as an extension of his own persona. Guðmundur ties the two together, using his own visual art for both Katla and Kuggur, he proclaims it all stems from the same pot of inspiration.

When Belfry Records offered to release Kuggur's album حصاد ضوء النجوم (the title translates to Harvesting the Light of the Stars) as a CD, Guðmundur began to see potentials with the project becoming something that might very well reach a bigger audience than he had initially hoped for.

After a chance meeting with publisher/record label boss John Cloud, Kuggur signed with his Swedish label Bark at Your Owner.

At that time, Guðmundur had already written and recorded a new album which was initially supposed to be instrumental but he felt maybe the music could benefit from having vocals. Label boss John helped Guðmundur reach out to vocalists in Sweden and Finland while Guðmundur decided to get in touch with a traditional Lebanese Mawal singer that had sung at his wedding party which his mother-in-law had organized for him and his wife in Lebanon (Guðmundur's wife is Lebanese). Guðmundur's wife also put him in contact with another Lebanese singer she knows. According to Guðmundur, that's how he ended up with an album full of singers he really didn't know before, with each and every one of them bringing something unique to the songs. Outlived, therefore, became a cooperation between Guðmundur (as kuggur), the multiple singers, John, Guðmundur's wife (who also translated some of Guðmundur's lyrics to Arabic and did all the calligraphy), and mixing/mastering engineer Henry Barboza, who made sure everything sounds like an album, rather than just a collection of different songs with different singers.

Outlived will be released by Bark at You Owner in September 2023

**Guðmundur Óli Pálmason – Kuggur**

[Kuggur.com](http://Kuggur.com) - Visual Art

**FFO:** Zombi, Ulver, Amon Tobin, Massive Attack

Recorded and produced by Guðmundur Óli Pálmason

Written by Guðmundur Óli Pálmason for the most part and then feature songwriter artist take part

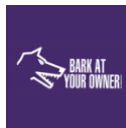
Mixed and mastered by Henry Barboza

Executive Producer and A&R John Cloud

All artwork by Guðmundur Óli Pálmason

Handwriting and logo by Yara Zein

[Homepage](#) [Facebook](#) [Instagram](#) [Youtube](#) [Tiktok](#) [Spotify](#) [Twitter](#) [bandcamp](#)



**Contact us**

**Facebook:** [www.facebook.com/barkatyourowner](http://www.facebook.com/barkatyourowner)

**Instagram:** <https://www.instagram.com/barkatyourowner>

**Bark At Your Owner Official webpage:** [www.barkatyourowner.se](http://www.barkatyourowner.se)

**For more information to radio broadcast, playlist curators and media**

**For sync licensing contact (one-stop-shop)**

**Email:** [contact@barkatyourowner.se](mailto:contact@barkatyourowner.se)

**Phone:** +46 (0)70 375 50 90