

- 1 WALL OF GROUND 4:50
- 2 THE MOON DOESN'T CARE 3:29
- 3 WICHITA LINEDANCE 4:13
- 4 ABSURDLY NORMAL 4:06
- 5 BROCKENSPEKTER 3:09
- 6 LAKENSKREKK 6:27
- 7 DEATH BY DYSON 5:31
- 8 HINT OF SKOGBRANN 3:31 Total time 35:16

All compositions by Michael Aadal

Recorded March 5–7, 2025 by André Kassen
at Flerbruket, Hemnes, Norway

Mixed August 2025 by Bård Ingebrigtsen
at Ekkoko, Nesodden, Norway

Mastered September 2025 by Helge Sten
at Audio Virus Lab, Oslo, Norway

Produced and arranged by Aadal
Executive producer Odd Gjelsnes

Cover photo by Michael Aadal

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LOS 325-2



Losen Records LOS 325-2

AADAL AGGRESSIVE HYMNS, ENERGETIC BALLADS

AADAL

MICHAEL AADAL
GUITARS

ANDRÉ KASSEN
TENOR & BARITONE
SAXOPHONES

AUDUN RAMO
ACOUSTIC & ELECTRIC BASS

GUNNAR SÆTER
DRUMS & PERCUSSION

AGGRESSIVE HYMNS,
ENERGETIC BALLADS



From the first strum of the guitar to the final swell of the ensemble, *Aggressive Hymns, Energetic Ballads* unfolds as a journey through contrasting forces – raw intensity and lyrical beauty, drive and reflection. It is an album that thrives on dualities, always searching for balance yet never shying away from extremes.

At Flerbruket, a serene retreat nestled an hour outside Oslo, four musicians gathered not to polish perfection but to chase the energy of a live concert – the pulse of a band breathing as one. What emerged is music that feels urgent yet spacious, unafraid of both fire and fragility.

Composer Michael Aadal provides the foundation with his distinctive guitar writing and playing, but it is the collective voice of the quartet that gives these pieces their vivid shape. The arrangements grew naturally from the band's interplay, each member infusing their own instincts and personality into the music.

André Kassen's saxophones bring both fire and tenderness, moving from bold declamations to hushed lyricism. Audun Ramo's bass anchors and propels, drawing deep grooves while leaving room for resonance. Gunnar Sæter's drumming is both muscular and nuanced, shifting seamlessly between restless drive and delicate textures. And at the heart, Michael's guitars sketch melodic lines, harmonic landscapes, and rhythmic sparks that bind it all together.

From the introspective and cinematic sounding "Wall of Ground" we enter the emotional and reflective landscape of "The Moon Doesn't Care". The playful "Wichita Linedance" has an almost danceable, steady pulse with a delightfully strident sax solo. "Absurdly Normal" is calm, contemplative and gently soothing. "Brockenspekter" is high-energy and hypnotically intense. "Lakenskrekk" (a fear of going to sleep) offers tremendous interplay between guitar and sax. The minor key suggests deep thought, quiet solitude and perhaps, sadness. "Death by Dyson" proceeds with an unhurried pace, the music is dynamically soft to moderate, creating an intimate and subdued feel. The album closer is "Hint of Skogbrann" which builds with dramatic tension from a pensive opening passage to an emotional intensity leaving a lasting impression.

What unites these pieces is the spirit of four musicians embracing risk, listening intently, and shaping music that feels alive in the moment. These are tunes for the restless heart, hymns for the bold spirit, ballads for those who dream with open eyes... and ears.

David Fishel
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