

Noah Fox is not

A RECORDING ARTIST
A MUSICIAN
A SONGWRITER

These albums contain no songs.

instead, this is an emotional experience giving the viewer a glimpse into the creator's life. Using his own perception of the colors yellow, red, black, and blue, Fox takes on a journey through four states of mind dominating his life:

YELLOW: Nostalgia. The fear that things may never be as good as they are right now, so you must take every moment to savor the present and life as it is. "As a child I feared growing up. Not the future, but the loss of childhood. I obsessed over time, trying hard to never waste a moment. In a way I'm lucky because I knew something others didn't. In others, I was cursed because that fear took away the unknowing bliss others felt"

RED: Earthly Pleasure. Having a body that can feel, taste, and touch is other-worldly, which is ironic, considering the word we use to describe those sensations is earthly. THROAT is nitty gritty and deeply intimate, yet universal. THROAT shows the reality of being human. While this album is explicitly sexual, it is not only about sex. Any so-called "sin" that hurts no one but you is a victimless crime in your own mind. Well... Isn't it?

Black: Hopelessness. With that body that brings so much joy and pleasure, comes pain in its own time. The deep gut wrenching feeling that this is the body you have and you are stuck with it until you have no body at all. Do what you will. Distract yourself. Hide what you feel from everyone else, but behind closed doors you can't deny the very core of what you are. Your body will never be enough. Sink into the abyss and give up. Trying leads to disappointment.

Blue: Reset. There is still good out there. Always reason to keep going. Seek it out. I can not tell you where you will find your footing, I only know my own. Once you find it the circle resets. You no longer wish the hours by hoping whatever comes next is better because you've found it again. Savor the moment but don't get obsessed. Remember this and come back to it when you hit a low again. Eb and flow like the tides. Shoulder lows and ground yourself.