

# Coexistence

**French/Swedish hard rockers Coexistence was formed in 2008 when Grégory Giraud and Carl Lindquist formed the band, a band that started when Grégory saw some covers that Carl had uploaded to the video service Youtube and contacted him.**



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Through mail they worked on some songs and in 2009 they released their first EP which went by the name of "Carrion Comfort", an EP that was well received around the world. Something that according to Carl was more than they could have expected and something of a great experience according to Carl.

After "Carrion Comfort" the band was filled up with new members in order to make it a complete band and in 2009 they made their first live show, Roque & Rock Festival, in the town of La Roquebrussane in the south of France was the location of this. They made some more shows before they decided to start working on their first album, something that according to Carl was starting to be requested. During 2010

they only worked on the debut album which was done a year later and was given the name "Flow".

Since they are from different nations, one can think that there might be some issues with the logistical but according to Carl that is not a problem.

- It is I and Greg who writes all the music in the band and our collaboration works perfectly. But of course we wondered how it would work to write music together since we live in two different nations, but it worked better than expected. Greg and I hasn't only built a strong relation as colleges but also as good friends outside the music and I think that is something important for such a collaboration to work.

Internet has been a great service for the band as Carl and Greg can send material back and forth between themselves and on the EP "Carrion Comfort" Gregs parts were recorded in his studio in France while Carl recorded his

parts in his studio with one exception in the track Twisted Soul that can be heard on both the EP and the album, it was recorded in France. The album "Flow" was recorded in its entirety in France.

**Inspirations and flow**  
Inspirations for Coexistence are bands like Symphony X, Dream Theater, Iced Earth, Pain of Salvation, Evergrey, Pink Floyd and so on. All bands said to be part of the progressive genre even

though Evergrey tend to say that they are not progressive but maybe more of a rock band, from this one might draw the conclusion that Coexistence are progressive as well.

- One might say that we play metal with elements of prog., pop and rock. I think the listeners see our music as heavy but yet melodic and rocking, explains Carl.

- I would say that it is a mix of genres: Metal, prog rock, some thrash elements here and there. It is of course heavy but we try to keep it as melodic as possible. There are also some quite dark and atmospheric parts as well. Adds Greg to Carl's description.

But it isn't just the music that inspire Coexistence explains Carl, they also find their inspiration in everyday life.

- Everything I read and hear, about what's happening in the world, what happened hundred years ago, but also other people who might in some way influence. I have some close and beloved ones that inspire me in different ways. I can also be very inspired if I listen to really good music that I enjoy. It makes me want to pick up the guitar and start writing music.

They have been writings lots of music since 2008 when we have already seen an EP and an album since their founding little over three years ago. The debut album finished in 2011 is called "Flow" and is according to Greg and Carl a musical adventure or roller coaster, a journey spanning 67 minutes and containing musical elements from many different genres. There is also a big variation between the heavy and the melodic over the album and according to Greg there are elements that should appeal to most music fanatics even though the foundation of the band's music is metal.

They have spent a lot of time on the recording and the creating of the album has according to Greg been a challenge from the beginning to the end, nothing has been easy in the creative according to him. According to Carl the long process might in some extent be part of the challenge.

- The biggest challenge with "Flow" was to have patience and focus during the entire process. Just because of the time it took to record the album, we could at times lose the focus, just because we wanted to finish the record as soon as possible. We spent an extreme amount of time on the record and all involved has really done a great job. Despite the long and hard process it has also been educational and given us much experience.

According to Greg they were very meticulous and hard on themselves during the process and the mixing was a long process as well he adds, and laughs about it.

- We are happy that our sound technician Ephrem Charmois endured us during the entire process. We once again want to thank him for his patience and his incredible work on "Flow".

Most happy they both are with the entirety when it comes to "Flow" and they are very pleased with the result and the knowledge they have acquired in the pro-

cess of creating the album. According to Greg they reached their target with "Flow".

- We had a vision of how "Flow" should sound when we started recording and we really accomplished what we wanted and the feels really good. "Flow" has given us great experience that we can use for the next album recording.

### Reception

The band are very pleased with the album and the favourite songs are *Web of Oppression* for Carl who loves everything with that song while Greg's favourite is the long epic ending *Akira* for its epic character and that it is almost a record in itself. If the band is happy with the album, what about the fans? As the album is yet to be released since the band is still searching for a label to help them with the

promotion of it, the fans haven't heard all the songs but according to Carl the fans have reacted well to the songs when they have played them during shows in France in 2011. And some tracks are on Youtube where the comments seem to be almost exclusively positive and strengthening to the band according to Carl who says that he cannot wait until the album is released so that he can experience the fans' reactions which he hopes are positive. Greg agrees with this almost word for word as Carl said it and adds that many seem to like their music.

With fans exclusively positive one might expect that the medias also see it in a similar manner and mostly it has according to Carl (and myself while looking for info for the review) been positive reaction from the medias as well but a little more held back and a mixed. Carl

points out correctly that music is much about taste and medias mostly has a bit more initiated and critical view towards music that "ordinary" fans which of course will make a bit more mixed view of the album.

- This is after all our first album and many reviewers have written that they think the album is very professional for a first album, which feels great. We have

worked a lot with the production and we think ourselves that it is a very professional production, to be an "auto-production". Anyway, we appreciate all the support we receive from the medias. We need all the help we can get to promote ourselves and our music in the best possible way. We all keep our fingers crossed for more great reviews.

One might think that it is on the table to play live to promote the album, but at the same time the band's members are from different nations so the logistical side might not be as simple. According to Carl they are planning some shows during 2012.

- Of course we want to get out and play the record for all our fans out there as soon as possible, but because we live in different countries it requires a bit of planning before such a thing can happen. We will play live as soon as we can, because that is what we really want to do now that our first album is finished.

If they are to play live, what can any-

one as a fan of music expect to hear? Is *Coexistence* a good live band? Four frenchmen and a swede who rocks hard it is according to Carl who thinks *Coexistence's* music fits perfectly to be played live.

- Our shows are intensive with lots of energy. We always give 100% and we try to give the crowds a night to remember. We love to play live and I think people can see that when they watch us on stage.

### Future

The future does according to Greg and Carl look positive for *Coexistence*, they are currently looking for a label that can help them get their album out but also that they will try to get out and play live everywhere but they are at the same time aware that they need to reach more people to realise something like that. They are also aware that they have entered a very tough business but the fans' positive comments makes them motivated to keep working as hard as they can to promote their album which is an album they are very proud of.

Earlier we touched upon what the band has learnt from the creation





of "Flow", but what are these learnings? What is the most important thing they bring forth from the creation of "Flow" to a forthcoming album. According to Carl the teachings from "Flow" are many but the biggest is according to him not to stress anything, that they have to be patient.

- Patience is the key to success. According to Greg is the result for an upcoming album very dependent on a good analysis of the prior album, to take the strongest parts and focus on these and increase them. He also tells us that they have already started working on new material.

- The new songs are really an evolvement of "Flow". The songs are more melodic and they are

slightly more progressive, but we stay with our sound and it will be no drastic changes.

With that there is not that much more to say about Coexistence for now which is why we leave the last words to Carl.

- Thanks for taking the time to read the interview! We appreciate all the support we can get, so feel free to visit our Youtube channel and listen to the songs from the album. Spread the our music to all your friends! We hope that you will get the opportunity to see us on stage some day because that is something we really want to give

you. Follow us on our websites and feel free to give us feedback by commenting or sending us an email, we appreciate that very much. Carpe Diem.

And with that we thank Carl and Greg for their time taken to answer our question and we of course wish them the best of luck in the future and with "Flow". Feel free to follow any of the links to learn more about the band.

### Coexistence are:

Grégory Giraudo - guitar  
Carl Lindquist - vocals  
Nicolas Kasbarian - guitar  
Florent Poulhes - bass  
Jérémy Vannereau - drums

### Songs on Flow:

1. Carrion Comfort
2. Web of Oppression
3. Twisted Soul
4. Flow
5. A Rose to Wither
6. Lord of War
7. Unspoken
8. Seize the Day
9. Layarteb
10. Akira

### Useful websites:

<http://is.gd/eQrEdB> - our review of Flow  
<http://www.coexistence-project.com>  
<http://www.youtube.com/OfficialCoexistence>  
<http://www.myspace.com/coexistenceproject>  
<http://signmeto.roadrunnerrecords.com/artists/coexistence>  
<http://www.facebook.com/OfficialCLindquist>