

A close-up photograph of a dense thicket of mangrove roots, likely prop roots, with a dark horizontal band across the center containing text. The roots are dark brown and textured, with some showing small, light-colored buds or growths. The background is a soft, out-of-focus blue and purple, suggesting a natural, possibly underwater or shaded, environment. The text is centered in the dark band.

ARIEX I AM NATURE B SIDE

THE CATALYST (trigger) 01

EDEN (catalyzed) 02

THE CATALYST (hypnotized) 03

I AM NATURE (the grief pattern) 04

THE CATALYST (darkness comes out) 05



All songs written, arranged, recorded, produced, mixed and mastered by Ariel Tavares Grilo between September and November 2014. This work was inspired by the original Danish art film *Antichrist* (2009) written and directed by Lars von Trier  
Collaborator: Javier Rignonat (Guitars on tracks 01, 03, 05). © All right reserved. [info@ariex.net](mailto:info@ariex.net) - [www.ariex.net](http://www.ariex.net)



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I AM NATURE  
B SIDE