

7am – Alexithymia

written by Beach Sloth | August 19, 2020



A longing defines the whole of 7am's tender "Alexithymia". Thoughtful lyricism with passionate delivery it accurately depicts the emotional detachment described within the EP's name. Carefully depicting the anxiety that reigns supreme throughout society and how it warps the mind, the whole of the EP features an incredible attention to detail. Lyricism focuses on the interior monologues that run through a mind at any given moment, the need to understand oneself and how to navigate relationships. Beyond this, the nostalgic production cues that permeate the whole of the EP further emphasizes the lonesome journey of self-actualization. Melodies have a richness to them for they are drenched in pangs of longing, a need left unfilled.

Stylistically 7am draws from a wide variety of influences within the tracks. For the personal introspective kick, his thought-provoking storytelling recalls Tyler, the Creator's "Flower Boy". Quite similar to that album, 7am's journey is one of self-discovery, reflection, and poignant observation. Genres are brought into the fray with gleeful abandon, as elements of IDM, jazz, trap, all within a hip-hop context. Flying Lotus's flexible grooves appear to have influenced the low-key, swinging tempos. The haunting melodies originate from Boards of Canada's slow yet steady pacing, for, like their work, there is a pining glow to them.

The spaciousness introduction of "1942" opens things up on a high note. Decay of sound proves to be an important element for each gesture is carefully considered. Bass enters and hits in an emotionally fraught way. By far the highlight of the EP comes from the luxurious "Melrose". Stately with a strong sense of grandeur the warped speeds of the samples further add to the haunting beauty. Piano keys hit in just the right way, with percussive elements skittering above it all. Nearly droning bass rumbles give it a physicality. "Interstellar" chooses a contemplative ode to embrace.

Usage of ambient audience sounds set the tone for "Insomniac (Freestyle)" chooses a bit of bliss to bring into the fray. Desire rests at the heart of the piece as it reflects upon an earlier life, for his delivery has a lovely quality to it. The cyclical style in particular works wonders for the piece gains a certain power through this approach. Clever, subtle glitch effects run through the underbelly of "Lately" as the song flirts with a sunnier texture, if only for brief, fleeting moments. Decay becomes an important ally on the deeply felt finale of "Yesterday".

7am captures the zeitgeist of what it means to be alive with the powerful "Alexithymia".