DR. MINDFLIP

HOW ARE YOU FIXED?

Dr. Mindflip are:

The Doctor: Vocals & keys
Owly Tawnington Flapsworth XIII: Bass & vocals
Dollhead: Vocals
The Sage: Sax & vocals
Mr. F. Delightful: Drums

Recorded, mixed & mastered by Aidan Guilfoyle at Rainwater Studio
Produced by Aidan Guilfoyle & Dr. Mindflip
Cover art & illustrations by The Spooky King
Logo & package design by Michael Gregoire – defexperience.com
Masks by Annie Libertini
The Sage's robe by Puppetfingers
Photos by Displace Studios

To all of our families, friends, and fans – thank you so much

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1 That's it 2:21

So you nurse a cooling coffee, splutter geriatric smoke
Blaze all your frustrations up in noncommittal jokes
And flake a hidden snowfall on friendly pavement cracks
It's a perfect sunny morning you're never getting back

Pop a single-use emotion, crack a polystyrene grin
But keep a beady eye on the catastrophe you're in
You're awful quiet tonight, would you like another drink?
Would you like to spend your best years not knowing what to think?

Back in my day, people didn't have time to be depressed
We never had it better – hotter weather, warmer homeless
It's the social media lies they're feeding ya
Sexin', druggin' excess
It's time you learned the tide has turned
It's mom and dad who know best

2 Easy 1:59

A pill under your pillowcase, a bird in the hand
Don't do it, no don't do it

A shortness of breath may occur
When you're evicted from your comfort zone
Your head in the sand
You blew it, no you blew it
But we'll be right behind you

We make it easy
To cope with it all
To see the big picture
Bend the bough into a shape that resembles the person you were

Don't think that you're a special case
It's all part of the plan
You knew it, yes you knew it
1001 greasy mirrors twitching
Whatever helps you sleep at night
It's supply and demand
Hop to it now, hop to it
Then we'll crawl up inside you
And wear you like a glove

We make it easy

To cope with it all
We'll make it so easy
To face the future
Build a throne out of the flesh that remembers
The way that things were

3 Space 4:01

Rummaging through the trash
Thanks for volunteering
"How did it get so bad?" is what I keep hearing
I can provide the hat, if you bring the rabbit
Cos we ain't coming back, the way we'll go at it
Allow me to present my defence mechanism
A timeless ensemble that's good for every season
Watertight, so light, lifetime guaranteed
And it hides a multitude of sins
What more do you need?

Keep on breathing, it's all that you gotta do to
Keep on feeling, the shit that's in front of you and
Keep on moving, your body is desperate to get itself soothing
Grooving

Now we got all this space
It was there already
2,001 hang-ups: A Disgrace Odyssey
Staring all up in my face with its eyes all bulging
Daring me to get et up by the self-indulging
Delicious, repetitious, questionably nutritious

Keep on breathing, it's all that you gotta do to
Keep on feeling, the shit that's in front of you and
Keep on moving, you want to heal?
Got to feel something confusing
Amusing

4 *Skip* 2:49

I'm slipping between the

How can you take a moment to wake when you don't sleep?
Zoetrope trick my achromatic heart into shape
Long for the day when you held sway over your own algortihm

Orbit the streets, beat a sculpture in the concrete
Furrow your brain shovelling change til you're kicked out

Last night I dreamed that I glanced up and saw life as it truly is

Any minute now something's got to give
Any second now something's got to give
Any moment now something's got to give

5 Are 1:22

6 Raindrop 3:07

What if I told you today is a raindrop
Tumbling to the ground at such a speed
That you just surrender concernings
Unreasonable yearnings of who you thought you'd be
And you find that your dandelion mind
Is stripped of its colour all the time

Pornograph spiralling
Hinting at higher things
There's a whole world that's right outside your room
Where stock photo smiling and sick day stockpiling fly right by you
What if I told you that you're just a creature craving some release?

Half a seconds peace

Dead eyed connections and snake charmed erections
Remove the moths and the butterflies from you
While flurries of ghost loads and addicts who post loads will see you through
What if I told you that certain horizons just cannot be reached?
Let it go at least

7 *Spaceship* 3:30

I got a spaceship – I'm gonna use it
Stick on my helmet and take a deep breath
I'm gonna shoot myself up and out of here
To a new kind of atmosphere

Lately we keep finding ourselves stuck
In the kind of state we cannot ever seem to break out of
Take out your frustration on your family's residual good will
And if we can't find some florescent new horizon
Then I don't mind
We ain't looking for the next best thing
There's nothing very interesting about my ambition's slow decline
But it's still mine

Come on and shoot myself up and out of here
To a new kind of atmosphere
Yeah I'm gonna shoot myself up and out of here
To a new kind of atmosphere
And if I don't stop then I might pop
I might as well pop
Rock 'em sock 'em leave them all behind

I got a spaceship – I'm gonna use it
Stick on my helmet – take a deep breath
Phobos and Deimos rowing again
Old red eye winks at me like a friend
Rings of debris cast off from my soul
Balloons of ice without and within
Subzero winds stretch me paper thin
Find myself back in my room again
I gotta go

8 Curtain call 3:46

The fash is on the march again
You're making way less than your friends
The oceans are on fire again
It never ends

The rona's on the rise again
If the good times don't start, they can't end
Wonder where the young ones went?
At least we're not in England

It's over, nice to know you all
So long, see you at the curtain call
Six one, echoes through every hall
Guess what? You don't matter at all

The vultures on the wing again
Kidneys sold cos kids need rent
The boom is back tell all your friends
A solid investment
This year's top ten tragedies
Proper people's properties
Apocalypse from overseas
And the endless FF/FG orgy

It's over, nice to know you all
So long, see you at the curtain call
Six one, echoes through every hall Guess what? You don't matter at all

There's no context, there's just content
And sucking off the government
Talk to Joe, the people's man
Worth every cent of 392 grand
You're not concerned with making rent
Obsessed with how the dole is spent
You're all concerned

9 You :43

10 Goose 3:42

Your goose is cooked
Your spontaneous side has upped and died
Got burned alive
Still you persist
You're better than this somnambulant soliloquist

But you're smaller now
Though love surrounds
It's a tall order now to turn things around
Not a moment too soon

On second thought
That's an awful lot
So maybe it's best to just take a rest
Because late at night someone else snuck in
And changed the shape of everything

This is not the town I grew up in
This is not the skin that I fit in
This is not the peace that I once knew
This is not a heart you can run to
This is not the best time to begin
This is not the life of the living
This is not a man to look up to
This is not your year, sure it just flew

You're smaller now
You shrunk yourself down
It's a tall order now to turn things around
Not a moment too soon

11 *Fixed?* 1:45

Dr. Mindflip online

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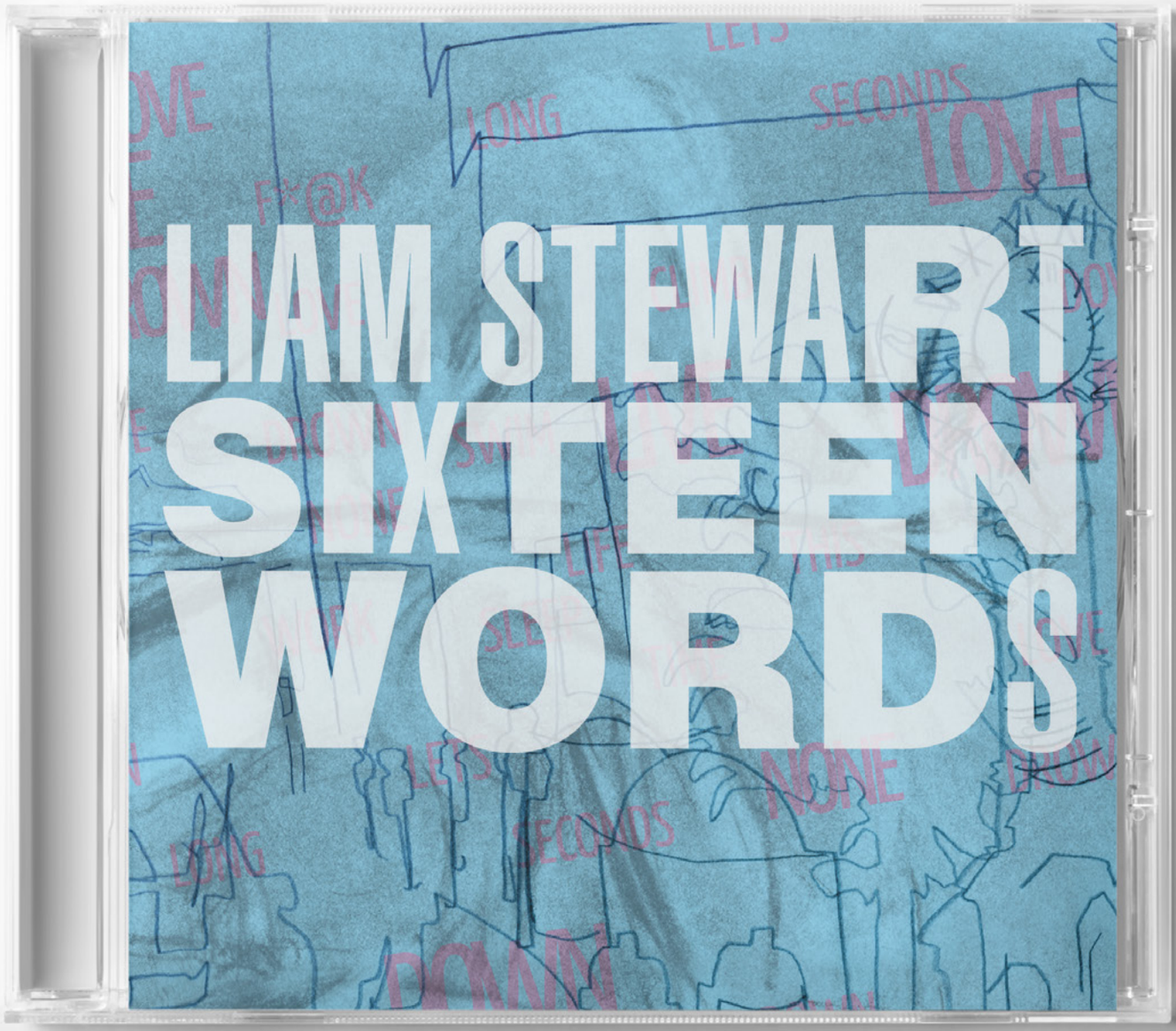

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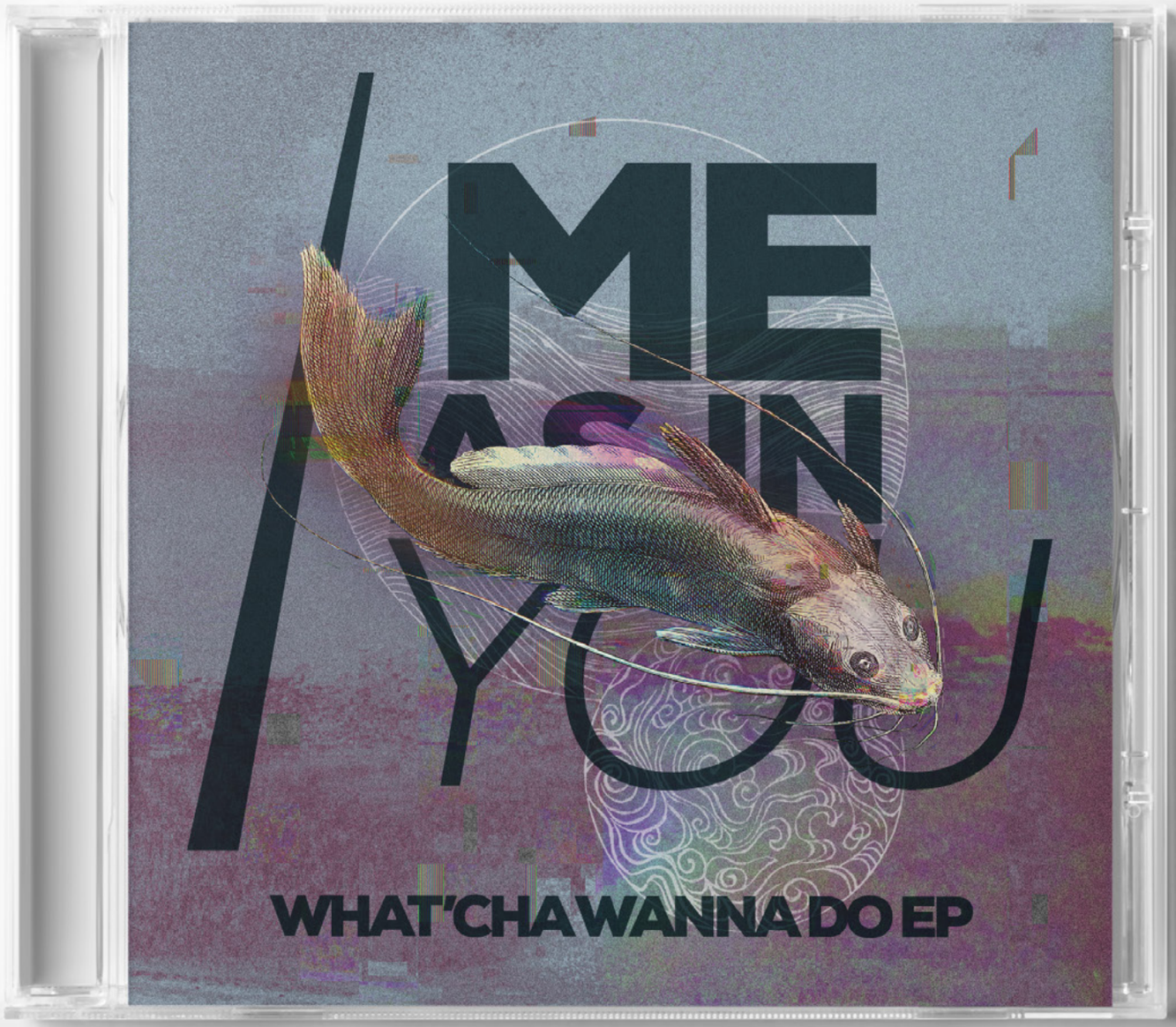

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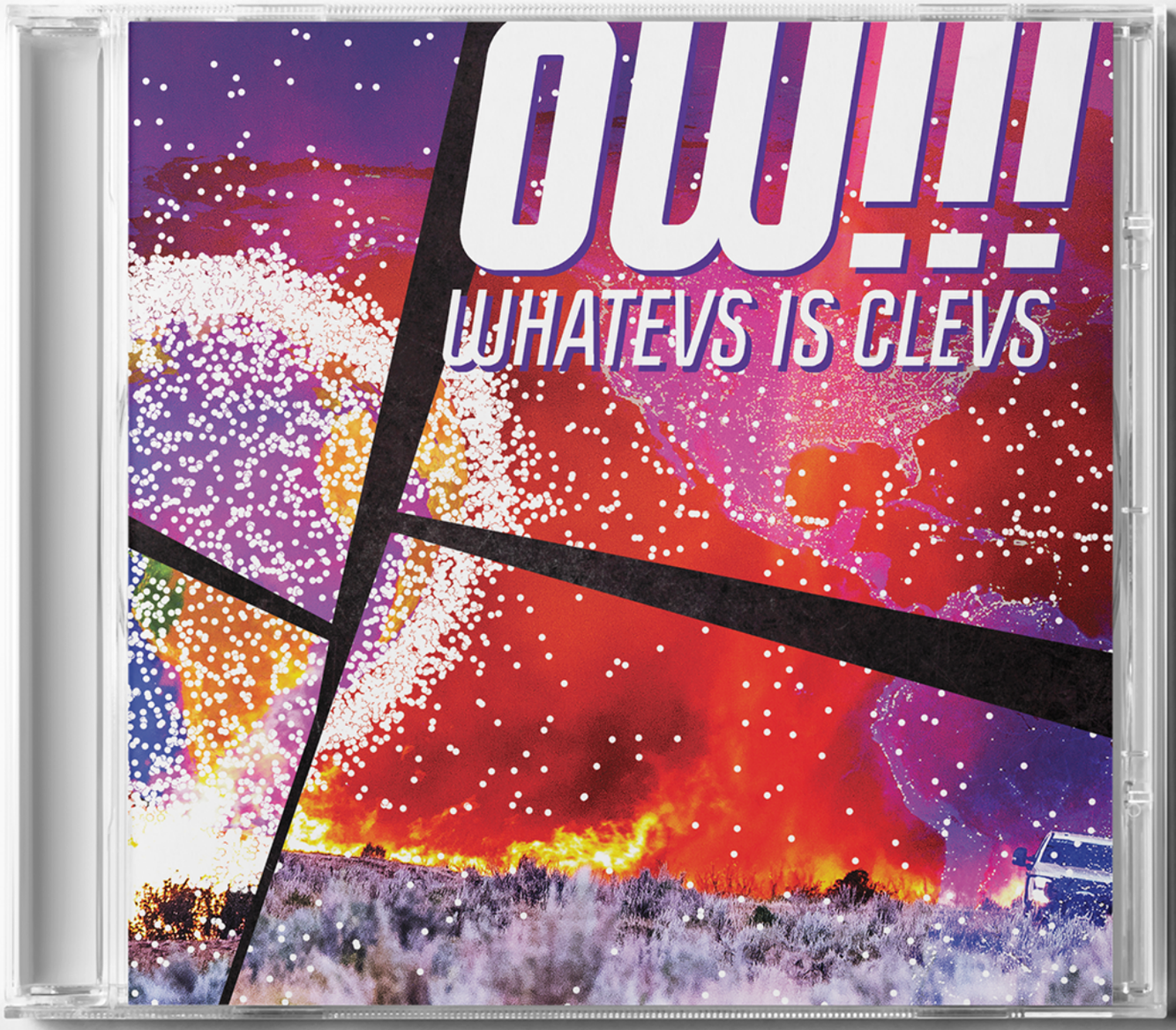

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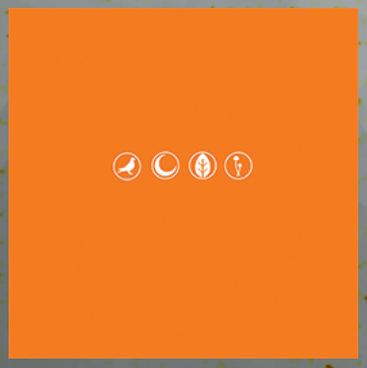

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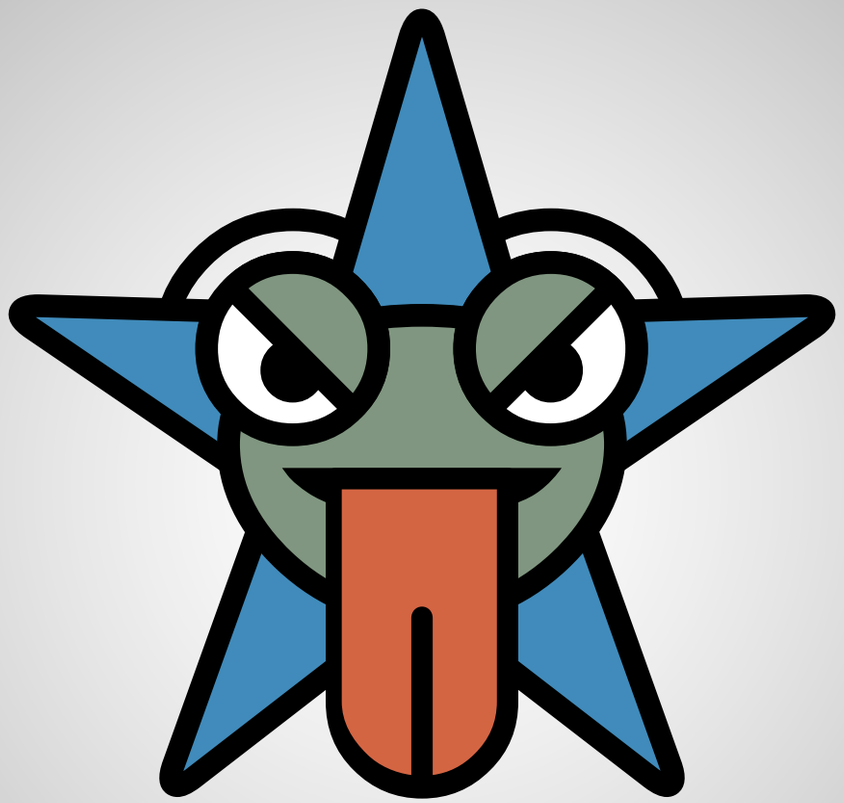

Tune in everyday at Starfrosch.com!

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Hey Dr. Mindflip, it's such a thrill to once again release your music. And, what a way to reintroduce you to blocSonic listeners! You guys put together one hell of a new album!

– Peace, Mike Gregoire

Illustrations by The Spooky King

Package Design by

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