

as above
SO BELOW

**ISRAEL VARELA TRIO
FEAT. ALFREDO PAIXAO
& ANGELO TRABUCCO**

**www.israelvarela.com
[f/israelvarelamusic](https://www.facebook.com/israelvarelamusic)**

*Recorded, mixed and mastered at Forward Studios Rome - Italy,
between January 15th and February 14th 2018.*

Sound engineer: Stefano Quarta

Mastering engineer: Carmine Simeone.

Additional engineer: Andrea Secchi

Studio assistant: Federico Corradini

Cover photo, artwork and graphic design by Cecilia Lagarejos
www.cuerpo12.com Buenos Aires, Argentina..

Studio photos by Nadia Cancila.

Press office: Red&Blue music relations.
www.redblue.it Bologna, Italy.



www.forwardmusicitaly.it



www.forwardstudios.it

ISRAEL VARELA TRIO

FEAT. ALFREDO PAIXAO & ANGELO TRABUCCO

RITA MARCOTULLI

FLORIAN WEBER

JOSEI VARELA

PABLO VARELA SR.

SAWANI MUGDAL

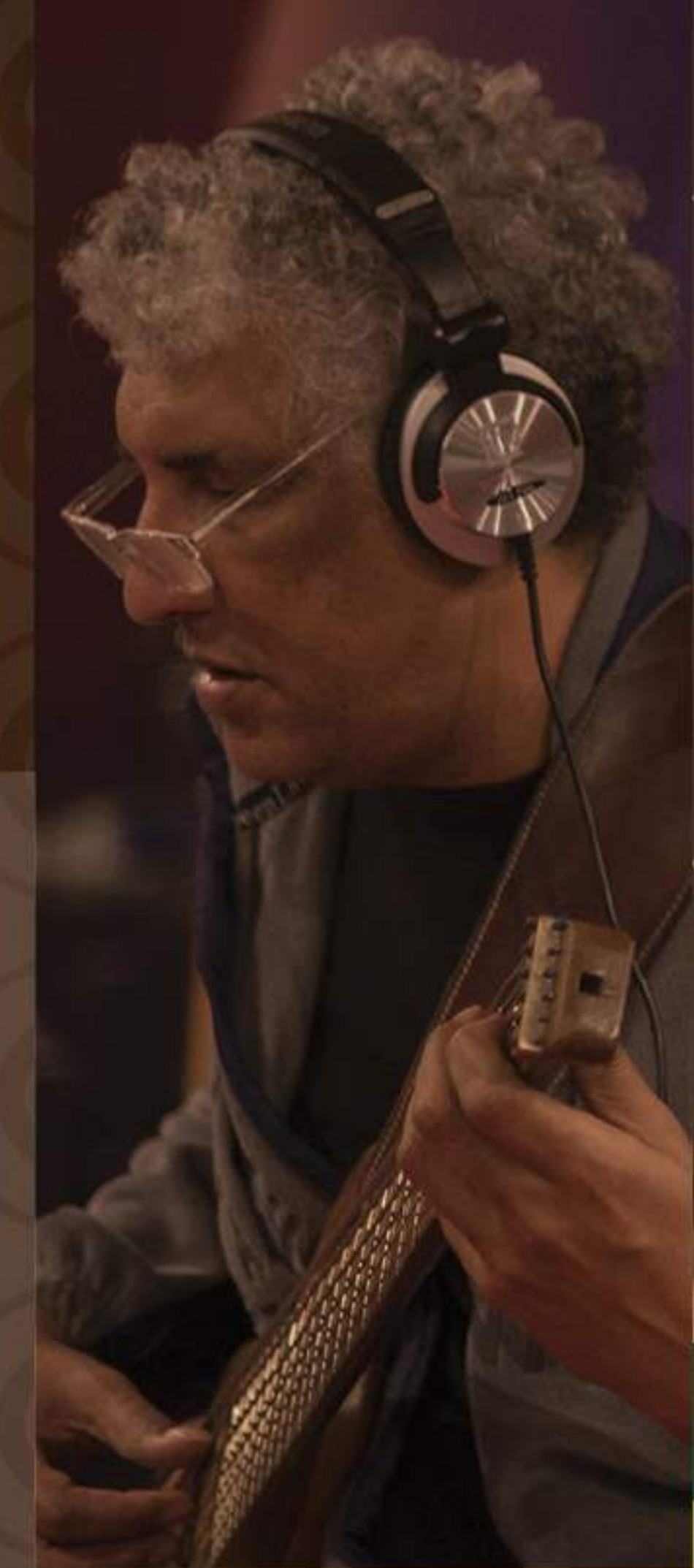
PAOLA REPELE

NADIA CANCILA

EMANUELE SCARPARO

SPECIAL GUESTS:

MARCO SCARPARO



Special Thanks:

"I want to thank God for all His blessings and for fulfilling my life with love, health, tons of music, and a beautiful family. To my trio members, Angelo Trabucco thanks for all your help always and for understanding my music the way you do. To Alfredo Paixao, simply my idol since I was 14 years old, I feel honored to play with you always master. To my family for supporting me always. To my wife Paola for her beautiful voice and mainly for your patience and love, for the kind words and guidance that makes me a wiser and better person. To my son Josei Varela for being such a great son and my main inspiration, for your help during the creation of the songs, for your arrangements ideas, your playing and singing, love you. To Rita Marcotulli for your incredible friendship, talent and beautiful soul. To Florian Weber for being such a great person and incredible musician. To Sawni Mugdal for your incredible voice and friendship, to Marco and Emanuele Scarparo for your patience and wonderful work. To Nadia Cancila thanks for your great voice and photos. To our sound engineers Stefano, Andrea, Federico, Carmine you are all incredible, thanks for your patience. To my father Pablo Varela Sr. thanks for being my best friend always and for your beautiful playing. To my brother Pablo and sister Eva for always supporting my music since I was a child and for all your advices.



"THIS ALBUM IS DEDICATED TO THE MEMORY OF MARIA ELENA ESQUIVEL, THE BEST MOTHER ON THE PLANET, THANKS FOR YOUR WISDOM AND LOVE.

*Special thanks to Forward Studios & Forward Music Italy .
To Massimo Scarparo and his family, thanks for your friendship, support, trust and professionalism.
I can't wait to see what we're going to do together.*



1. **AS ABOVE SO BELOW (I. Varela)**

Israel Varela, vocals, drums, piano, wurlitzer, keys.

Alfredo Paixão, bass.

Angelo Trabucco, Fender Rhodes, piano.

GUESTS:

Sawani Mugdal, tempura.

Josei Varela, back vocals.

Paola Repele, back vocals.

Pablo Varela Sr. Keys.

Emanuele Scarparo, electric guitar.

Marco Scarparo, electric guitar.

Lyrics:

James 1:19

Everyone should be so quick to listen, and slow to speak . take note of this.

Exodus 14:13

"Do not be afraid. Stand firm and you will see the deliverance the Lord will bring today.

Emerald Tablets:

All things, where made from contemplation of the one, so all things were born from adaptation, this ascends from the earth into the skies and then again descends from the sky and goes to earth.

Receive the power of things above and things below, the power above and things below.

You will drive away all shadows and blindness.

As above so below.

2. **RENEW YOUR MIND (I.Varela)**

Israel Varela, vocals, drums, minimoog.

Alfredo Paixao, bass.

Angelo Trabucco, piano.

GUESTS:

Josei Varela, fender rhodes.

Paola Repele, back vocals.

Lyrics:

Romans 12:2

do not be conformed to this world, but be transformed by the renewing of your mind.

Do not be conformed to this world. Renew your mind.

Ephesians 4; 23-24

new in the attitude of your mind
and put on the new self, created to be like God

3. **EL NO TIEMPO (I.Varela)**

Israel Varela, vocals, drums, claps.

Alfredo Paixão, bass.

Angelo Trabucco, piano, minimoog.

GUESTS:

Josei Varela, fender rhodes.

Paola Repele, back vocals.

Lyrics

John 7:6

My time is not yet come, your time is always here

4. **FOUNTAIN OF LIFE (I.Varela)**

Israel Varela, drums, vocals.

Alfredo Paixão, bass.

Angelo Trabucco, piano.

Josei Varela, fender rhodes.

Lyrics:

Psalm 36:9

For you are the fountain of life, the light by which
I can see.

5. **RISHIKESH (I.Varela)**

Sawni Mugdal, vocals.

Florian Weber, piano.

Alfredo Paixão, bass.

Israel Varela, drums.

6. **KOINE (R.Marcotulli)**

Rita Marcotulli, piano.

Israel Varela, drums, vocals.

Tomado de AlbumCancionYLetra.com
*Cristo de las redes, no nos abandones
y en los espineles déjanos tus dones.*

8. **SOY (A.Paixao)**

Nadia Cancila, vocals.

Alfredo Paixão, bass.

Israel Varela, drums.

7. ^{DE} ORACIÓN DEL REMANSO (J.Fandermole)

Soy de la orilla brava
Del agua turbia y la correntada
Que baja hermosa por su barrosa profundidad
Soy un paisano serio
Soy gente del remanso valerio
Que es donde el cielo
Remonta vuelo en el Paraná

Tengo el color del río
Y su misma voz en mi canto sigo
Del agua mansa y su suave danza en el corazón
Pero a veces oscura
Va turbulenta en la ciega hondura
Y se hace brillo en este cuchillo de pescador

Cristo de las redes
No nos abandones
Y en los espineles
Déjanos tus dones
No pienses que nos perdiste
Es que la pobreza
Nos pone tristes
La sangre tensa y uno no piensa
Más que en morir
Agua del río viejo
Llévate pronto este canto lejos
Que está aclarando
Y vamos pescando para vivir

Llevo mi sombra alerta
Sobre la escama del agua abierta
Y en el reposo vertiginoso del espinel
Sueño que alzo la proa
Y subo a la luna en la canoa
Y allí descanso
Hecha un remanso
Mi propia piel

Calma de mis dolores
Ay cristo de los pescadores!
Dile a mi amada
Que esta apenada esperándome
Que ando pensando en ella
Mientras voy vadeando las estrellas
Que el río esta bravo
Y estoy cansado para volver

Cristo de las redes
No nos abandones
Y en los espineles
Déjanos tus dones
No pienses que nos perdiste
Es que la pobreza
Nos pone tristes
La sangre tensa y uno no piensa
Mas que en morir
Agua del río viejo
Llévate pronto este canto lejos
Que está aclarando
Y vamos pescando para vivir

Agua del río viejo
Llévate pronto este canto lejos
Que está aclarando
Y vamos pescando para vivir



9. **SACRED CIRCLE (I.Varela)**

Israel Varela, drums, vocals.
Angelo Trabucco, minimoog.
Alfredo Paixão, bass.
Rita Marcotulli, piano.
Florian Weber, fender rhodes
Josei Varela, oberheim keys.
Paola Repele, back vocals.
Nadia Cancila, back vocals.

Lyrics:

1 Corinthians 13:4-8

Love is patient, Love is kind, it
doesn't envy, it is not proud.

10. **HUYE (I.Varela)**

Israel Varela, vocals, drums, keys.
Alfredo Paixão, bass.
Angelo Trabucco, piano.

Lyrics

by Frida Kahlo, adaptation by I. Varela.

*Cada tic tac es un segundo
de la vida que pasa
huye y no se repite
y hay en ella tanta intensidad
que el problema es saberla vivir.*

*Que cada uno lo resuelva
como pueda, el problema
es saberla vivir.*

*Pies para que los quiero
si tengo alas para volar.*

11. **HEXACHORDAL MORNING
(I.Varela)**

Israel Varela, vocals, drums.
Alfredo Paixão, bass.
Angelo Trabucco, piano.

12. **FRAGILI (P.Repele)**

Paola Repele, vocals.
Rita Marcotulli, piano.
Angelo Trabucco, fender rhodes.
Alfredo Paixão, bass.
Israel Varela, drums, keys.

Lyrics
by Paola Repele:

*Fragili come le onde del mare
Fragili come sapere di morire
e se puoi andare contro corrente
se vuoi annegare la mente.*

*Fragili quando l'ambiente riflette
la forza che non hai neanche lontanamente
e se poi ci si affeziona al dolore lo sai
che poi devi affrontare.*

*Fragili quando ne sei uscito fuori
e dici che sei pronto per ricominciare
a illudere un'altra volta il tuo cuore
e a ridere, del fatto che e' normale.
in silenzio tutto cambia, tutto si muove e va.*

13. **AZUL (I.Varela)**
Israel Varela, piano, vocals, cajón.

Lyrics by Frida Kahlo, adaptation by I.Varela.

*Una cama que arde
una hoja que arde
rojo carmesí.*

*Carnadura de un pajaró
y es cierto te descubro,
en las tensiones que plantea
la naturaleza del fuego,*

*En el siervo herido con tu cara
y la luz de la mañana.*

*Siempre te he amado
y eso es cierto,
te reconstruyes en esfinges.*

*Ignoras a los gentiles,
y me miras por dentro.*

*Donde la sangre se mezcla
con el óleo,
los huesos con las piedras.
la nodriza con la máscara.*

*Los frutos con el sexo
el llanto con el grito,
rosas germinando
en la noche de Coyoacán.*

Azul.

