

# Growing Upward

by Rupa & the April Fishes



Album Release April 1, 2019

Chronicling the sounds and stories of voices at the margins, **Growing Upward** is global music group Rupa & the April Fishes bold new album mapping the experiences of physician, social activist and composer Rupa over five years as she became a mother and accompanied indigenous groups fighting the oil industry at Standing Rock and families demanding justice for police violence while delving into dialogues with artists, climate activists, indigenous healers, grandmothers, farmers and cultural workers around the world. Moving between deeply personal and political, the songs sing to the tender power of love and the force of hope that lies within transformation.

In a world heaving with climate catastrophe and energies that threaten to pull us apart at the exact moment when we must come together, **Growing Upward** is brimming with optimism and incisive critique of those systems of domination that threaten human existence around the world. With compositions inspired by the frontlines of social movements and dialogues with the late Gil Scott Heron, composer Rupa Marya turns her experience as a physician, social thinker, mother and activist into a sound that is both wide-reaching and intimate.

Collaborating with seasoned bandmates who have toured together in 29 countries and released 4 prior critically-acclaimed albums, with radical performance artist Guillermo Gomez Peña in a Declaration of Human Rights, with indigenous artists from many territories across Turtle Island, with regenerative farmers working to heal the earth, with special musical guests Todd Sickafoose (bass), Marco Benevento (organ), Andrew Borger (drums), Karen Stackpole (gongs) and Damion Gallegos (production, The Coup), and with longtime artistic collaborator and muralist Mona Caron, the album will be released in a plastic-free form—as a series of seed packets—inviting listeners to engage more deeply by planting their own medicines. This collection of songs invites us back into the circle, back into relationship with the plants that heal us, the earth that sustains us, the community that enlivens us and the music that keeps our perspectives elevated in times of joy and in times of darkness.