





*I. KILLSHOT*

*II. THE CARPATHIANS*



III. *Ó GÓD PROTECT ME*

SOME KIND OF STILLCÁSVÉL VAGHOTTIL ÖR EFTINGÓD ÍRSTUÐIRFÉLAGO  
ADDITIONAL GUITARS PERFORMED BY *VALGERÐ SJÓVINDRÓTTUM*, HÖLINS, VÍÐI  
CELLO PERFORMED BY *AMINA*

IV. *HÍBAKÚSJA*

BRASS PERFORMED BY *HELGÍ HRAFN JÓNSSON*, PREPARED PIANOS PERFORMED BY  
*NICO MÜHL* AND *PAUL CORLEY*, ADDITIONAL STRINGS BY *RUSSELL FANGOUS*

V. *UNTITLED TRANSIENT*

VI. PETER VENKMAN PART I

VOICES PERFORMED BY *THE CHILDREN OF SVÁLHÖT*, HARPICORDS AND  
PREPARED PIANOS PERFORMED BY *NICO MÜHL*, BRASS PERFORMED BY *HELEI*  
*HRAFNI JÓNSSON*.

VII. PETER VENKMAN PART II

PERFORMED BY *BEN FROST*, *VALGEIR SIGURSSON*, *SAM AMIDON* AND  
*SIGRÍÐUR SUNNA REYKISDÓTTIR*. ORIGINAL STRING ARRANGEMENT BY *BEN FROST*  
AND *NICO MÜHL*. PERFORMED BY *AMINA*. RECORDED BY *MIO ÞÓRSSON*.

VIII. LEO NEEDS A NEW PAIR OF SHOES

# BEN FROST



*IX. THROUGH THE GLASS OF THE ROOF*

*X. THROUGH THE ROOF OF YOUR MOUTH*

*XI. THROUGH THE M*

# BY THE

ADDITIONAL PROGRAMMING BY **DAVID LETTELER (KAUDING RAY)**,  
PERCUSSION BY **JEREMY GARA**.

# FRODO

H THE MOUTH OF YOUR EYE

ALL MUSIC WRITTEN AND PRODUCED BY **BEN FROST**. © BEN FROST 2009  
L I K AND X CONTAIN RAW MATERIAL FROM **THE WILL TO BURN** AND

**THE LYCHANTHROPE** FROM THE ALBUM **SON OF SULLICHER** BY **GROWPATH**.

USED WITH PERMISSION.

THIS RECORDING CONTAINS VARIOUS RECORDINGS OF ORGAS OFF THE COAST

OF HENNINGSVÅER, NORWAY, BY **MEIKE I YESTER**.

**VALGEIR SIGURSSON**, **SAM AMIDON** AND **NICO MUHLY** APPEAR COURTESY OF  
**BEDROOM COMMUNITY**.

**LAWRENCE ENGLISH** APPEARS COURTESY OF **ROOM40**.

BEN FROST USES SOFTWARE BY **ABLETON** AND **MATIVE INSTRUMENTS**.

CONCEPT BY **BEN FROST** WITH **SROLL RECHT**.

**BY THE THROAT** WAS PHOTOGRAPHED AT HULDHAHEIMS, DAVIK, ICELAND  
BY **BJARNI GRÍMS** AND DESIGNED BY **REBECA MÉNDEZ**.

THE BINDING OF **ELISAC** BY **SROLL RECHT**.

INFLUENCE UPON THIS RECORDING BY **SROLL RECHT**, **VALGEIR SIGURSSON**,  
**LAWRENCE ENGLISH**, **NICO MUHLY**, AND **PAUL CORLEY** CANNOT BE OVERSTATED.

PARTICULAR GRATITUDE IS DIRECTED ALSO TO MY **FAMILY**, **TIM HECKER**,

**DANIEL REJMER**, **SAM AMIDON**, **LAURENT BRIET**, **ANDREW KOTATKO**,

**REBECA MÉNDEZ** + **ADAM ECUWENS**, **RIVI**, **AMINA**, **HILDUR GUÐMADÓTTIR**, **MIO**,

**PAUL EVANS**, **SIGGA SUNNA**, AND **DANNY 'LIVER-NOTES' JOHNSON**.

...FOR HOODCH



*BEN FROST*

*BY THE THROAT*

EXECUTED BY *BEN FROST* & *VALGERD SIGURDSSON*

UPRIGHT BASS, AS INSTRUMENT, ENTIRE ORCHESTRA AND OCCASIONALLY  
ANIMAL THROUGHOUT THIS RECORD PERFORMED BY *DOBIGAR MAGNASON*  
VARIOUS ADDITIONAL PROGRAMMING, INSTRUMENT BUILDING, ENGINEERING,  
PREPARED PIANOS, PERCUSSION AND AIR SUPPORT ACROSS

THIS RECORDING BY *PAUL CORLEY*

VARIOUS SOUND DESIGN'S ADDITIONAL PROCESSES AND FORESIGHT  
PERPETRATED BY *LAWRENCE ENGLISH*

THIS RECORDING WAS PRODUCED ALMOST IN ITS ENTIRETY  
WITHIN THE WALLS OF *GREENHOUSE STUDIOS* IN REYKJAVIK ICELAND.

GREENHOUSE IS MANAGED BY *WILU ÞÓRÞARSON*  
[WWW.GREENHOUSE.IS](http://WWW.GREENHOUSE.IS)



