

THE STORY OF MIIST

It started as a friendly challenge – and became a revelation. In 2022, Miist, who had previously never written a song in her life, was prodded by a friend to try her hand at composing. "He kept telling me, 'I think you can do this," Miist recalls. I said, 'All right, that's enough. I'm going to prove to you I can't so we can end this."

But something funny happened when Miist's hands hit the piano keys: A wholly original song poured out of her. As she played music that didn't exist until that moment, she began to sing lyrics from the top of her head. "It was mind-blowing and overwhelming," she says. "At first, I was embarrassed because I had proven myself wrong, but then it hit me that I now had this way to express my feelings. It was like this gift was bestowed on me, and I knew I had to use it."

That day, Miist wrote three songs. She kept going, and now she estimates that she's written close to 65 numbers – gripping love ballads, vibey dance tracks, uplifting pop, and others that fuse genres and textures in ways that spread the waters of contemporary music.



THE SONGS FROM THE LIVING ROOM

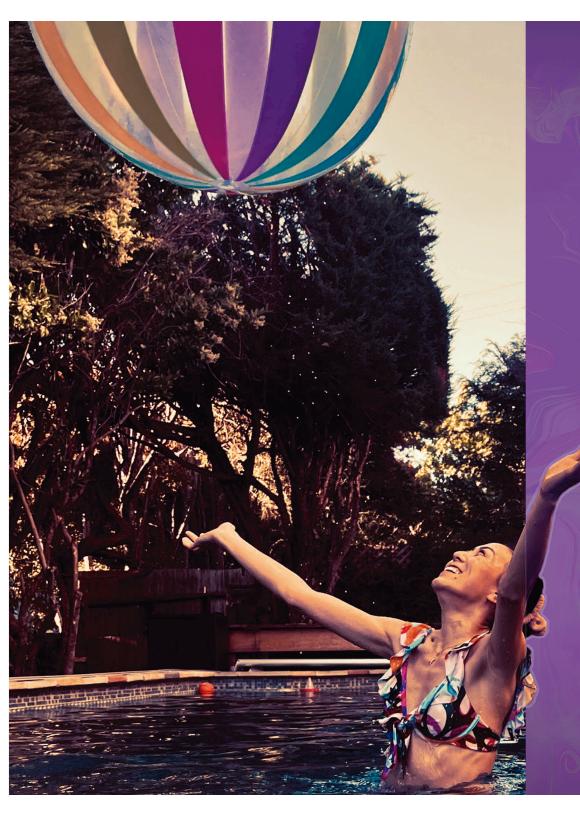
In most cases, when you go into a studio to record, the producer will sit in the engineering room while you are in the isolation booth with the microphone. They talk to you through cue speakers. Since I was such a newbie, Narada asked if I would like him to sit with me in the isolation booth or whether I wanted him to be in the mixing room. I liked the idea that he would be next to me. So, for the entire album, he sat just a few feet away while I sang. He said it felt like he was listening to the songs from the living room. I loved that sentiment.



LISTEN TO THE COMPLETE ALBUM

www.miistthesinger.com/2024album





LET THE MUSIC FILL YOU

This was the first Latin song I wrote. Narada had sent me a catchy beat, and I saw this scene in my head where people were playing music and dancing in the streets of Little Havana. We ended up filming the music video in Palermo, Buenos Aires, Argentina. The song was so fun I decided I wanted to record it in Spanish as well. A wonderful artist named Emy Smith helped translate the lyrics, and the amazing Tony Succar co-produced the Spanish version (which is not on this album).

Songwriters: Miist & Narada Michael Walden / Chris Walden Main Vocals: Miist Producer: Narada Michael Walden Co-Producer Spanish: Tony Succar Engineer: Jim Reitzel Percussions: Karl Perazzo Backup Vocals: Tahkus Ekedal Allen Spanish Vocals: Emy Smith Drum programming: Justus Dobrin Leyboards and Synth Programming: Justus Dobrin Horn Arrangement: Justus Dobrin

Recorded at Tarpan Studios Marin County, CA, USA







REMEMBER ME AGAIN

"You never want to be forgotten by the one you can never forget." When we were shooting the music video for this song, the videographer thought I should be laughing when I said the title words as if I was happily 'haunting' the former lover. But that was not my intent at all. This song is about that person that you can never forget. You might be happily in a relationship right now, and you have no desire to go back in time. However, that past person has a special place in your soul, and you hope that they will never forget you. This was a really fun song to sing, and the music video is one of my favorites.

Songwriters: Miist & Narada Michael Walden Main Vocals: Miist Producer: Narada Michael Walden Engineer: Jim Reitzel Backup Vocals: Tahkus Ekedal Allen

> Recorded at Tarpan Studios Marin County, CA, USA



I WANT TO WRITE THIS SONG

This song has a very special place in my heart. I was on a social media site one day, and I reconnected with a friend from many years ago. As we chatted together, the years seemed to melt away, and it felt like my friend had never left my side. Sometimes, a friendship is so special that neither time nor distance seems to matter. I wrote this song to those dear friends whose lives diverged from mine. I regret not staying in closer contact, but I know that they are always there for me, and they know that I am always here for them. This song is dedicated to them.

Songwriter: Miist Main Vocals: Miist Producer: Narada Michael Walden Engineer: Jim Reitzel Backup Vocals: Tahkus Ekedal Allen

Recorded at Tarpan Studios Marin County, CA, USA



CHERRIES & CREAM

This song is about first love. That overwhelming and amazing feeling that feels like you're living in a Disney movie. A place where everything is exactly as it should be, complete with rainbows and floating clouds and cherries and cream! We all know it is not 'real life,' but while you are floating with the clouds, there is nothing like it, and we will experience it only once in our lives. I have learned that there is an entire field of study on 'first love.' At its essence, this song is a reminder of how wonderful it is to be young and not jaded by this world's bruises. I loved recording this song and filming the music video, which was done in Maui.

Songwriters: Miist & Narada Michael Walden Main Vocals: Miist Producer: Narada Michael Walden Engineer: Jim Reitzel Rap: Double O Backup Vocals: Tahkus Ekedal Allen Choreographer: Chelsea Seward

Recorded at Tarpan Studios Marin County, CA, USA





What makes this savant story all the more remarkable is that Miist was 34 when she landed on her uncanny knack for songwriting. Up till then, she had lived a content adult life as a wife and mother while working as a bookkeeper. "Most singers and musicians start writing songs when they're in their teens. It's a craft they learn over time," she says. "But I have no regrets. If I had discovered this talent earlier, I wouldn't have anything to write about. I wouldn't have had the chance to live the life I've led. The things I've experienced come out in my songs – not literally, but the feelings are there."

She pauses, then adds, "Through my music, I decided that I needed to make a connection with the world."

A talent this prodigious also comes with an incandescent voice and a striking persona.

Mist sings with a flawless assurance of a trained pro, and her luxurious timbre is a delicate and gorgeous instrument. The kicker is, she's a natural. Born and raised in China, she grew up singing Chinese love songs, which she describes as "very similar to the big LOR American ballads of the '80s and '90s." Later, after moving to Canada and the U.S., MEILLEUR she sang along to her favorite female singers like Barbra Streisand and Adele. "I didn't have training, but I just loved the emotional outlet when I sang with them," she says. "It was dramatic and cathartic. There would be tears, but it felt so good MEILLEUR afterward."

Miist's story took a serendipitous turn when a recording of her songs reached Narada Michael Walden, the Grammy and Emmy-winning producer, musician and songwriter whose multi-platinum hits include artists such as Whitney Houston, Aretha Franklin and Mariah Carey, among others. Intrigued by what he heard, Walden set up a meeting with Miist, and within minutes the two were jamming together, tossing ideas back and forth freely and exuberantly like two musical equals. Before the day was over, Walden said that he wanted to produce her.

"I told Narada that meeting with him and playing with him was like a dream," Miist says. "Then I said, I'm not afraid to dream again." Walden seized on that sentence and said, "You have to write that." The result is "I'm Not Afraid to Dream Again," a heavenly, hook-filled pop gem driven by an arresting groove over which Miist's effervescent vocals positively sail.

On some songs, Miist would write at home – hence the forthcoming album title *The Songs from the Living Room* – and present them to Walden to incorporate his own ideas. Other times the two worked intuitively as collaborators at the producer's Tarpan Studios in Marin County, California. "Narada would start playing me a drum beat and I'd play along on piano," Miist says. "Then sometimes he'd send me beats and say, "What can you write to these?" I started writing all sorts of songs in a lot of different styles. He really opened me up."

These sessions produced a host of tracks, such as the modern disco delight "Move Your Body Slowly" that brims with irresistible rhythms, silky smooth strings and a melody that just won't stop. "It's such a fun and romantic song," Miist says. "I think it spreads a universal message: No matter how crazy the world gets, there's always someone you want to slow dance with."

"Remember Me Again" is another album highlight. A haunting ballad with stirring electronic textures, it buries itself in one's senses and won't let go. "I think lots of people have this kind of experience," Miist says. "You meet somebody and they're the right person, but it's the wrong time. You don't want to forget this person, and you don't want them to forget you. The feelings can be quite complicated."

On other cuts, Miist glides effortlessly into vibrant Latin funk ("Let the Music Fill You," featuring Santana's Karl Perazzo) and playful R&B ("Cherries and Cream"). Her skills as a commanding performer come alive spectacularly on "Love Them Away." Over a sparse but compelling arrangement, she doesn't so much sing as she invites listeners to feel. Her inflections are intelligent and elegant, but they're never showy or artificial; each phrase is meticulously placed and every emotion is earned in a way that feels genuine.

"That song came about when Narada said, I want you to write me a song that makes me cry," Mist explains. "He would challenge me because he wanted the best out of me. So I wrote very simply, just piano and voice, and I put the feeling out. Don't be afraid. You can show me the worst of yourself and I will love you just the same. I will love all your pain away."

Miist's songs unfold easily, but there's real depth to them. As she points out, she's not afraid to tackle painful subjects from her own life. "The way I was brought up in China, it wasn't uncommon to spank children, and that did happen to me," she notes. "I got beat up and I had bruises. It took me a while to understand it all now, but it was traumatic at the time. That's why I wrote The Bruises Won't Ever Understand." In "Let Me Be the Promise You Wanted," she adresses the abandonment she felt when her father and mother dropped her off at a boarding school at 5 years old. Her father never returned. "I think I was saying, I hope I can be the promise you wanted so you won't leave," she says.

In **"Give Her My Love"** she learns to let go of the fear of that abandonment and through her own heartbreak provide a path of love for her boyfriend and another woman. This is not all altruistic as she heals herself by letting go of the anger and resentment.

One of the most poignant of songs is her **"Kiss Me Like the Rain"**. It is a wish of how she wants her death to be remembered. At 28 years old she received the shocking news that she had a 15 cm liver turnor and was given weeks to live. Through a mirade of medicine and incredible support as well as a 60% liver resection she survived. It is a reason that she is an Ambassador for Teen Cancer America today. That experience also gave rise to the song, **"She"**, which is a thank you to her mother for coming back into her life and supporting her through that difficult time.

Months before the release of *The Songs from the Living Room*, Miist's music has started to reach a sizable audience on multiple platforms – and people have embraced the "dean pop" sensibility of her lyrics. "I'm just expressing myself honestly and I'm being who I am," she says. "I'm not trying to make a statement against other musicians, but I think there's a segment of people who are looking for music that all ages can enjoy and get something out of."

More than anything, Miist is hoping to create moments of beauty and grace, messages and melodies that will leave listeners with an impactful and lasting feeling of possibilities. "It's a difficult time we're in," she says. "People are suffering in so many ways, so I want to bring some light to this world. Even if I'm writing about a subject that is dark, I always end with the feeling that we always have hope. I can't think of anything better. That's the connection I want to make."

THE END ~

INTERVIEW BY JOE BOSSO ALONG WITH EXCERPTS FROM OTHERS

It's Too Late to Love You





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IT'S TOO LATE TO LOVE YOU

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Miist: It's too late to love you It's too late to still care To remember the feeling To remember the loving To forget it's all past

Narada: It's too late to love you It's too late to stay and fight We can't even remember We can't even forget It's time to let us go

Both: It wasn't long ago I said I'd love and hold' to you You said you'd cherish me for life Wasn't that true?

It wasn't long ago You said you'd always hold me close And keep me forever and a day Inside your heart...heeeaaart

Narada: It's too late to love you It's too late to start over Too much baggage and words Too much pain too much hurt It's all just sadness

Miist: It's too late to love you It's too late to still be here The love in your eyes is gone The walls around your heart too strong It's time to move on

Both: It's not the pain we caused that makes me give up on us It's the pain we didn't see When we gave up... Oh yeah

It's not the memories We shared that I need to leave to leave, baby It's the blood from all our open wounds In our past

> It's not the pain we caused that makes me give up on us It's the pain we didn't see When we gave up

It's not the memories
We shared that I need to leave
It's the blood from all our open wounds
In our past
It's the life we didn't live that I'll remember
It's the love we didn't find...

Spoken: Miist: "but ... if you asked me to stay" Male: "... ... I can't ask you to stay

I'll chose to forget

One More Time





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ONE MORE TIME

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Out in the cold I'm alone I want to come home Nothing left to prove, left to lose Don't refuse

One more time is all I need
One more time to make things right
One more time to forget it all
One more time to dance again
One more time to help you love me again
One more time to help me love myself again
One more time

I wish I could undo it all I never wanted to fall I want to give you a sign Give me one more time

One more time is all I need
One more time to make things right
One more time to forget it all
One more time to dance again
One more time to help you love me again
One more time to help me love myself again
One more time

Rap:
I can feel your tears slay on me
I know I didn't do you tight
It didn't take no one to tell me
I know I need to set it right
No deceit, it's time to tell you
Get down on my knees and pray
I swear on all I believe in
I'll make you whole someday

One more time is all I need
One more time to make things right
One more time to forget it all
One more time to dance again
One more time to help you love me again
One more time to help me love myself again
One more time

MOVE YOUR BODY SLOWLY

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All the lights were strobing My thoughts were composing Uh huh, oh yeah Saw you moving toward me

Uh huh, uh huh

The room just started thumping Everybody started pumping Uh huh, oh yeah Called you with my finger Our eyes began to linger Uh huh, uh huh uh huh

Uh uh uh Da da da da Uh uh uh Da da da da Uh uh uh Da da da da 1-2-3-4-5-6 Slow

Move your body slowly
Put your arms around me
Like that, woo woo
Feel the rhythm growing
Melt me with your touch
Like that
Intoxicate me with your touch

Move your body slowly
Put your arms around me
Like that, woo woo woo
Feel the rhythm growing
Let me feel your touch
Like that
Intoxicate me with your touch

The room just started thumping Everybody started pumping Uh huh, oh yeah

Called you with my finger Our eyes began to linger Uh huh, uh huh uh huh

Uh uh uh Da da da da Uh uh uh Da da da da Uh uh uh Da da da da 1-2-3-4-5-6 Slow Move your body slowly
Put your arms around me
Like that, woo woo
Feel the rhythm growing
Melt me with your touch
Like that
Intoxicate me with your touch

Move your body slowly
Put your arms around me
Like that, woo woo woo
Feel the rhythm growing
Let me feel your touch
Like that
Intoxicate me with your touch

Move your body... slowly
Intoxicate me with your touch
Move your body... for me
Intoxicate me with your touch
Move your body... slowly
Intoxicate me with your touch
Move your body... for me
Intoxicate me with your touch
Move your body slowly...to me

LET THE MUSIC FILL YOU

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Don't want to sit here Listening to the beat Grab my hand and take me Away_ay

Just look around you People in the street Dancing to the music Let's play

Let the music fill you That is how I feel Rhythm takes my body away Till the night turns into... (day)

Let the music fill you Let it guide your soul Rhythm takes your body away Gonna like me this way... this way! Gonna like me this way... this way!

Watch me then join me It's all good tonight Float your inhibitions Away...ay

In your eyes find me Feel my breath on you Be one with the music Away...ay

Let the music fill you That is how I feel Rhythm takes my body away Till the night turns into... (day)

Let the music fill you Let it guide your soul Rhythm takes your body away Gonna like me this way... this way Gonna like me this way... this way Ooh
Let the music fill you
Ooh
That is how I feel
Yeah
Rhythm takes my body away
Till the night turns into... (day)
Ooh
Let the music fill you
Ooh
Let it guide your soul
Oh yeah
Rhythm takes your body away

Gonna like me this way... this way
(Gonna like me this way)
Gonna like me this way... this way
(Gonna like me)
Gonna like me this way... this way
(This .. Ooh)
Gonna like me this way... this way
(Gonna like me)
Gonna like me this way

Remember Me Again





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REMEMBER ME AGAIN

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Remember me again
When your lips kiss your lover
Remember me again
When the sunset drips like silver
Remember me again
When the night turns into whispers
Remember me again
When your dreams melt into dawn

Ahahahahah ahahah ahah Ahahahahah ahahah ahah

Remember me again
When your lips kiss your lover
Remember me again
When the sunset drips like silver
Remember me again
When the night turns into whispers
Remember me again
When your dreams melt into dawn

Ahahahahah ahahah ahah Ahahahahah ahahah ahah

> Breathe Breathe me in Breathe me out Hold me in you (Hold me in you) Hold me in you (Hold me in you)

Brea ea ea... Breathe me into you Hold me into you

Remember me again
When your lips kiss your lover
Remember me again
When the sunset drips like silver
Remember me again
When the night turns into whispers
Remember me again
When your dreams melt into dawn
Ahahahahah ahahah ahah
Ahahahahah ahahah ahah
Breathe
Breathe

Breathe me in Breathe me out Hold me in you (Hold me in you) Hold me in you (Hold me in you)

Remember me again Remember me again Remember me Remember me Remember me

I Want to Write This Song





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I WANT TO WRITE THIS SONG

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It's me, I know it's been a long, long time I was thinking of that day again I miss our long talks about every nothing I want to tell you

I know that we have lived separate lives I know that we traveled alone But in my mind you have always been here I wanted you to know that, I know

> I want to write this song Give you a memory I want to hold your voice, And make you smile (ah ah ooh)

l want to write this song To remind you that I always will be here (ooh ooh ooh) And to say (and to say) I miss you (I miss you, I love you) I miss you (I miss you, I love you)

It's not I haven't thought about you again Your face (your face) appears every place I've been (every place I've been) A collage (ooooh) of memories in my mind (my mind) And I (I) need to tell you... Ooh

It's not that I forget all the times that we shared (we share)
It's not that I forget just to care (to care)
But sometimes it's easier to just fade away (away)
Until I remember that you're always there

I want to write this song Give you a memory I want to hold your voice And make you smile

I want to write this song To remind you that I always will be here And to say (and to say) I miss you (I miss you, I love you) I miss you (I miss you, I love you)

(I miss you, I love you)
(I miss you, I love you)
Ah...
I want to write this song
Give you a memory
I want to hold your voice
And make you smile

I want to write this song
To remind you that I always will be here
And to say (and to say)
I miss you (I miss you, I love you)
And to say, I love you (I miss you)
Oh yeah (I love you)
I wanna write you this love song (I miss you)
Cause I love song (I love you)
I wanna write you this love song (I miss you)
Ooh yeah yeah, I love you

I'm Not Afraid to Dream Again





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I'M NOT AFRAID TO DREAM AGAIN

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l'm not afraid to dream again You've opened up my soul l'm not afraid to dream again I'll dream, l'll dream again

Wasn't his love supposed to be My only hearts wish Didn't Disney sell that to me When I was 6? When I was 6

Why did love always have to end In a heartbreak? Is it so much to ask for Just a smile? Woo

l'm not afraid to dream again I just needed to believe l'm not afraid to dream again You've mended up my heart

l'm not afraid to dream again You've opened up my soul l'm not afraid to dream again l'll dream, I'll dream again, Baby

Hope is a promise that only hurts For a life ti-me yeah It offered a life that I Could never find, no no

What is life when you can only See showers? Yeah I wanted to taste the rain and feel Its power.It's power

l'm not afraid to dream again I just needed to believe l'm not afraid to dream again You've mended up my heart

I'm not afraid to dream again You've opened up my soul I'm not afraid to dream again I'll dream, I'll dream again, Baby

What is life when you can only See showers I wanted to taste the rain and feel Its power_It's power

l'm not afraid to dream again I just needed to believe l'm not afraid to dream again You've mended up my heart

l'm not afraid to dream again You've opened up my soul I'm not afraid to dream again I'll dream I'll dream again I'll dream again



Love Them Away





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LOVE THEM AWAY

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I see you. I see all the pain on your face I'll be here, at your side, until it subsides I'm not here for only a day or a year We will be, you and me, until forever

No fear
Show who you are to me
I'll count all your tears
Your nightmares and fears
And love them away
Today
I'll hold you close to me
I'll wash all your pains
Away with the rain
And love them away

I see you. I see all the pain on your face I'll be here, at your side, until it subsides I'm not here for only a day or a year We will be, you and me until forever

No fear Show who you are to me I'll count all your tears Your nightmares and fears And love them away

Today I'll hold you close to me I'll wash all your pains Away with the rain And love them away I'll wash all your pains Away with the rain And love them away

If you don't have the words, I'll understand Your heart will always Be safe in my hands, it will There's nothing you could do To make me walk away I promise you ... I'm here to stay

> No fear Show who you are to me I'll count all your tears Your nightmares and fears And love them away

> > Today
> > I'll hold you close to me
> > I'll wash all your pains
> > Away with the rain
> > And love them away
> > I'll wash all your pains
> > Away with the rain
> > And love them away

I'll wash all your pains Away with the rain And love them away Yeah... Love them away

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"Our world is filled with so many challenges right now.
As I hear many of your very personal ones, I wish I could just "love them away". It is my hope that my love shines through in the songs I write." - Miist



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