

SOJOURN

The Story Behind the Concept, Bird Calls, and Animal Dedications

THE MEANING OF SOJOURN

The title of this EP came directly from a multi-dimensional dream logged in my journal twelve years ago, where a beautiful, supportive energy frequency without a face called out a single, echoing word: *Sojourn*. I didn't truly understand the weight of that word until the memory of the dream was suddenly reawakened by intense life changes this past summer. When I looked into its literal meaning—a temporary stay—it perfectly matched the profound, overwhelming emotions of longing that I was navigating. It served as a divine reminder that our time in the dark places of life is only a temporary journey, not a permanent destination.

THE HAUNTING FLIGHT OF THE BIRDS

This concept of a temporary stay deeply connects to the natural migration and journeys of birds. To mirror this path of moving through pain and beyond it, I chose to weave the evocative, acoustic calls of three distinct birds directly into the tracklist sequence: the Owl, the Mourning Dove, and the Loon. Each of these creatures delivers a haunting call that anchors us during transient moments, peaceful retreats, or early morning awakenings in nature. They represent the transitional space belonging entirely to a new dawn, true freedom, and healing.

A PERSONAL DEDICATION FROM SARA

This album is eternally dedicated to my beloved animal guardians in spirit: **Molly, Smudgy, Squeaky, Sheila, Oscar, Tucker, Cotton, Bagheera, Morgan, Whiskey, and Panda**. You took the heavy shadows of the world so my heart wouldn't break, and you went ahead into the light to show me how to fly. The bird calls in these songs are your voices cheering me on from the endless sky. My stay in the dark was only a temporary journey—a sojourn. I am flying now because you gave me your wings. This project is anchored in pure, protective love, watched over by my sweet physical companions with me now, **Blu and Sky**. This space belongs entirely to my beautiful spirit team. — Sara Goldenthal