



1  
stonemilker

2  
lionsong

3  
history  
of touches

4  
black  
lake

5  
family

6  
notget

7  
atom  
dance

8  
mouth  
mantra

9  
quicksand



1  
stonemilker

*9 months before*

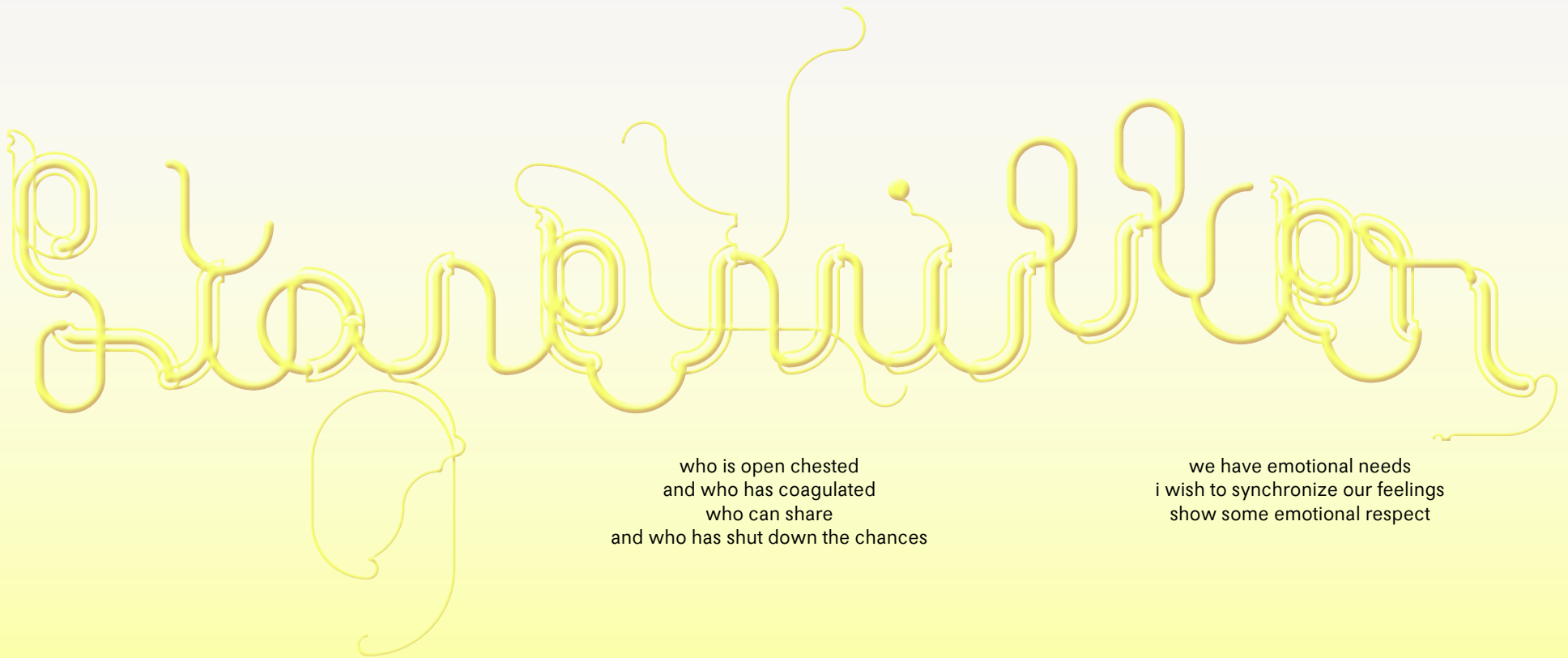
a juxtapositioning fate  
find our mutual coordinate

moments of clarity are so rare  
i better document this  
at last the view is fierce  
all that matters is

show me emotional respect  
i have emotional needs  
i wish to synchronize our feelings

what is it that i have  
that makes me feel your pain  
like milking a stone  
to get you to say it

who is open  
and who has shut up  
and if one feels closed  
how does one stay open

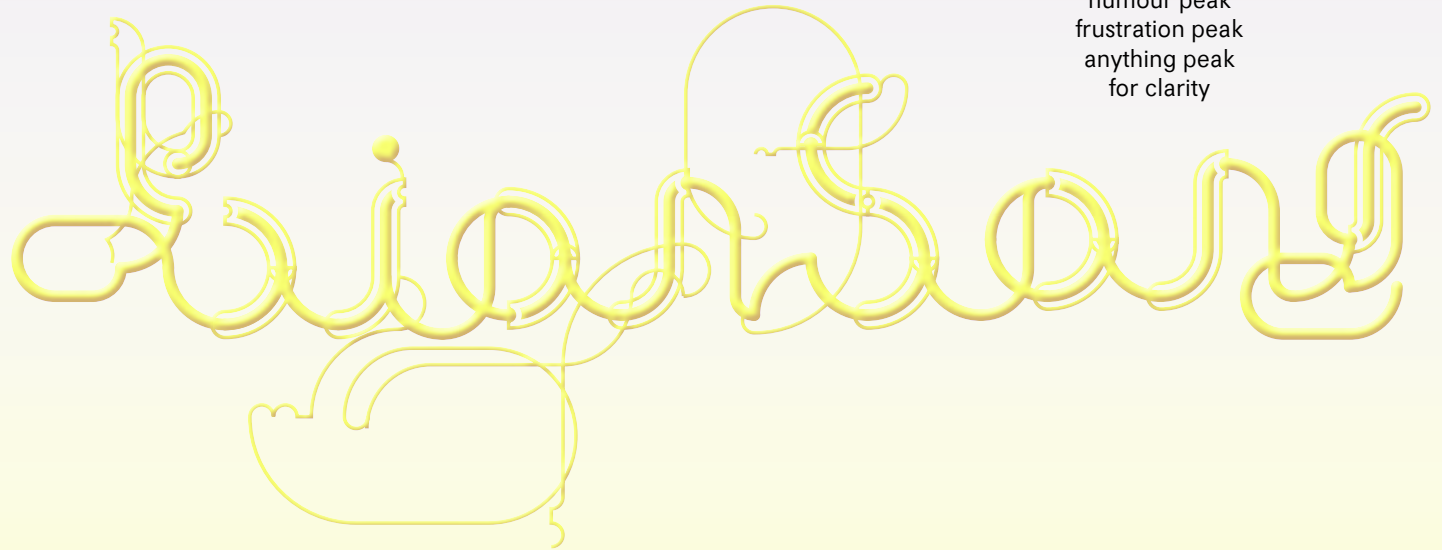


who is open chested  
and who has coagulated  
who can share  
and who has shut down the chances

we have emotional needs  
i wish to synchronize our feelings  
show some emotional respect



once it was simple  
one feeling at a time  
it reached it's peak then transformed  
these abstract complex feelings  
i just don't know  
how to handle them  
should i throw oil  
on one of his moods  
but which one  
make the joy peak  
humour peak  
frustration peak  
anything peak  
for clarity



2  
lionsong

*5 months before*

maybe he will come out of this  
maybe he won't  
somehow i'm not too bothered  
either way

maybe he will come out of this loving me  
maybe he will come out of this  
i smell declarations of solitude  
maybe he will come out of this

vietnam vet comes after the war  
lands in my house  
this wild lion doesn't fit in this chair

maybe he will come out of this loving me  
maybe he won't  
i'm not taming no animal  
maybe he will come out of this

maybe he will come out of this loving me  
maybe he won't  
i'm not taming no animal  
maybe he will come out of this

maybe he will come out of this  
maybe he won't  
somehow i'm not too bothered  
either way

i refuse it's sign of maturity  
to be stuck in complexity

i demand clarity  
either way

maybe he will come out of this  
somehow i'm not too bothered  
i'd just like to know

3  
history of touches

*3 months before*



i wake you up  
in night feeling  
this is our last time together  
therefore sensing all the moments  
we've been together  
being here at the same time  
every single touch  
we ever touch each other  
every single fuck  
we had together  
is in a wondrous time lapse  
with us here at this moment  
the history touches  
every single archive  
compressed into a second  
all with us here as i wake you up

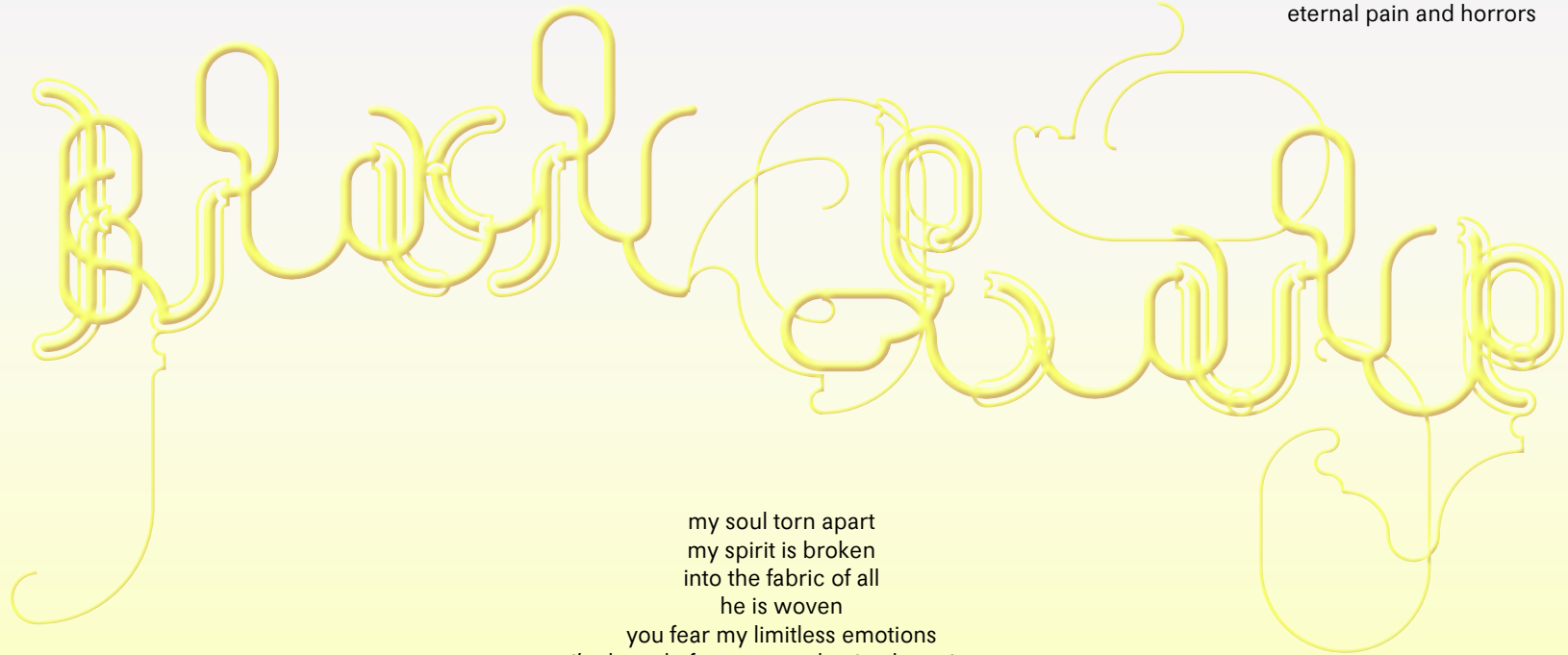
i wake you up  
in the middle of the night  
to express my love for you  
stroke your skin and feel you  
naked i can feel all of you  
at same moment

our love was my womb  
but our bond has broken  
my shield is gone  
my protection taken  
i am one wound  
my pulsating body  
suffering being

family was always our sacred mutual mission  
which you abandoned

my heart is enormous lake  
black with potion  
i am blind  
drowning in this ocean

you have nothing to give  
your heart is hollow  
i'm drowned in sorrows  
no hope in sight of ever recover  
eternal pain and horrors



4  
black lake  
*2 months after*

my soul torn apart  
my spirit is broken  
into the fabric of all  
he is woven  
you fear my limitless emotions  
i'm bored of your apocalyptic obsessions  
did i love you too much  
devotion bent me broken  
so i rebelled  
destroyed the icon

i am a glowing shiny rocket  
returning home  
as i enter the atmosphere  
i burn off layer by layer  
jettison

i did it for love, honoured my feelings  
you betrayed your own heart  
corrupted that organ

5  
family

*6 months after*

is there a place  
where i can pay respects  
for the death of my family  
show some respect  
between the three of us  
there is the mother and the child  
then there is the father and the child  
but no man and a woman  
no triangle of love

so where do i go  
to make an offering  
i fall on my knees  
an lay my flowers  
burn incense  
light the candles

so where do i go  
to make an offering  
to mourn our miraculous  
triangle  
father mother child

how will i sing us  
out of this sorrow  
build a safe bridge  
for the child  
out of this danger  
danger

i raise a monument of love  
there is a swarm of sound  
around our heads  
and we can hear it  
and we can get healed by it  
it will relieve us from the pain  
it will make us a part of  
this universe of solutions  
this place of solutions  
this location of solutions





6  
notget

*11 months after*

once you fell out of love  
our love couldn't carry you  
and i didn't even notice  
for our love  
kept me save from death

you doubted the light  
and the shelter it can give  
for in love we are immortal  
eternal and safe from death

if i regret us  
i'm denying my soul to grow  
don't remove my pain  
it is my chance to heal

after our love ended  
your arms don't carry me  
without love i feel the abyss  
understand your fear of death

we carry the same wound  
but have different cures  
similar injuries  
but opposite remedies

i will not forget  
this notget  
will you not regret  
having love let go

after our love ended  
your spirit entered me  
now we are the guardians  
we keep her safe from death

love will keep us safe from death





7  
atom dance

we are each others hemispheres

i am finetuning my soul  
to the universal wavelength  
no one is a lover alone  
i propose an atom dance

our hearts are coral reefs in low tide  
love is the ocean we crave  
restlessly turning around and around  
i am dancing towards transformation

learning by love to open it up  
let this ugly wound breathe  
we fear unconditional heart space  
healed by atom dance

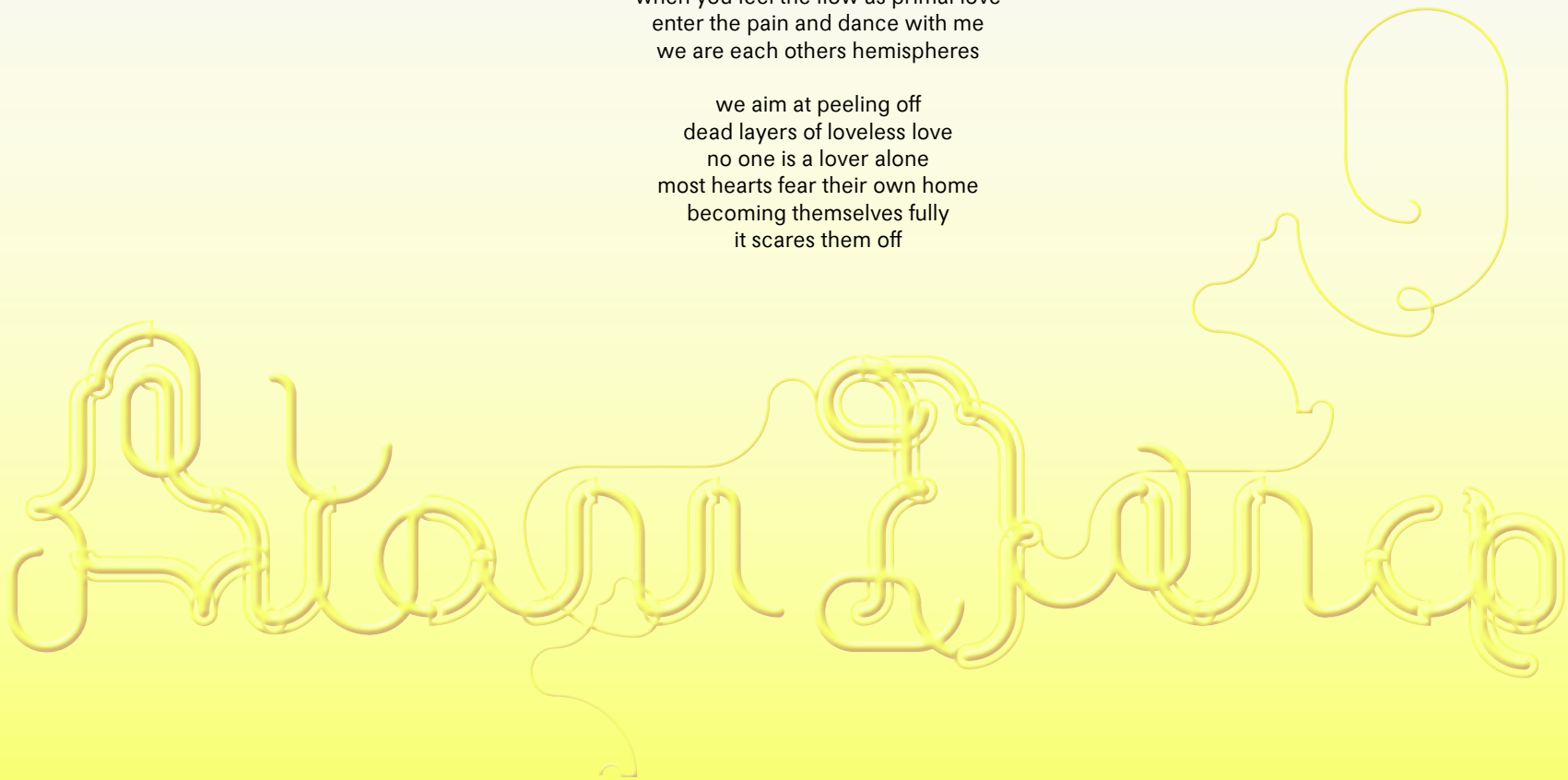
when you feel the flow as primal love  
enter the pain and dance with me  
we are each others hemispheres

we aim at peeling off  
dead layers of loveless love  
no one is a lover alone  
most hearts fear their own home  
becoming themselves fully  
it scares them off

when you feel the flow as primal love  
enter the pain and dance with me  
we are each others hemispheres

no one is a lover alone  
most hearts fear their own home  
you are my second hemisphere  
the atoms are dancing

no one is a lover alone  
most hearts fear their own home



8

mouth mantra

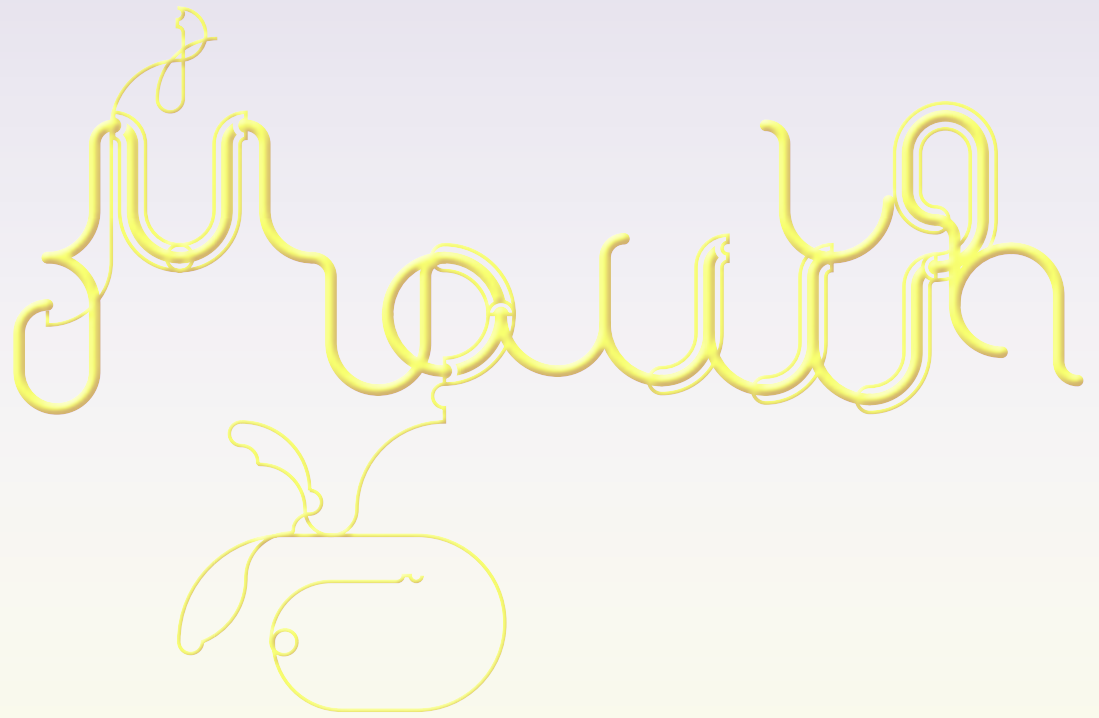
my throat was stuffed  
my mouth was sewn up  
banned from making noise  
i was not heard

remove this hindrance  
my throat feels stuck  
i was not allowed  
i was not heard

there is vocal sadness  
i was separated  
from what i can do  
what i'm capable of

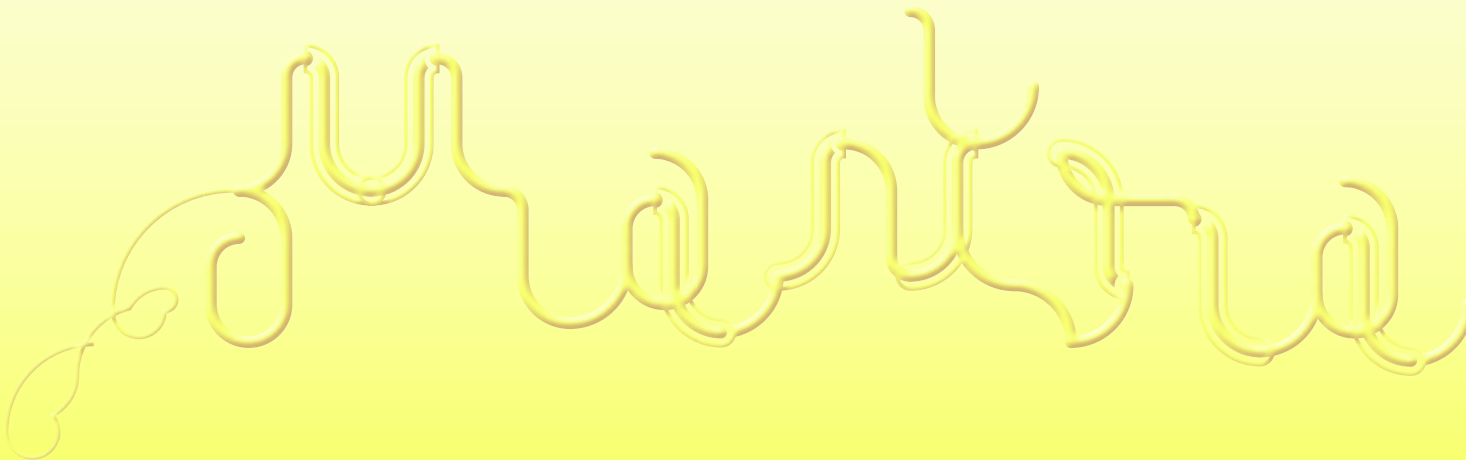
need to break up  
vicious habits  
do something  
i haven't done before

in vow of silence  
explore the negative space  
around my mouth  
it implodes  
black hole  
with jaw fallen in  
in fallen jaw  
jaw fallen in  
i am not hurt



this tunnel has enabled  
thousands of sounds  
i thank this trunk  
noise pipe

i have followed a path  
that took sacrifices  
now i sacrifice this scar  
can you cut it off



9  
quicksand

define her abyss  
show it respect  
then a celestial nest  
will grow above

when i'm broken i am whole  
and when i'm whole i'm broken

our mother's philosophy  
it feels like quicksand  
and if she sinks  
i'm going down with her

hackle this darkness  
up to the light  
where choreographed oxygen  
embroiders the air

when we're broken we are whole  
and when we're whole we're broken

when she's broken she is whole  
and when she's whole she's broken



locate her black lake  
the steam from this pit  
will form a cloud  
for her to live on

our mother's philosophy  
it feels like quicksand  
and if she sinks  
i'm going down with her

we are the siblings of the sun  
lets step into this beam  
every time you give up  
you take away our future  
and my continuity and my daughter's  
and her daughters  
and her daughters ...



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quicksand

vulnicura

written and composed by björk, except:

5, 6 written by björk, composed by björk and arca  
8 written by björk and oddný eir, composed by björk  
9 written by björk, composed by björk and spaces

1, 9 produced by björk

2, 3, 4, 6, 7, 8 produced by björk and arca  
5 produced by björk, the haxan cloak and arca

1 programmed by björk, arca and the haxan cloak

2 programmed by björk and arca

3 programmed by arca

4 programmed by arca and björk

5 programmed by björk, arca and the haxan cloak

6 programmed by arca and björk

7 programmed by björk and arca

8 programmed by björk and arca

9 programmed by björk, haxan cloak, arca & spaces

all tracks mixed by the haxan cloak, except

1 mixed by chris elms & the haxan cloak

all tracks engineered by

chris elms, frank arthur blöndahl cassata and bart migal, except

3 engineered by frank arthur blöndahl cassata

6 engineered by chris elms and bart migal

all strings arranged by björk

all vocals arranged by björk

vocals mixed by chris elms on track 5

vocals by antony on track 7

choir on track 8

auður albertsdóttir

ásdís björg gestsdóttir

ásdís eva ólafsdóttir

ásta ægisdóttir

bergljót rafnar karlsdóttir

drífa örvarsdóttir

elín edda sigurðardóttir

erla maría markúsdóttir

fífa jónsdóttir

gígja gylfadóttir

gígja haraldsdóttir

guðrún matthildur sigurbergisdóttir

sigrún ósk jóhannesdóttir

unnur sigurðardóttir

recorded by chris elms and frank arthur blöndahl cassata

recording supervised by michael pärt on tracks 4, 7 & 8

mastered by mandy parnell at blacksaloon studios

this project was worked on in

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mixed at strongroom music studios

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james merry

album coordinator, research, personal assistant

derek birkett

manager

emma birkett

day to day operations

cover character by björk

photographed by inez and vinoodh

designed at m/m (paris)



strings by u strings

violins  
una sveinbjarnardóttir  
on tracks 1, 2, 5 (solo), 6, 7, 8, 9

pálína árnadóttir  
ólga ólafsdóttir  
gunnhildur daðadóttir  
laufey jensdóttir  
on tracks 1, 2, 5, 6, 7, 8, 9

helga þóra björgvinsdóttir  
bryndís pálsdóttir  
matthías stefánsson  
dóra björgvinsdóttir  
margrét kristjánsdóttir  
ingrid karlsdóttir  
kristján matthíasson  
ólöf þorvarðardóttir  
hlín erlendsdóttir  
kristín björg ragnarsdóttir  
björk óskarsdóttir  
geirþrúður ása guðmundsdóttir  
sigrún harðardóttir  
on tracks 1, 5

violas  
þórunn ósk marínósdóttir  
on tracks 1, 2, 5 (solo), 6, 7, 8, 9

þórarinn már baldursson  
móeiður anna sigurðardóttir  
jónína auður hilmarsdóttir  
guðrún hrund harðardóttir  
on tracks 1, 2, 5, 6, 7, 8, 9

sarah buckley  
herdís anna jónsdóttir  
on tracks 1, 5

celli  
hrafnkell orri egilsson,  
on tracks 1, 2, 5 (solo), 6, 7, 8, 9

sigurður bjarki gunnarsson  
sigurgeir agnarsson  
margrét árnadóttir  
júlía mogensen

bass  
borgar magnason  
on tracks 1, 5 & 6

string recordings assistants:  
mani þorkelsson and biggi at sundlaugin  
mix session assistants:  
joel davies and graeme baldwin

tplp1231dl

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Sindri & Ísadóttir