

MILCK.

For Los Angeles-based singer and multi-instrumentalist MILCK, music is a sanctuary. In her words, “Music is the one place where I can simply be me. When I’m singing my lyrics, I don’t have to be feminine enough, strong enough, American enough, or Asian enough—I can just be a soul that yearns to feel free.”

MILCK’s life took a 180 degree turn after a cell phone video of her performing her song “Quiet” with a choir of 25 strangers at the 2017 Women’s March went viral. Soon it was being echoed and interpreted by groups around the world, from the US to Sweden to Ghana. “Quiet” was named Billboard’s #1 protest song of the year, and earned distinction as part of NPR’s “American Anthem” series. And in 2018, it brought MILCK to the March’s main stage in New York City, where she performed alongside the legendary Yoko Ono.

MILCK’s new EP *Into Gold* represents a series of transitions: it is the journey of a woman continuing to find her voice, traveling to share her story, and weathering the difficult decision of leaving a relationship in search of her authentic place in the new life she’s been catapulted into. Working with GRAMMY Award-winning producer Malay, the EP is a lesson in facing life’s challenges with authenticity, no matter how vulnerable the truth can render us.

With “Quiet,” MILCK broke an important silence. With *Into Gold*, MILCK wanted to create a groove that would allow herself and her audience to be more in tune with their physical selves. Speaking about recovering from trauma, she says, “A lot of times we disassociate from our bodies. It’s important that my music helps bring people back into the body.”

The lead-off track, “If I Ruled The World,” imagines a society with more empathy, more acceptance, and more joy. From the opening bars of the choral refrain, we hear the voice of an artist that is more confident than ever, tapping into youthful optimism and at times, even humor. But underlying this anthemic mission statement there is heartbreak, vulnerability, and internal revolution. And as the EP unfolds, MILCK shines a light on each stage of the process.

Built on pulsing rhythms and a more intimate analogue to MILCK’s often booming voice, “Gold” is a pensive song of transformation, what she calls “the alchemy of turning pain into power, and power into purpose.” In the chorus, MILCK sings, “Sorrow into bold / Pain is beautiful / When it makes you grow / Turn these tears to gold.”

In “Ready” and “Slow Fade” we hear yet another, more sultry side of MILCK’s sound, backed by lofi breakbeats that simply feel good. This newfound energy represents the perspective of someone who’s not letting her past disenfranchise her pursuit of joy.

The EP's acoustic closer "Don't Make It Easy" is MILCK at perhaps her most raw, revisiting the end of the relationship that set her off on this journey with poignant details that are at turns devastating, matter-of-fact, and sometimes, both.

Into Gold is MILCK's personal story of heartbreak, vulnerability, and internal revolution. It's also a universal lesson in how to show up for ourselves in order to be a positive force for others. "Inner peace begets outer peace," she says. "I've realized in my journey that the only way to bring change into this world is by first healing and respecting myself. And I hope my music is the soundtrack to each gentle rebel's journey towards becoming the change he/she/they wants to see in the world."

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