

This Flame I Carry / Noah Cebuliak - Bio

After a period of touring my first album, *Saltwater*, I became intrigued by the essential questions of cultural and personal taboos. Following this thread, I eventually found myself in Montréal, where, navigating the hipster chaos of the city, I recorded my revelations wherever possible - closets, friend's spare bedrooms, laundry rooms. It became clear to me that these new recordings were a departure from the soft indie folk-rock of *Saltwater*; there was an edge to the sounds that propelled me forward.

Taboos began to take shape once I began collaborating with producer Luke Loseth (Sea Oleena, Holobody, O'Hara), along with other talented friends in the Montréal music community. In one of the long sessions of those cold winter nights, the image of a flame came to me. I imagined a torch we each carry, shining light into the dark corners of ourselves and our worlds. I felt the image symbolized my lyrical and musical vision.

Thus, **This Flame I Carry** was born.

Known previously under the moniker "Ghost Lights", I released my debut EP *Saltwater* in 2013. The record focused on becoming a man, wilderness and the spiritual solace of nature. Canadian magazine BeatRoute praised the folk-rock album as "soulful" and "cozy," and it appeared in the top 50 of the Canadian college radio charts. Tours and festival appearances followed, and I had the opportunity to share stages with Emily Millard, John Jacob Magistry, Hannah Epperson, Jesse Mac Cormack and many others. [Here is a video for Southern Souls from that time.](#)

Album credits are available on [my bandcamp page](#).

In late 2014, I crowdfunded and self-published my first anthology of 75 poems, titled *The Winter of My Mind*. This collection serves as a bridge between my two albums, expanding my ideas about living in remote places, coming of age, and taking roads less traveled.