

## Ultima Thule 1365: 10 December 2020

No	Track Title	Composer	Artist	Album	Label	Catalogue	Dur
1	Pacific Coast Highway	Trevor Oswalt	East Forest	The Education Of The Individual Soul	<a href="https://music.eastforest.org">https://music.eastforest.org</a>	n/a	4.37
2	East Forest interview by Marc Kundalini - part 1						8.26
3	Deliquesce [Edit]	Trevor Oswalt	East Forest	Spores	<i>as above</i>	<i>as above</i>	6.33
4	East Forest interview by Marc Kundalini - part 2						4.26
5	Nature (Hammock Rework)	Trevor Oswalt, Ram Dass + Hammock	East Forestm, Ram Dass + Hammock	Reworks	<i>as above</i>	<i>as above</i>	3.38
6	East Forest interview by Marc Kundalini - part 3						5.42
7	We Are Truth (The Album Leaf Rework)	Trevor Oswalt, Ram Dass + The Album Leaf	East Forest, Ram Dass + The Album Leaf	Reworks	<i>as above</i>	<i>as above</i>	6.02
8	East Forest interview by Marc Kundalini - part 4						3.51
9	Dark Thoughts (Hammock Rework)	Trevor Oswalt, Ram Dass + Hammock	East Forest, Ram Dass + Hammock	Reworks	<i>as above</i>	<i>as above</i>	3.46
10	East Forest interview by Marc Kundalini - part 5						3.42
11	Limitations	Trevor Oswalt	East Forest	Orbits	<i>as above</i>	<i>as above</i>	4.16
12	East Forest interview by Marc Kundalini - part 6						8.23
13	Held (Remix)	Trevor Oswalt	East Forest	Held / Kindred	<i>as above</i>	<i>as above</i>	5.20
14	East Forest interview by Marc Kundalini - part 7						4.57
15	Please Pass The Bliss (Nick Mulvey Rework)	Trevor Oswalt, Ram Dass + Nick Mulvey	East Forest, Ram Dass + Nick Mulvey	Reworks	<i>as above</i>	<i>as above</i>	4.42
16	Like Taking Off An Old Shoe AKA Death (Laraaji Rework)	Trevor Oswalt, Ram Dass + Laraaji	East Forest, Ram Dass+ Laraaji	Reworks	<i>as above</i>	<i>as above</i>	6.19
17	East Forest interview by Marc Kundalini - part 8						1.53

Programme produced and presented by Marc 'Kundalini' Cottee  
 Executive Producer, George Cruickshank