

# Ego Ella May Reveals Higher Self Single



Ego Ella May shares the “Higher Self” from her forthcoming *FIELD NOTES Pt III* EP. The paean to self-care moves easily via a jazzy percussion section a wall of calming voices courtesy

of For The Culture Collective and a muted trumpet. May's vocals are breathy and delicate in an undistracted purpose to promote self-love. The singer commented on the song in a press release.

*“‘Higher Self’ is produced by myself and Dougie Stu (who you may remember from ‘Centred’ on my FIELDNOTES PT II EP that came out last year). We made this song in LA last April and it was such a fun one to make! It’s about self-love, and the way I imagine my higher self engages and speaks with me, challenging all the thoughts I have about being hard to love. It’s a mantra of sorts that I hope will stick with you.”*

“Higher Self” can quell anyone’s anxiety who listens by instilling confidence with a powerful affirmation.