

**The Exploring Antinatalism Podcast - Written Edition!**  
**A fascinating look into the Dark Ambient music of Holotrop, and the new album *Manifestation de l'antinatalisme!***

**Who is the artist behind Holotrop?**

Holotrop is a music project for Dark Ambient and Ritual music. I am based in Berlin.

**What does the name Holotrop mean?**

The word Holotrop is of Greek origin, and means striving for the whole. The Czech psychologist Stanilaw Grof invented the Holotropic breathing method, and he believed it enabled access to altered states of consciousness. I've practiced this so called Holotropic breath work over the years.

**When did you form Holotrop, and what are some of the key ideas behind the project?**

The project was formed 2013. The idea was to touch and catch the mind and body of the listener.

**I've read your music described in many different ways, and it no doubt evades typical categorizations - how would you describe the style of your music?**

I would say it's in a dark and cinematic style. But there are a lot of other influences in my music.

**How did you become interested in the subject of Antinatalism? When did you first hear the word, Antinatalism?**

I am not sure when I heard the first time the word Antinatalism. Since youth I've read a lot of philosophy starting with Friedrich Nietzsche, Arthur Schopenhauer, later Fernando Pessoa, Emile Cioran, and more recently Phillip Mainländer and Ulrich Horstmann. You see all these things they wrote revolve around the non-existence and extinction of humanity. For me it was clear, long before I heard about Antinatlism, that I didn't want to procreate.

**Do you identify as an Antinatalist? And if so, why are you an Antinatalist?**

I would not say that I am an Antinatalist, but I do identify with many views in this way of life. Every so called „ism“ is a dogmatic thing, I think it's better to take the best of every point of view and think about them.

**Do you follow the development of Antinatalism at all? Do you watch Antinatalist videos, or read book about the subject? Who are your greatest Antinatalist influences from the past or present, if any?**

I read a lot, the last book I read on the Antinatalism theme is from a German writer about childfree living. In Germany now the Antinatalism theme grows and it is good to see that more and more people are taking notice of this.

**Does Antinatalism intersect for you with any other ethical, philosophical or activist driven positions, such as Atheism, The Right to Die or Animal Rights? Or anything else perhaps?**

I was born in the GDR, so I grew up in an atheism society, for me it's normal to live without God. For over 20 year I worked in a hospital, so I've see many people die and this change a lot for my own way of life.

**So your new album is of course, *Manifestation de l'antinatalisme* - it's truly beautiful. Haunting, frightening, but gorgeous, every element of it, from the music itself to the visual design of the album - stunning. Antinatalism is a fairly new subject for artist of all kinds to use as inspiration for their work, and the number of people that are finding and using it in their art is growing. What about Antinatalism inspired you to base an entire album on it?**

Thanks Amanda. I am very grateful that Raubbau release this album. What inspired me? Just look around, it's the course of the world and the time we are living in. Everything around us breaks apart. *Manifestation de l'antinatalisme* is my personal statement to all the things that are happening right now.

**I'm a bit curious about the title of the album, *Manifestation de l'antinatalisme*, I'm not sure where in the world you are based, but I noticed you use the French version of the term Antinatalism, 'Antinatalisme' which I thought was very interesting, what can you tell me about the title of the album?**

There is no special reason to take the french version, I simply like the

french language.

**Is this the first of your albums that has dealt with the subject of Antinatalism?**

One other album called *Dead Bird Calling* also released by Raubbau, circles around the theme of extinction and is based on writings from the German philosopher Phillip Mainländer and his book, *Philosophy of Salvation*. I think he is very unknown for english speaking people.

***Born Out Of This* is such a powerful track, I honestly cried a little bit listening to the speech - you capture the sadness and sinister nature of our sentient predicament, particularly our modern human predicament, both terrifyingly and beautifully. Can you tell me anything about that monologue in that track? Did you write it? Are you performing it? Or is it perhaps from a movie or elsewhere?**

The speech in this song is from Charles Bukowski's poem „*Dinosauria, we*“, I thought it is a good introduction for the whole album, and it fits perfect in all ways to the album.

**In the description of the “holotrop - *Manifestation de l'antinatalisme* (official trailer)” video on the Raubbau channel, as well as the Bandcamp page, it described the album as, “A sinister swan song to consumerism, eternal growth and progress, a eulogy for humanity as such.” - can you tell me a little bit about your feelings in regards to this statement, and how and why you think Antinatalism is an important part of this 'Swansong'?**

The biggest problem is the overpopulation, all other problems like environmental destruction, wars and waste of resources leads to this one thing. I have not much hope for humanity at all, but if we want to stop all these problems we have to stop creating more life.

**Do you consider yourself an Antinatalist activist at all? Do you hope that people will embrace Antinatalism through your musical efforts so they will not create people that will have to live through this impending collapse? Or is that not at all apart of your thinking in using the subject matter?**

Yes sure, I hope that more people take notice of Antinatalism. My music should be an inspiration for people to get deeper into the theme.

**Would you agree or disagree that the ultimate goal of Antinatalism should be extinction? What do you most hope for Antinatalism to ultimately accomplish, if anything?**

The goal should not be extinction, the goal should be to minimize the population. The only humanistic way to do that is to stop or minimize the creation of new life. We need a new awareness about creating life. A lot of people think the goal of life should be to procreate, but if we want to save nature and earth we have to stop that.

**Though I know live performance is mostly impossible now, do you have plans to perform *Manifestation de l'antinatalisme* live?**

Yes sure I had plans to bring the album live on stage, but because of the Covid-19 circumstances, I had to cancel all gigs for this year. I planned to play some shows around Europe and a small tour in Japan. Nobody knows what will happen in the next year, I'll keep my fingers crossed on playing some shows.

**There is an incredible cinematic quality to the album, especially considering the spoken word parts do hint at a narrative with lines like, 'Radiated men will eat the flesh of radiated men.' - It absolutely feels like the soundtrack to a post-apocalyptic movie. I know in your live performances you often use video elements, and I'm curious if you can share with me any of your thoughts about what visuals you might consider using for live performances of *Manifestation de l'antinatalisme*?**

I've performed the new album one time now, for this performance I used pictures of dead people, crowds in India and China, and environmental destruction.

**Do you typically create the video elements for your shows yourself, or do you use found footage?**

It depends, sometimes I use footage, sometimes I create it by myself.

**Where does the short monologue come from in the track, *Swallowed by Extinction*? Also, what would you say is the decision being asked of the listener in that track? The decision not to have children or not? The decision to live out the rest of their lives childless or not at the**

### **end of the world?**

At first I didn't like the word childless, it has a negative touch. Better to say childfree, it's more positive. The decision is - do we live on like we are now, or do we change our behavior? The monologue comes from the movie *Last man on earth*.

### **Do you think Antinatalism will be a subject you will continue to explore in your future work?**

I don't know what the future will bring. The next Holotrop split album is in progress, together with the befriended band Nam-khar, this release will get more personal.

I also work on new material for my side project Bladcvlt.

### **Where can people best follow you and find more of your work?**

You can follow me on facebook and instagram. If you want to buy *Manifestation de l'antinatalisme* you can do that on my Bandcamp page. The LP is limited to 118 copies only.

### **Thanks so much for taking the time to read and answer my questions! Congratulations on the new album, it's truly an impressive and stunning work!**

Thanks Amanda for the interview I wish you all the best for your blog.

Holotrop - Manifestation de l'antinatalisme (official trailer):

<https://www.youtube.com/watch?v=maT36X74JNc>

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