

AFLT

A Brussels duo channelling chaos, clarity and the quiet storm of midlife. Late-blooming electro-pop-rock from two long-time friends.

BASED	FORMED	MEMBERS	SOUND	BOOKING
Brussels, Belgium	2025	Duo	Electro-Pop-Rock · Downtempo · Spoken-Word	hello@aflt.band



Short-Form Bio

*Fathers. Sons. Brothers. Friends. Like no one else. Like everyone else. Long time coming.
Guitars. Heavy downtempo beats. Organic. Synthetic. Imperfect by nature, imperfect by design. In
your ear. Into the heavens.
Cynical. Pragmatic. Optimistic. Loving. Lucid. Tenacious. Stubborn. Tired. Embedded in chaos.
We are Abundantly Filled with Living Things. We are AFLT.*

Long-Form Bio

Emerging from Brussels in 2025, AFLT is the kind of project that feels overdue in a good way. Formed by two long-time friends who first crossed paths through music two decades ago — but never quite managed to create together — this late-blooming partnership carries the weight and honesty of lived experience. Their name, Abundantly Filled with Living Things, comes from the definition of teeming: an image of wild abundance, of life spilling over. It's a fitting metaphor for a duo intent on sharing everything that moves them.

Both in their forties, both fathers, both heterosexual cisgender men, they speak to a generation caught in the slipstream of time. There's that familiar sensation: life accelerating, responsibilities stacking up, the mind overloaded while creativity keeps insisting on a place of its own. They move through this reality with the contradictory flair many know well — progressive in outlook, fatalistic in tone, sarcastic in their observations, but still searching for meaning amid the wreckage and wonder of the everyday.

AFLT's music lives inside this tension. It's a sound that hovers between intimacy and overload, poetry and cynicism, exhaustion and a stubborn kind of hope. Their sonic identity is built on a deliberate conversation between organic rawness and synthetic weight. The verses and spoken-word passages arrive unvarnished, close to the ear, almost confessional. Opposite them rise dense, overwhelming electronic textures — like the audio equivalent of information overflow. Imperfections aren't accidents; they're the point. Distortion becomes expression. The slow BPM, almost drone-like, stretches time and invites a kind of suspended focus.

Lyrically, the duo navigate a sharp pendulum swing between two extremes — the hyper-local, grounded in the practical rhythms of daily life; and the far horizon, where big-picture reflections unfold. The jump from one to the other can happen in seconds, sometimes within a single sentence, like thoughts escaping before they're fully formed. It's a technique that places AFLT in quiet conversation with spoken-word traditions championed by artists such as The Streets, Kae Tempest or ArrDee, while keeping a distinctly introspective core.

Their influences span the hybrid landscapes of RY X, Bonobo, Björk, Beck, alt-J, Aphex Twin, Air and Glass Animals, embracing atmospheric experimentation and the blurred borders between organic and electronic worlds.

In the end, AFLT sound like two men trying to carve out something essential in a world saturated to breaking point. A modern echo of Candide's final lesson: to cultivate one's own garden — even when the ground keeps shaking.

Visual & Stage Identity

The foundational tension running through AFLT sonically, lyrically and visually is *contrast held in balance rather than resolved* — a duality AFLT sits inside deliberately, at every level of the project:

Noise & silence • **Big & small** • **Left & right** • **Organic & synthetic**

THE Λ SYMBOL

Λ — an "A" without the horizontal line — is the visual shorthand for AFLT's core dichotomy; it already exists in the stage set-up as neon. It visually encodes the split at the heart of the identity: two sides, one form. It also reads as lambda (λ/λ), and the idea of a "lambda person" resonates with AFLT's intent — the music aims to speak to lived experience broadly, not just the duo's own. It currently lives on stage via neon lighting, with intent to carry it into photography through shadow, line or composition.



THE Λ , LIVE ON STAGE

THE CONNECTOR / BRIDGE

On stage, the two members occupy distinct sides: one organic, one electric/synthetic. A connector or bridge, currently envisioned as a dynamic neon strip or lighting element, is intended to visually link the two sides — making the connection between them tangible rather than implied.

THE STORYBOOK STRUCTURE

The stage set-up has also been understood through the lens of a storybook, built on the same binary logic:

- Two "pages," a binary structure
- Separated by the centrefold, connected by the reader
- One page carries illustration, the synthetic side
- One page carries text, the organic side
- Book is open, but pages slightly angled towards each other

Music & Live Footage

SPOTIFY	open.spotify.com/artist/4eeJh22QBp4PGOJCwjLWzR
APPLE MUSIC	music.apple.com/ca/artist/aflt/1827832998
INSTAGRAM	instagram.com/aflt_music
LIVE — SPOTT	vimeo.com/1186382166 — Full Set, SPOTT, Ottignies · 24 Apr 2026
LIVE — BOUCHE À OREILLES	vimeo.com/1212388755 — Live Recording, Bouche à Oreilles, Brussels · 22 Jul 2026

Selected Shows

26 Mar 2026	OFF Bar	<i>Louvain-la-Neuve, BE</i>
24 Apr 2026	SPOTT	<i>Ottignies, BE</i>
22 Jul 2026	Bouche à Oreilles	<i>Brussels, BE</i>

Contact

BOOKINGS & PRESS	MANAGEMENT	TECHNICAL RIDER
hello@aflt.band	mgmt@aflt.band	See attached / requested separately