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MEDIA NETWORK

Lana Crow

LANA CROW MAPS THE HUMAN CONDITION ON “IN SPIRIT”

ENGLAND, LONDON



There’s always been a sense that Lana Crow’s music reads like a journal left open on the table. On *In Spirit*, that instinct evolves into something more structured, more deliberate. Not just reflection, but intention.

Released on 5 April 2026, the London based artist’s third album steps beyond the “musical diary” framing of her earlier work and into a conceptual space. This is not a collection of moments. It is a journey, one that traces the unpredictable rhythm of human experience with clarity and purpose.

From the outset, *In Spirit* establishes its scope. The sonic palette is intentionally wide, moving between stripped back acoustic introspection and expansive, dancefloor leaning electronic textures. It mirrors the album’s central idea that life is never one note. It shifts. It contradicts. It surprises.

Crow leans into that duality. Tracks grounded in vulnerability sit alongside moments of release, where rhythm and movement take over. It is not contrast for the sake of it. It is design. Each transition feels like a reflection of lived experience, the quiet lows, the sudden highs, the in between spaces that often go unnamed. That sense of authenticity has always defined her work. Born in Kazakhstan and classically trained in piano from the age of five, Crow’s foundation in music was established early. Yet her path was far from linear. Health challenges and a turbulent upbringing disrupted that trajectory, creating distance between the artist and her craft.

It was only later, following a move to the Spanish countryside, that she reconnected with music in a way that felt honest. That environment, removed from noise and expectation, became the catalyst for a creative rebirth. You can still feel that influence here. There is a natural, almost meditative quality woven through the album, even in its more expansive moments.

Her previous releases, *I Will* and *Live It*, laid the groundwork. The former introduced her as a storyteller rooted in vulnerability, while the latter expanded her sound into darker, synth driven territory. *In Spirit* brings those threads together, but with a clearer sense of direction.

The inclusion of “Unknow the Known” in its original form speaks to that intention. Produced by George Harris, the version chosen for the album aligns closely with Crow’s initial vision, even as an alternative interpretation by Tristan Boston exists separately. It is a subtle but important decision. One that reinforces the album’s commitment to authenticity over experimentation for its own sake.

“This album reflects the human journey with all its highs and lows”

“This album reflects the human journey with all its highs and lows. The mix of genres is intentional; some experiences shake us to our core, while others make us want to dance.”

Across its seven track structure, *In Spirit* unfolds like a map. Not of places, but of states of being. From the opening moments of “I Do” through to the closing title track, there is a sense of movement towards something quieter, more resolved.

At its core, the album circles a single idea. That beyond the noise, beyond the complexity, there is value in returning to clarity. To presence. To living, quite literally, in spirit.

In a landscape that often rewards immediacy, Lana Crow takes a different approach. She asks the listener to sit with the music. To move through it. To recognise themselves within it.

And in doing so, *In Spirit* becomes more than an album. It becomes a reflection.



GENRE: ALT ROCK, INDIE POP, POP ELECTRONIC, CINEMATIC POP

MOOD: REFLECTIVE, EXPANSIVE, INTROSPECTIVE, UPLIFTING

FOR FANS OF: JONI MITCHELL, BRANDI CARLILE, CINEMATIC INDIE POP, GENRE FLUID STORYTELLING

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<https://soundcloud.com/lanacrow-572914941>

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