

Lana Crow Maps The Chaos Of Being Human With New Album *In Spirit*

A reflective and genre-fluid journey through modern life's emotional extremes

British singer-songwriter Lana Crow steps into a defining moment of her artistic path with the release of her third album *In Spirit*, out now as of April 5th, 2026. The project marks a clear evolution in her creative identity, presenting itself as more than just a collection of songs—it feels like a carefully considered exploration of what it means to navigate life in its most unpredictable form. With a focus on emotional honesty, Crow leans into the complexity of modern existence, offering a body of work that resonates with listeners searching for meaning within chaos.



At its core, *In Spirit* is built around the idea of movement—both internal and external. The album reflects the shifting nature of human experience, where moments of introspection coexist with bursts of energy and release. Rather than confining herself to a single stylistic direction, Crow embraces a fluid approach, allowing the project to evolve naturally across its seven tracks. This sense of openness gives the album a dynamic quality, mirroring the highs and lows that define everyday life.

A key moment within the album is the inclusion of “Unknow the Known” in its original version, produced by George Harris. While an alternative interpretation by Tristan Boston exists as a standalone release, Crow’s decision to feature the version closest to her original demo highlights her commitment to authenticity. It’s a subtle but important choice, reinforcing the album’s broader narrative about staying connected to one’s roots while still remaining curious and open to experimentation.

The tracklist—spanning titles like *I Do*, *Orwellian Times*, *So Done*, and the closing title track *In Spirit*—unfolds as a cohesive emotional journey rather than a series of isolated moments. Each piece contributes to a wider arc that gently guides the listener toward a central realization: that purpose may lie not in control or certainty, but in learning how to fully exist within the present.



For SONO Music's community of artists, curators, and industry voices, Lana Crow stands as a compelling example of independent artistry driven by intention. *In Spirit* doesn't aim to provide answers—it creates space for reflection, connection, and personal interpretation, positioning Crow as an artist unafraid to explore the depth of the human experience.