

Trip-Hop Duo PHNX Announce Dark and Powerful New EP “The Shadow”

Following the success of their debut single “Save Me”, which explored the struggles of depression, “The Shadow” delves even deeper into raw emotional territory, addressing personal fears, unresolved trauma, and the integration of the shadow self.



Oslo, Norway Dec 1, 2024 ([Issuewire.com](https://www.issuewire.com)) - [PHNX](#) returns with their haunting and deeply introspective new EP, “**The Shadow**”, set for radio and digital release on all platforms on **2 December 2024**.

The three-track EP marks an evolution in PHNX's sound and thematic exploration, diving into the depths of human psychology through the lens of shadow work—confronting the darkest and unconscious parts of oneself to heal and grow.

Exploring the Shadow: A Journey Through Darkness

"The Shadow" is inspired by shadow work, a psychological concept popularized by Carl Jung, which involves confronting the hidden aspects of one's personality—fears, shame, and past pain—to achieve healing and self-integration. Lead member [AERIK KYLO](#) describes the EP as *"a process of facing my fears, looking into pain and trauma from the past, and addressing it head-on rather than running away from it."*

The EP comprises three deeply personal tracks, each shedding light on different aspects of shadow work:

- **["Where Were You"](#)**: A haunting narrative from the perspective of an abandoned boy and his sister, this song touches on themes of neglect, loneliness, and unmet needs. The lyrics ask painful questions about absent parents, drawing from real-life stories of abandonment. With its more melodic take on a trip-hop & dubstep fusion, *Where Were You* speaks directly to the heartbreak of lost childhood innocence.
- **["On The Other Side"](#)**: A melancholic reflection on death and the loss of a loved one, this track explores the emotional pain and sorrow of saying goodbye. Through reflections on past relationships, *The Other Side* grapples with grief, regret, and ultimate gratitude for personal growth. AERIK KYLO's rap is complemented by Aarti Venkat's tender vocals, creating a powerful juxtaposition of vulnerability and strength. The trip-hop song's dubstep-inspired sound pays homage to the early UK dubstep scene, drawing from artists like Benga and Skream.
- **["Sacred Anger"](#)**: This track taps into the complexity of anger—specifically, the anger directed at divisive ideology and its role in perpetuating fear, social control, and violence. While the lyrics suggest a confrontation with systems of oppression, the song ultimately raises questions about the cycle of violence and whether true change can be achieved through such means. AERIK KYLO seeks to find acceptance of his anger, as an integral part of the human experience. Musically, it retains PHNX's signature trip-hop sound, infused with rougher dubstep elements to heighten the intensity of its message.

A Unique Collaborative Process Across Continents

Just like their previous work, *"The Shadow"* EP was created remotely, as band members Vishnu Prakash and AERIK KYLO worked across great geographic distances—over 8,000 kilometers, spanning from Kerala, India to the Lofoten Islands, Norway. The production process saw Vishnu laying down instrumental tracks in the tropical climate of Kerala, while AERIK KYLO completed the compositions and recorded vocals in the Arctic region of Lofoten. Collaborator Aarti Venkat again lent her mesmerizing voice, recording her parts in Dubai, making the EP a truly international endeavor.

AERIK KYLO remarks on their refined workflow: *"We've found a sound we both really love, so we no longer need to spend time figuring that out—we can just dive into the music. It's a seamless process now."*

Sound: A Darker, Rougher Evolution

"The Shadow" marks an evolution from PHNX's earlier work. While still rooted in the dark, melancholic

trip-hop sound reminiscent of Massive Attack and Lamb, the EP incorporates darker and rougher elements of UK dubstep, particularly influenced by the early works of Benga and Skream. The tracks are raw, gritty, and emotionally charged, yet maintain a delicate balance between vulnerability and aggression.

“The foundation of our sound is still trip-hop, but this time we’ve added an edge—both lyrically and musically,” says AERIK KYLO. The combination of trip-hop’s atmospheric depth with stripped-down dubstep elements provides a compelling sonic journey for listeners.

A Deep Dive into Human Psychology

At its core, *“The Shadow”* is a testament to the power of self-reflection and healing. AERIK KYLO hopes that his honest approach to confronting his shadow side will inspire others to engage in their own shadow work: *“This process was intense and painful, but necessary. I’ve come out feeling more complete, and more comfortable in my own skin. My hope is that our music can encourage others to face their own shadows and find healing through it.”*

The EP ties into PHNX’s overarching mission of addressing mental health and personal healing through music. As AERIK reflects on his journey, he emphasizes that shadow work has allowed him to step up as the protector and cheerleader for his inner child, embracing his own power with a new sense of self-ownership.

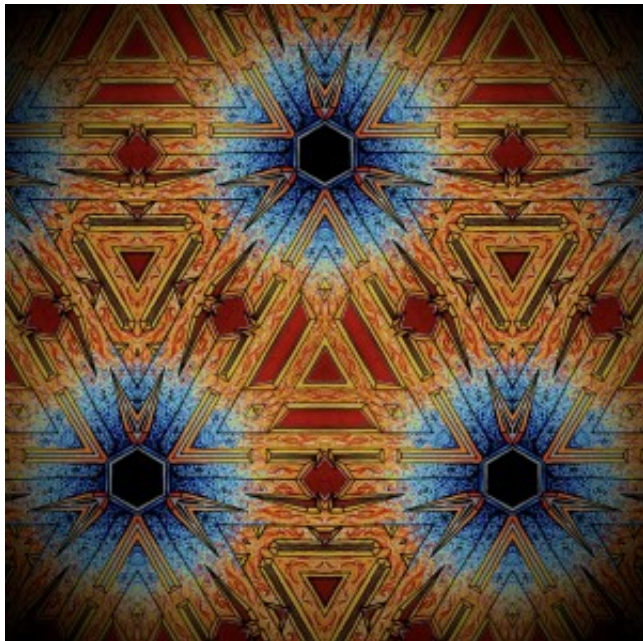
Release and Availability

In addition to being distributed to radio stations worldwide; “The Shadow” EP will be available for streaming and purchase on all digital platforms globally - starting on 2 December 2024 - including Spotify, Apple Music, YouTube Music, Tidal, Deezer, Amazon Music, SoundCloud and more.

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