



ALTERNATIVE, DREAM POP, PSYCHEDELIA, SINGLES

After a lengthy hiatus, Heron returns with ‘Transcendental Meditation’

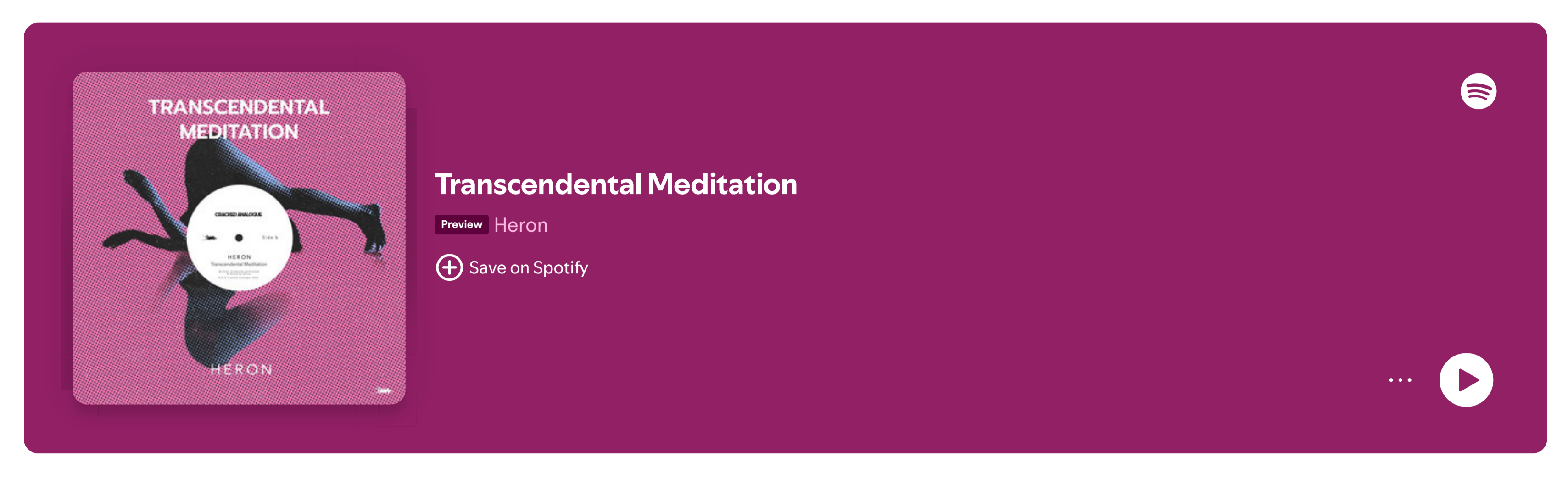
Posted by ARUNARIVER on MARCH 31, 2025

Life has a way of taking us on many winding paths, a few side quests, some misadventures and before you know it years have gone by. For Liverpool's **Heron**, life led to his hiatus of over a decade. In the 2000s, he released a series of highly acclaimed singles, a debut album and a soft released sophomore record. In 2020, the creative bug bit him again and he worked on a lockdown project with singer-songwriter Cathy Jain. Five years on and Heron has officially restarted his solo endeavour with fresh new single **'Transcendental Meditation'**.

The track is immersive and introspective, blending hypnotic, mantra-like vocals with downtempo trip-hop beats. While listening to this mesmeric mix, you get the sense not only of the practice of meditation, but also of the artist's meditative focus as he wrote, recorded and produced the track.

Extending this intricate picture is the two-part structure. The first half is an intimate narrative with delicate harmonies inducing deep contemplation. The second half, which kicks in at around the two minute mark, is flush with ethereal synths, floating mellotrons, and grounding beats. Throughout this dreamlike soundscape, Heron tenderly explores the journey to finding inner-peace, guiding listeners through his personal and spiritual reflections.

Having overcome several struggles and vocal issues, **'Transcendental Meditation'** represents a powerful return for **Heron**. It also signals the forthcoming arrival of his new album, **Underground Sky**.



You can also listen to **'Transcendental Meditation'** in our [Outsiders Club](#) playlist.

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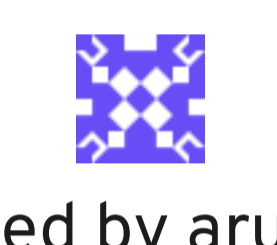


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