

CRACKED ANALOGUE

Magazine Music News Releases · 2 min read

Heron's 'Transcendental Meditation': A Sonic Exploration of Calm and Chaos

HERON
Transcendental Meditation

Written, produced, performed & mixed by Heron

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On March 21, 2025, **Heron** officially returned to the musical landscape with the release of his new single, *'Transcendental Meditation'*, out on the **Cracked Analogue** imprint. This release marks the first offering from his eagerly-awaited album *Underground Sky*. This long-anticipated return, following a significant hiatus due to health and vocal challenges, has fans and critics alike buzzing with excitement. With a career spanning two decades, **Heron's** blend of experimental pop, psychedelic influences, and introspective lyricism has earned him a dedicated following. This release heralds the start of a new era for the artist.

Heron is an artist, songwriter, producer, and mixer based in the UK whose career began in the early 2000s. Known for his genre-defying sound, **Heron** has carved a unique path, drawing comparisons to the likes of **Beck**, **Prince**, and **The Beatles**, as well as more contemporary artists such as **Frank Ocean**, **Billie Eilish**, and **Lana Del Rey**. His early works, including *The Brown Room* and *Heron Vs Heron*, were met with critical acclaim, with **The Sunday Times Culture Magazine** even naming *The Brown Room* their **Record of the Week**. Despite his quiet years, **Heron** remained deeply connected to the music scene, collaborating with emerging artists like **Cathy Jain**, whose debut EP he produced and co-wrote. With a history marked by both groundbreaking albums and pivotal collaborations, **Heron** has always maintained a reputation for being a fearless and eclectic artist, and now, in 2025, he returns to the spotlight with *Underground Sky*.

'Transcendental Meditation' opens with warm, enveloping synths, gently pulling the listener into a space that feels suspended between worlds. The track's atmosphere is steeped in mellotron textures, creating an otherworldly cushion beneath **Heron's** mantra-like vocals, which reverberate through the soundscape like whispers of calm. The song unfurls slowly, beginning with a soft, intimate narrative before shifting into a hypnotic repetition of the phrase "Let It Run," which becomes the track's pulse – steady, meditative, and unhurried. As the beat lingers, the song weaves through an intricate blend of psychedelic gospel and lo-fi rhythms, ebbing and flowing, always grounding itself in a sense of introspection. By the end, the track melts into a soft, lingering resolution, leaving behind a sense of stillness that mirrors the very essence of meditation.

Watch the video [here](#). Stream it below.

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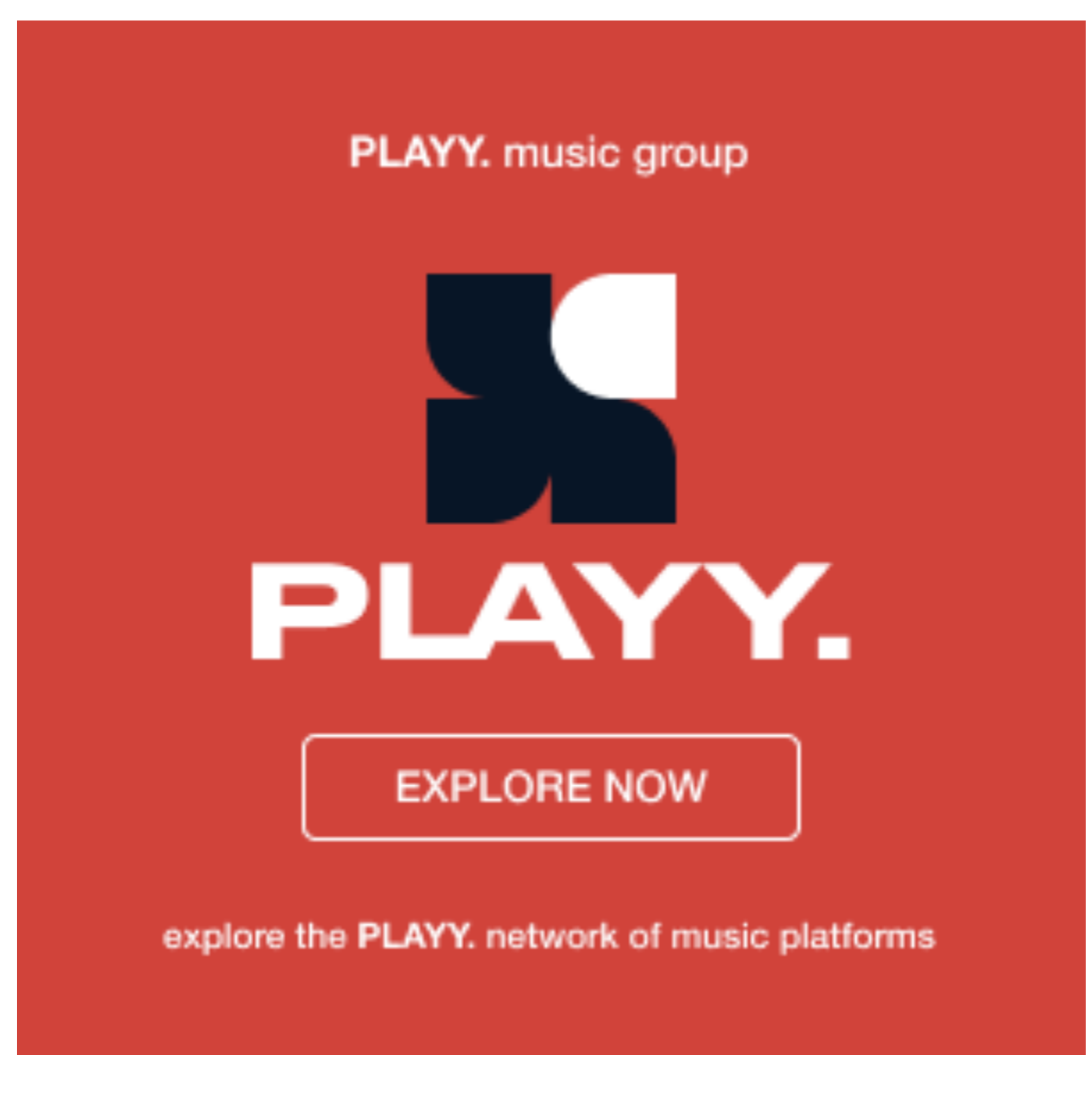
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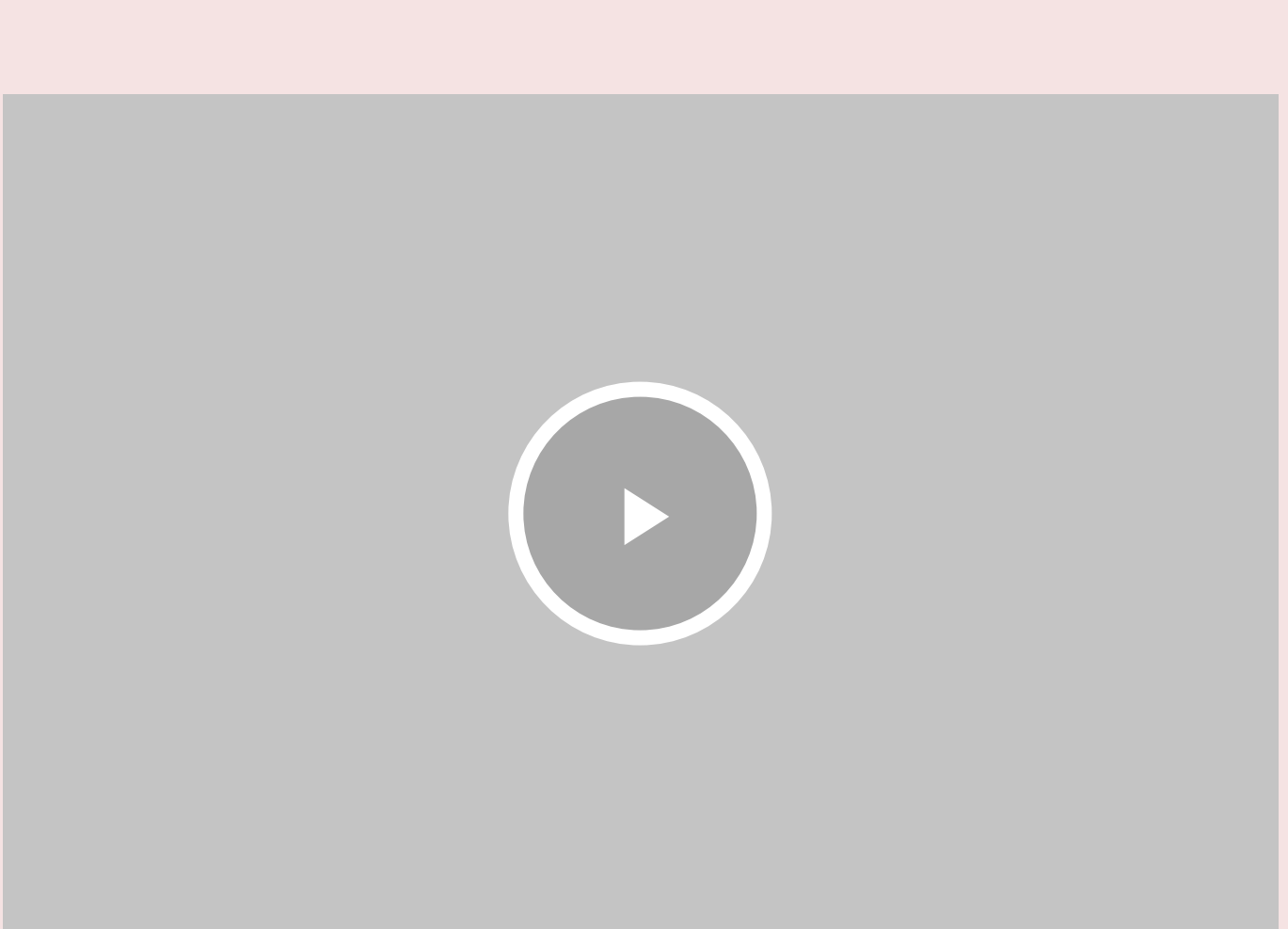
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Launched in 2008 PLAYY. (formerly THE PLAYGROUND) went on to becoming one of the UK's most recognised music companies covering large scale events, international Music PR, Record Label and Bookings Agency. Part of the PLAYY. Music Group.

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