Lily Lyons’ debut EP looks estrangement, grief and love directly in the eye, peering through the lens of deep self reflection to find old wounds, pain but also, clarity and hope.

Raised in South London and leaving the city to study music in Cornwall, the space between her and the life she’d always known, filled with loving chaos and fast pace characters gave her room to reflect. “Growing up, it sometimes felt like I was in a scene from the Meyerowitz Stories. Surrounded by the buzz of London,and some pretty hectic friends and family, miscommunications and massive personalities were all I knew.” There was something about the stillness of playing live where I noticed that I could really grab people’s attention.” Lily found power in learning how to command a room and change up her sets in a way that didn’t give her audience any choice but to stay quiet and listen.

Lily’s songs are beautiful vignettes capturing her experiences in life so far; perceptive lyrics delivered in an elegant voice that could easily sit among the greats, but without compromising any of its own unique, rich character. Lily started singing aged two, encouraged by her big band-loving granddad, it wasn’t until university that Lily was encouraged to sing, a gift she had kept quiet for many years.

As Lily started gigging, turning up to open mics and small shows multiple times a week, she became more in tune with the things she wanted to say in her songs. Now, she’s comfortable “exploring territory I’ve ignored for 20 years” and using her songwriting to figure out who she is and how she wants to live her life. Lyons hopes that, in turn, her listeners will find the encouragement to “reflect on themselves and feel positive about tomorrow”.

“When I was 21, I felt like I was going through this very individual, different thing to everyone else,” she explains. As she’s honed her writing, the singer-songwriter has realised that messages she needs to hear are also likely ones that others could do with too. Throughout this period, Lyons stopped resisting who she was and stopped believing that there was “something wrong” with her. Searching for truth in her music, Lily needed to explore simple things that are easily forgotten. Not revolutionary, but the everyday beauty and tragedy of relationships.

On ‘Spectre’, a song built from gentle, lush acoustic layers, Lily makes a declaration and a promise to be the kind of person that doesn’t just appreciate when their loved ones are being great, but actively helps them see themselves that way too.

The arresting hush of ‘Spinning Sides’ likens the changes in both her family and her journey with music to the process of transforming cream into butter. “*Compromise and darkness ruled my life*,” she sings. “*But with a flick of a switch, the sun seemed so bright*.”

‘Fabric’, meanwhile, finds her embracing the silver linings in the difficult things she’s gone through and learning how to use them to make her a better person. Among those hidden positives, she cites being really sensitive to people because of her past and “knowing what darkness looks like”. “That’s really useful and, when it does come, it’s not as scary to me as it might be to other people,” she says. “I want to learn how to use those things and not just push them away.”

Change is at the heart of these songs – both in their theme of altering things for the better and in the growth Lyons’ songwriting has gone through. As she continues to develop her artistry, she hopes her music can help others going through tough or transitional periods, while acknowledging the reality of how hard life can be.

“At the start of this year, my bank account was at zero, my health was really bad and I was like, ‘By all measurable accounts, I’m a total loser’,” she says. “Looking back, all of the exciting things that are happening now, though, were still there and I had loads of reason to stay hopeful. The place I’ve found myself in now is a place where I never could have dreamt life could get this good.” With her songs full of comfort, Lyons emerges as an artist guiding the way tenderly but vitally forward.

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