

SYREN

A person wearing a brown hooded jacket and dark pants is crouching on the edge of a rooftop. They are looking directly at the camera with their arms crossed over their knees. The background features a cityscape with several tall buildings under a blue sky with light clouds. The person is wearing dark, thick-soled boots.

THE INTERVIEW

2025

Fully digest
everything and
take in the value of
things you do...

Life is precious
and only when life
is at its worst do
you know that.



The first time I heard Alex's music, I was seventeen. His sound was unlike anything else – his lyrics spoke to me in a way that made me feel understood when no one else seemed to. I know many people feel this when they connect with an artist, but with Syren, it was different. His music understood me as much as I understood it.

When I first reached out to him, I was hesitant to ask deeply personal questions. Yet, his wisdom and quiet confidence as he spoke about his life were truly inspiring. In a duologue with Joe, a close friend of Syren's, we explored everything from mental health to escapism and beyond. His answers were powerful and honest – a privilege to witness.



Since this interview which was nearly four years ago now nothing has been edited. Instead, I have added images from times we spent together. Planning his career, next show or another music video I feel so privileged to have been part of his life.



Your music gives me the sense that you see the world differently.

How would you describe that world?

And in it, how do you believe people should treat one another?

**“I don’t see
the world
drastically
different really.
I’ve had to see
it how
it is.”**

This book explores the abstract nature of the mind. Can you share a glimpse into your inner thoughts – perhaps an ideology that deeply resonates with you?



“I used to focus on a lot of fake shit and then my life changed. I learnt to realise time is precious. The number one thing is health, the enjoyment of anything goes when your health does.

Also, anytime I am not doing my music or progressing my career I get stressed out. I had to get my priorities straight. But there’s a fine line between doing more and doing better and I live by that.”

**Do you ever feel a constant need to do more?
How do you manage that pressure?**

“Anytime I am not doing music or progressing in my career I feel the pressure building on myself. But like I said there’s a line between doing more and doing better. I had to approach music with making a load of changes, even if it is trying a new sound, different beats and switching up lyrics. I never want to be the same.”

You often reference a fantasy girl in your songs – does she have a story behind her? How would you describe her?

“Sommeray. Nah, aha I don’t really have a fantasy girl. I don’t really think there is someone out there for all of us. Or maybe I haven’t found her.”



My favorite songs of yours are the ones where you share your rawest experiences, whether joyful or not.

How do you tap into those emotions when creating music? What fuels your songwriting?

A lot of the time you don't have to go through what you are writing about. My music is a mixture of what I have been through but also stuff I haven't. Shit is fiction sometimes. It could have happened to someone else yeah, but it doesn't always have to be about you.

A lot of weird images don't make sense, right? See an image with all contexts removed, it might mean nothing. For me it was about expanding my knowledge with music and realising that everything can relate to everything. Different sounds, beats and lyrics; They all come together to make a song. Escaping into that world is so important to me.




Are there any musicians or artists you turn to as an escape from your thoughts? Could you share some examples?

You often explore pain and pleasure in your music – do you believe they go hand in hand? What do you see as the significance of their relationship?

My mum's music kinda changed my view on music as a whole. When I was younger, she would show me artists that today I still listen too. I guess artists like Madonna but to be honest, I like so much different music, depends how I feel and what I am doing. Shout out to my mum tho.

I guess I am trying to say that life is equilibrium. Don't have too much of one or the other. Pain & Pleasure come hand in hand to me, you need both.

If you could change one thing about the way your mind works, what would it be? Or perhaps you wouldn't change anything at all?



Overthinking is the worst for me. I would love to change my behaviour with the way I deal with my thoughts. If you are ever dealing with anything internally, it's about not letting those thoughts dictate everything you do. Channel all the dark shit you go through into something positive. I am never going to be able to not overthink, but I can change the way I deal with it.

Do you have any advice for the future generation growing up?

You have to take care of yourself properly, you are never going to reach the best version of yourself if you don't. Build your character. Find something that keeps you mentally stable. Spread love, be happy. Explore everything the world has to offer and dance to all types of music. Fully digest everything and take in the value of things you do. With the principles you believe in, tell yourself "This is me and it's okay to make this decision".

Above all, have all the fun you can have, but seriously, do not take your health for granted. Life is precious and only when life is at its worst do you know that.



Interview & Photography

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