

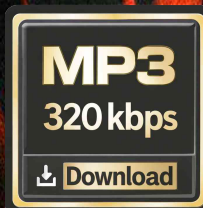
PARALLEL MINDS

PARALLEL MINDS - EPK OFFICIEL

CAIRN (2026)

Electronic Press Kit - Press

Click to DOWNLOAD the ALBUM



Private listening link + album download:

<https://parallelmindsofficial.com/cairn>



Cairn

GENERAL PRESENTATION

Parallel Minds is a French modern progressive metal band blending the rigor of thrash, the harmonic richness of prog and the majesty of power metal. After three albums released with renowned labels (Brennus Music, Pitch Black Records, M&O Music / M&O Office), the band now establishes itself as a key act of the European metal scene with **CAIRN**, a fourth album with strong narrative depth and international scope.

CAIRN is not just an album: it is a conceptual work, a 61-minute journey through suffering, memory and resilience. Each track explores the mark left by humanity in its constant struggle against destruction and oblivion. The album transcends cultural borders to offer a deeply human and universal metal fresco.

CAIRN is a large-scale album, designed for full immersive listening while featuring powerful and striking tracks able to stand on their own as singles.

ARTISTIC & SONIC IDENTITY

Parallel Minds follows the path of demanding and emotional bands such as Symphony X, Evergrey, Pain Of Salvation, Blind Guardian and Gojira, while adding the rage and urgency of groups like Testament and Nevermore.

Their sound combines:

- The power of heavy/thrash metal: direct, organic and impactful
- The sophistication of progressive metal: refined compositions, varied time signatures and constant emotional exploration
- The epic and spiritual dimension of power/world metal, enriched by multicultural influences through international collaborations

CAIRN crystallizes this identity: a polymorphic metal blending aggression, refinement and consciousness. An album that speaks both to the mind and the heart, where every note carries meaning.



Cairn

CAIRN – ALBUM CONCEPT

CAIRN refers to the stone mounds left by travelers: symbols of passage, memory and hope. Each song is a stone placed on this collective monument. The album explores stories of peoples and cultures across time, bearing witness to suffering, struggle and human rebirth.

The tracks are linked by a shared tension: between destruction and reconstruction, fear and creation, loss and rediscovered light.

The result is a deeply humanist album, rich in meaning and carried by a singular international dimension.

Themes explored:

- African spiritualities (Orishas)
- Industrial disaster of Bhopal (India)
- Deportation of Native American peoples (Trail of Tears)
- Japanese wars (Sekigahara)
- Northern Ireland conflict (Troubles)
- Displaced peoples of South America (Colonias)
- Polarization and conflicts in the Middle East (On Both Sides)
- Fear as a global societal plague (Fear Is The Pandemic)

To bring authenticity to the music, the band surrounded itself with many guest artists from the French scene and from abroad:

- Johann (Asylum Pyre) – backing vocals on *Cairn* and *Sufero*
- Rock (Arka'n Asrafokor) & Lakoélé Atalawoè, renowned Togolese artists – *Orishas*
- Mathieu Gehin (Muhurta), sitar player – *Bhopal*
- Michael Rose, Native American singer – funeral chant on *Trail of Tears*
- Dev (Stone Horns) – scream vocals on *Fear Is The Pandemic*
- Aileen, Colombian singer – voice of her people's pain on *Colonias*



Cairn

TRACKLIST & STRUCTURE

Total Running Time : 61:11

1. Cairn – 1:31 ft Johann & Lu [Asylum Pyre]
2. Sufero – 5:14 ft Johann & Lu [Asylum Pyre]
3. Orishas – 7:39 ft Rock [Arka'n Asrafokor] & Lakoélé Atalawoé
4. Bhopal – 5:41 ft Mathieu Gehin [Muhurta])
5. Trails Of Tears – 9:14 ft Michael Rose
6. Sekigahara – 6:28
7. Troubles – 7:28
8. Colonias – 3:56 ft Aileen & Gabriel Fradet
9. On Both Sides – 9:22
10. Fear Is The Pandemic ft Dev [Stone Horns]

Cairn



PARALLEL MINDS are :

Greg Giraudo – Guitars and backing vocals
(lead vocals shared on « On Both Sides » track 9

Steph Fradet – Lead and backing Vocals

Eric Mannella – Drums and backing vocals

Fabien Peugeot – Bass

CONTACTS

Parallel Minds – Internal Management

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Instagram : <https://www.instagram.com/parallelmindsofficial/>

Facebook : www.facebook.com/parallelmindsofficial

Private listening + album download:

<https://parallelmindsofficial.com/cairn/>

Cairn

« The cairn with which we pave our way may be a blessing or to fray »

A deeply human album.

An ambitious, powerful and inspired metal work.

A project designed to leave a lasting mark on the international heavy/prog metal scene.



Previous reviews - [Download Full PRESSBOOK](#)

Previous releases :

Echoes From Afar (2022) – M&O Music / M&O Office

A true turning point, *Echoes From Afar* dives into a narrative and conceptual universe. The album unfolds a cinematic atmosphere and modern international-level production. Orchestrations coexist with denser guitars and carefully crafted vocal harmonies. Distributed worldwide via M&O Music and supported by M&O Office promotion, the album marked the recognition of Parallel Minds as a leading French contemporary progressive metal band.



Metal Gods TV (UK) 10/10
Musipedia of Metal 7/10
OgZa (Mexico) 8,5/10
Loud Tv (France) 9/10
Aux Portes du Metal (France) 18/20
Metalife (France) 3,5/5
Pavillon 666(France) 9/10
Soil Chronicles (France) 8,5/10
Metal Franche Comte (France) 8/10
Music Waves (France) 4/5 – Top 3 Avril 2022
No Limit (France) 8/10
All Around Metal (Italy) 4/5
Metal News (France) 90%
BabyBlau (Germany) 9/15
Metallized (Italy) 82/100
Nawakulture (France) 4/5
French Metal (France) 16/20
World of Metal (Italy) 9/10
TrueMetal (Italy) 90/100
Nightfall in Metal Earth (France) 4/5

Hard Force (France) Sélection Mars 2022 : Passages mélodiques de toute beauté, accélérations meurtrières, soli majestueux sur fond de rythmiques syncopées, le tout servi magistralement sur des vocalises accrocheuses

Abaddon Magazine (Serbia) : virtuosity and above all diversity is the best combination you could ask for

Objectif Metal (France) : PARALLEL MINDS, un groupe à suivre avec ces 69 minutes de pur bonheur.

Musika (Belgium) : Parallel Minds have delivered quite a nice piece that should convince a lot of fervent progressive metal fans

France Metal Museum (France) : PARALLEL MINDS délivre un metal résolument moderne très addictif !

RockMetalMag (France) : Echoes From Afar est un Grand 8 émotionnel construit avec une profusion de styles musicaux.

NawakPosse (France) : Cet album en tout point passionnant et qui doit absolument faire partie de votre discothèque, si bien sûr, vous kiffez le métal prog.

Odymetal (France) : Un magnifique album qui marquera son époque

Les Eternels (France) : Une réussite et vous invitent littéralement à un voyage mêlant prog metal, heavy metal, metal mélodique

Flight of Pegasus (Greece) : The metal they play is as modern as progressive

Among the Living (France) : PARALLEL MINDS m'a conquis avec cet Echoes From Afar riche et généreux

Every Hour Wounds, The Last One Kills (2019) – Pitch Black Records

Four years later, Parallel Minds reached a decisive milestone. With this darker and more technical album, thrash metal merges with ambitious progressive structures. Distributed internationally by Pitch Black Records, the record received excellent reviews across Europe and confirmed the band's mastery in blending power and emotion. Themes focus on resilience and human duality, with more mature and introspective songwriting.



Rock Overdose (Greece) 80/100

Musipedia of Metal (UK) 7/10

Between the lines media (Canada) 9/10

World of Metal (Portugal) 9/10

Metal Gods TV (Italy) 9/10

Rock Tribune (Belgium) 8/10

Powerplay (UK) 8/10

Metal It (Italy) 6,5/10

Dead Rhetoric 7,5/10

Auxportesdu metal (France) 16/20

Metal Temple (world) 7/10

Via Nocturna2000 (Portugal) 7/10

French Metal (France) 16/20

Eternal Terror (Norway) 5/6

Crossfire (Germany) 8/10

Metalship (France) 8/10

Legacy (Germany) 7,5 /10

Dutch Progressive Page (Netherlands) 7/10

Beyond the Wall of Sleep 8/10

La guilde du metal / ultimetal (France) : *Inspired enough to stand out from international blockbusters*

Flight of Pegasus (Greece) *You can be sure that the modernized metal being processed is a nice proof of their individual abilities*

Rockway (Greece) *Excellent A must-have market for lovers of the genre and a remarkable effort in heavy metal, in general*

Frenzy Fire (UK) *Overall, a thunderous and very heavy ride of relentless heavy metal from a band not afraid to explore various genres of metal music*

Midland rocks (UK) *amazing : A masterpiece well worth finding and listening to.*

Rocker Stage (Italy) : *"...they have an enviable charge and they play a great record in 45 minutes and in 9 pieces has so many beautiful episodes..."*

Zero Tolerance Magazine (UK) *"...a strong set of well crafted, catchy and powerful modern metal."*

Headlong Disaster (2014) – Brennus Music

Carefully produced and featuring Franky Costanza (ex-Dagoba) on drums, the album stands out with precise riffs, powerful choruses and influences from Iced Earth, Nevermore and Iron Maiden. Released on Brennus Music, it opened the doors of the French metal scene to the band and established their reputation as a solid, melodic and incisive act.



Metal Gods TV (Italy) 9/10
Power Metal.de (Germany) 7,5/10
Interstella Magazine (Italy) 8/10
Hijos del metal (Spain) 15/20
Metallized (Italy) 70/100
X Chrome Music excellent
Metal Spirit (Spain) 9,5 / 10
Zware Metalen (Germany) 78/100
HellSpawn (Belgium) 79/100
Via Nocturna (Portugal) 5/6
Metal Den (Canada) 4/5
Rock Meeting 4/5
Metal Kaoz 9/10
RockaRolla Webzine excellent
All Around Metal (Italy) 3/5
Earshot (Austria) 5,5 / 7
Taste of Khaos 10/10
France Metal Museum excellent
metal to infinity (Blegium) 91/100
noizz 8/10 80
heavylaw (France) 7/10
metalhead.it (Italy) 7,5 / 10
lords of metal (Netherlands) 88/100 88
french metal (France) 16/20
metal temple 4/5
battlehelm excellent
Pegasus good
tHedArkside excellent
Nawakposse (France) excellent
Soilchronicles (France) 7/10
progmetalzone excellent
metal France comte excellent
diosesdelmetal (Spain) excellent
Not another tall blog (Canada) excellent
spirit of metal (France) 7/10
metaldream excellent
Aux portes du metal (France) 17/20
heavysound (France) 9/10
music waves (France) 4/5