

Forest Veil
Announces new EP, “Ritual Light”
Out July 28th on Spirit House Records

Available across platforms [here](#).



Forest Veil - *Ritual Light* EP (2022)

ONE SHEET

“Music is my calling and passion but it’s also a ritual. It’s my way of exploring, processing, and releasing individual and collective experiences and stories.”

- Monica Metzler (Forest Veil)

According to Forest Veil, “*Ritual Light* is a collection of songs from the last 2 years of pandemic life. With other albums, I’ve considered the theme or makeup of the album as I’m creating it. With *Ritual Light*, I just let the songs come forth and be born, as they needed to be. As my way of making sense of things. As healing. As ritual.”

Ritual Light (EP) is Metzler’s eighth release, her fourth under the project Forest Veil, and with Spirit House Records (which she co-founded with musician Johanna Warren in

2016). The EP finds Metzler processing the chaos of a global pandemic, healing from loss and reflecting on childhood— all in a way that feels both deeply personal and strikingly relatable.

“Tear Down The Wall”, the lead single (with accompanying video), anchors the EP as an anthem of our times birthed from socio-cultural and political upheaval; from the Black Lives Matter movement to the global pandemic, the refugee crisis, the western wildfires, and many other injustices that are impacting so many.

Metzler says “I originally wrote this for my friend's musical, but soon realized it was a reflection, reminder, and invitation- in these chaotic overwhelming times- to actively choose love and tear down the walls between us. A reminder that "we should be together" despite all the "bad advice" and information that we should be afraid of each other. The chorus and outro were directly inspired by an excerpt from *Das Energi* written by American music journalist and writer, Paul Williams:

“Tear Down the Wall

It might be fun

It might be dangerous

Tear Down the Wall”

Ritual Light was recorded by Forest Veil at Flora Studios & MVM Studios in Portland, OR. Monica Metzler showcases her talents as the premier songwriter, vocalist, and multi-instrumentalist (guitar, piano, clarinet, bass, drums, percussion) of the project. The EP was produced by Luke Hall and includes additional instrumentals from Alexis Mahler (violin, cello), Nick Rivard (guitar), and Chris Johnedis (drums).

BIO

Forest Veil is the solo work of Portland, Oregon multi-instrumentalist/producer Monica Metzler. Following the echoes of her elusive muse, Forest Veil makes mystical psych-folk that maps the emotional terrain of humanity and its place in the cosmos. Melding a voice that sounds like smokey quartz with psychedelic guitar riffs and enigmatic lyricism, Forest Veil’s sound evokes a haunting nostalgia for other worlds. Though she primarily writes on her own, Forest Veil records and performs with others. An avid guitarist for over 20 years, Forest Veil's music showcases virtuosic guitar shredding and dynamic musicality. Forest Veil's music has been placed in Coach ads, movies, and TV shows such as Blacklist.

Metzler has previously released music as Moniker, O Horizon, and Moniker Deep. Her first work as Forest Veil came in the form of her 2016 release, [Zoolights](#). The album was released on Spirit House Records, which she co-founded, in the same year. She currently plays drums for the all-femme band, [The Pool Boys](#).

On *Ritual Light*, the psych-folk music that emanates from Forest Veil is enchantingly hypnotic and transfixingly haunting; luring the listener in and catapulting them to new realms of emotional terrain.

In addition to her musical pursuits, Metzler is the Program Director and a sliding-scale family therapist at [My Voice Music](#)- a creative arts youth non-profit. The track “Phoenix” on *Ritual Light*, is written for Ian Mouser, who founded MVM 13 years ago. Mouser, Metzler’s mentor, boss and friend, was tragically hit by a car while biking across the US in October 2021. Through his work with My Voice Music, Ian Mouser inspired thousands of youth to create, write original songs, and release them. Metzler wrote, “Phoenix”, in his honor, and to “give voice” to her own pain and grief. With MVM, she continues to inspire youth, who are experiencing trauma and living in the margins, to alchemize their pain and emotional experiences into music and expression.

Metzler cites Adrienne Lenker (Big Thief), Sufjan Stevens, Sharon Van Etten, and Nick Drake as songwriting influences. She grew up listening to Tori Amos, Joni Mitchell, and James Taylor. For personal listening, she gravitates towards artists such as Khurangbin, Michael Kiwanuka, James Blake, and Kendrick Lamar.