

The Mechanical Mind Explores Identity and Transformation on “Shadow of Who I Used to Be”

Industrial-rock standout from *The Lost Tapes* reflects the darker side of an album built around contrast, experimentation and creative freedom

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The Mechanical Mind continues to push beyond a single musical identity with *The Lost Tapes*, a ten-track album that moves freely through industrial rock, garage blues, indie rock, electronic pop, disco and experimental music. Among its darker moments is “**Shadow of Who I Used to Be**,” an industrial-rock track that turns inward, confronting the distance between who someone was and who they have become.



Released September 19, *The Lost Tapes* was assembled from songs, ideas and unfinished pieces that had accumulated outside the boundaries of The Mechanical Mind’s previous releases. Rather than forcing those tracks into a common style, composer and producer Simon Jacobsohn allowed each one to retain its own character.

“**Shadow of Who I Used to Be**” represents one of the album’s heaviest and most psychologically charged directions. Distorted guitars, electronic textures and an industrial-rock foundation give the track a physical intensity, while its title and atmosphere suggest something more personal: the uneasy experience of looking back at an earlier version of yourself and realizing that person no longer exists in quite the same way.

The result is less a conventional song about nostalgia than a confrontation with change. The track’s darker sound sits in sharp contrast to much of the music surrounding it. “**The Cruel Truth**” draws from gritty blues and garage rock, “**Your Eyes (Disco Monkey Mix)**” shifts toward the dance floor, “**Under the Moon and Sun**” explores a more emotionally driven indie-rock direction, and “**Banyan Tree**” takes the form of an experimental electronic love ballad.

Across the album, male and female vocals further expand that sense of movement, allowing different songs to take on entirely different personalities rather than establishing one fixed vocal identity.

*“I’ve never wanted *The Mechanical Mind* to be one thing,” says Jacobsohn. “*With The Lost Tapes*, the differences between the songs became part of the reason for releasing them together. ‘*Shadow of Who I Used to Be*’ is probably one of the clearest examples of the darker side of the project. It has that industrial weight, but there’s something very human underneath it.”*

That combination of stylistic experimentation and emotional contrast has become central to The Mechanical Mind. The one-person project moves between industrial rock, electronic music, synthpop, indie rock, ambient, alternative rock, cinematic composition and experimental production without treating genre as a fixed boundary.

The Lost Tapes follows *UNPLUGGED: QUIET + FRAGILE*, an album built entirely around acoustic reinterpretations of fan favorites. Where *UNPLUGGED* deliberately reduced the music to a more intimate form, *The Lost Tapes* moves in the opposite direction, embracing dramatically different production styles, vocal approaches and musical identities from one track to the next. “**Shadow of Who I Used to Be**” demonstrates how far that freedom can reach while still sounding unmistakably connected to The Mechanical Mind. Its industrial-rock aggression is balanced by a sense of isolation, reflection and psychological tension, giving the song an emotional weight that extends beyond its heavier production.

The track is also accompanied by a visually dark, cinematic video that extends the song’s themes into a psychological narrative, reinforcing the uneasy relationship between memory, identity and transformation without offering a simple resolution. Rather than presenting *The Lost Tapes* as a collection held together by genre, The Mechanical Mind treats the album as a document of creative exploration. Ten songs occupy ten different spaces, connected less by sound than by the willingness to follow each idea wherever it leads.



THE LOST TAPES: TRACK LISTING

1. No. 79 Chaotic Z
2. The Way the Chemical Moves Us
3. Banyan Tree
4. Under the Moon and Sun
5. Sand in My Shoes
6. You Can't Erase Us
7. Your Eyes (Disco Monkey Mix)
8. The Cruel Truth
9. Shadow of Who I Used to Be
10. i know the truth

The Lost Tapes by The Mechanical Mind is available now on all major streaming platforms.

ABOUT THE MECHANICAL MIND

The Mechanical Mind is the independent music project of Orlando-based composer, producer, musician and visual artist Simon Jacobsohn. Created and produced through a combination of traditional instrumentation, electronic production and contemporary creative technology, the project moves freely through industrial, alternative electronic, rock, synthpop, indie, ambient, cinematic and experimental music. Jacobsohn also develops the visual identity, artwork and creative direction surrounding each release, treating sound and image as parts of the same body of work.

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