

My Sweet Torment

Informative dossier 2025

More than a band!



MY SWEET TORMENT

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Presentation

My Sweet Torment is a musical band that differs from other bands for being constantly innovating in their creations. For doing it so, it focuses on making quality music with a very significant show.

Any other band would think that's enough to feel fulfilled and complete, but in My Sweet Torment, we wanted to go further; we have developed our artistic

scopes to such extent that the music and the shows have given way to new horizons, making the expansion of this project reach a whole new level we would have never thought about a few years ago.

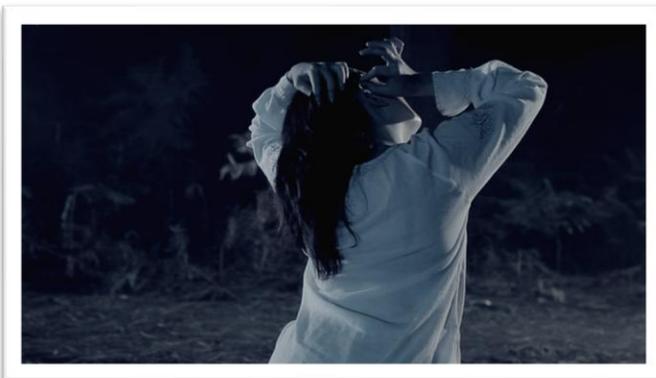
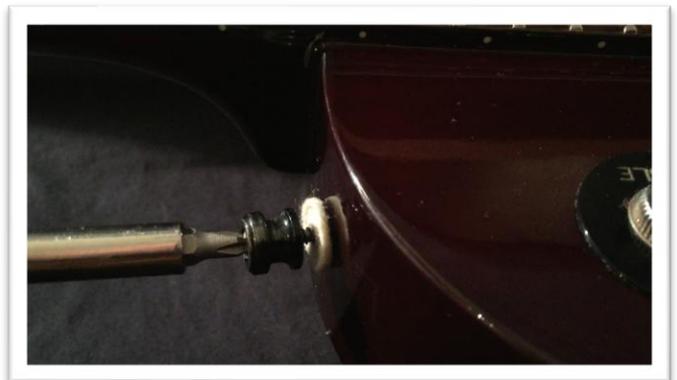
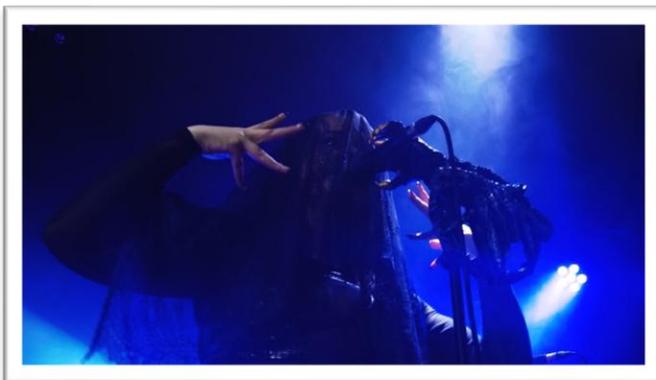
In My Sweet Torment we made that a project which started as a band evolve to a broadcaster.

Among our projects we can find conceptual albums, shows with a very significant staging, and even professional videoclips. All of them projects worthy of a good musical band.

What sets this group from others are the following products.

The lyrics of the conceptual albums have become into genuine reading books, our songs and stories have been turned into video games and in between, our experience and knowledge have ended becoming into video tutorials.

Everything made for our fans and followers.



In both pictures exposed above this text we can see some projects as the staging that the band offers when playing live.

In between the image below we can see an image of the videoclip "Oblivion" recorded for the album "The last beating heart".

In this section on the right we can see some examples of those projects that make of this band something different.

In the image above we can see a wallpaper designed for the computer, On the other hand, the image below shows a screenshot from a video tutorial of the maintenance of your instrument.

Biography



" My Sweet Torment is more than just a band , it 's the secret kept in the bottom of your soul transformed into music, stories and images. " Sef – Eldin!

Since 2004 Sef-Eldin founder of the group tries to improve all aspects that encompass this experience; and has made a fresh start with everything concerning this band and the style they play.! With the help of his teammates and the hard work , experience and experimentation they are taking their work in a new direction that makes all elements of the group fascinating and innovative.!

In every new job we can see that beyond their sound, there are always soulful little nuances that escape to our ears that make from the music something more characteristic. If we break down into several projects of the band there can be seen that in the heavier music, there is a sinister atmosphere , violent and sweetly emotional that accompanies a story that may be fantasy, but on the other hand it can make us feel identified with some of the characters. All this makes My Sweet Torment different to any other band .!

The evolution of the group has been twisted and has made them sweat real blood drops, but they could manage to have given life to the album The Last Beating Heart (Electrocardiogram remake

of 2005) of which they are very proud. In their previous released albums like Seven or The Last Sunrise, they began to incorporate masks , interpretation in their lives and such ... but the group has decided to withdraw all that previous work and remake them with the experience and the means that they dispose now.!

Unfortunately; and for reasons beyond the group, during the period of 2012/2014 the group lost part of its members, making it hard to fulfill the task and delaying several projects to date, making of the future of the band something uncertain.!

After long time searching , the formation is again complete and ready to be heard .!

"I did not know what would happen to the group as we only stayed Alexander, me and Sylvara. Shortly after Alexander also had to leave us, but continued to help on some projects like other dear friends. All this led me to the big question of if I would just go ahead and end up leaving everything aside and devote myself on searching people . And truth to be told, I had no idea on how long it would take me as the life situation in general was not very favorable at the time to be thinking on long-term projects. All I could do was to learn from past mistakes and try to make it better by not repeating them. "!

In a relatively short time the band was finally completed, integrating San as drummer, and J. Kalen as rhythm guitar.

Biography

They began to work on all and the new ones were still only ideas to demonstrate that they were stronger than ever and that they had not been left behind despite their lethargy.!

After completing the formation of the band, they focussed on giving a facelift to the group, forgetting about all the previous jobs to 2014 ; this included past concerts, shows, music , ...!

" There are many bands who are always looking forward and your only concern is to move on and get some new material released by all means. That's when I decided to continue with My Sweet Torment , it was like a beginning and an awakening. I had before me all previous projects, how they came and how I really wanted them to be. I deleted almost all of my mind and thought: We are practically a new formation , we re-recorded our first album for our fans to provide them a superior quality of our old releases by re-doing them something more complete and full of feeling. Why not do the same with the other projects we have? . At the time I looked to all new projects we had in hand and decided to delete all videos , songs, ... prior to this project and redo all the work in a more elaborate way , while maintaining the essence of the band. We may take time and not release a record per year as the rest of the bands, but who cares if the out-coming is good ?! Seven was a very important album for us , and was well received among regular followers of the group and gave way to new ones. In fact, thanks to good reviews on that record we could do our first European Tour in 2011 Yes, it was an album that gave us the opportunity to expand ourselves and do an European tour, but still we were not quite satisfied with the result , so we had clear what would be our next target and certainly our biggest challenge "!

My Sweet Torment has undergone a huge metamorphosis that has left their mark in each of its activities since its inception in 2004. It began as a normal death metal band , with the Electrocardiogram album, then in The Last Sunrise release there were included some dark orchestral atmospheres, which later gave way to Seven , which included the well known theatricality and staging during the lives. Also, this was their first concept album , but not the last , as the story continues in its remake The Last Beating Heart which held the titles of original songs and bases, but totally changed the lyrics making a new story linked up with the previous work Seven .!

When we thought that this metamorphosis could not overcome, keeping the musical genre that characterizes the group, decided to give us another surprise by announcing the publication of the stories told in this album on reading books.!

"I think if you're a musician; art encompasses many fields from music you hear on the record, to the image of the cover, the lives ... If we can compose music, make a video or play in a show, why won't we be able take a further step on our careers and create a book in which the stories of our albums are told? "!

If the lyrics / stories of the albums were already interesting, we now have the ability to capture a lot of metaphors , symbolism and different thoughts and impressions of them ; making us feel more empathy for one or the other characters played by the band ...!

Ten years ... and 5 albums in its career. My Sweet Torment is still at the beginning of its life, with the compromise and responsibility of making such powerful works .

The Band:

Maia: Vocals.

Sef-eldin: Guitar & Vocals

J.Kalen: Guitar & Choirs

Amarilla: Bass

Moon: Keyboards & Choirs

Discography *(Albums)*

Electrocardiogram

Release date: 2006-10-31

- Transition
- My Sweet Torment
- When the nightmares become reality
- Oblivion
- Entering the darkness
- We are only chunks of meat
- Between two waters
- Tears of blood for a goddess
- Bitter moments
- Electrocardiogram



Seven

Release date: 2010-10-31

- Pride
- Greed
- Envy
- Gluttony
- Lust
- Sloth
- Anger
- Suicide
- Seven

Discography *(Álbums)*

The Last Beating Heart

Release date: 2014-10-31

- The Awakening
- My Sweet Torment
- When the nightmares become reality
- Oblivion
- Entering the darkness
- We are only chunks of meat
- Between two waters
- Tears of blood for a goddess
- Bitter moments
- Electrocardiogram
- *Bitter moments*
- *The last beating heart*



The Order Of The Shadows

RELEASE DATE: 2024-10-31

- The Order Of The Shadows
- REM
- Dark Tranquility
- Lifeless
- Eternal
- The Last Sunrise
- The Singing Of Sirens
- Invocation
- Shinigami

Videography.

My Sweet Torment divides the projects in 4 sections: Live staging or shows, videoclips, tutorials and other projects.

SHOWS

My Sweet Torment has been becoming popular among other things for its careful staging at the time of executing their lives, becoming a reference for many other bands.

The band is constantly concerned in modifying and elaborating consistent stagings in concordance with the disc and the songs that are wanted to play so they take each opportunity to record and transmit these performances to fans.



VideoClips

As expected, the band with each album strives everything they can to provide to the fans a video clip, The main curiosity of the video clips made by this band is that the meaning of the videos and songs are often left to the imagination of the viewers, but the video shows small details that are not visible to the naked eye in the lyrics and that are in the background of the albums.



Tutorials

Tutorials are one of the things that make of this group something different. Regardless of the music scope, My Sweet Torment, diffuses through the network videos ranging from how to troubleshoot from your computer to how to maintain your instrument among others.

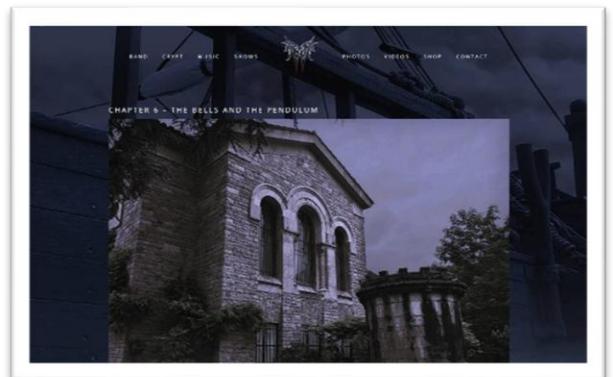
The purpose of these videos is to provide bands and fans, the realization of their personal projects, support and having other points of view.



Others

This section initially was a gamble as many bands said, but My Sweet Torment, is aware that with projects like interviews, small shorts films, and even shooting some concerts attended by fans and friends, make the group be closer to the public and demonstrates its different facets.

The creativity and versatility of this band knows no limits, so you still do not know what the future may hold.



Shows.

My Sweet Torment has been becoming popular among other things for his careful staging when executing its shows.

Without neglecting the scope and the musical quality they implement a staging ranging from costumes and atrezzo to the intervention of actors during the show, creating an atmosphere that helps the viewer to fill with all the feelings that the group wants to convey.

My Sweet Torment was pioneer in the Basque Country to use this type of shows and this kind of staging quickly spread among other bands.

With the help of actors and actresses as support the band can perform these feats without neglecting the execution of their music.

Leaving aside the theater scope, the band leaves nothing overlooked and places great emphasis on the reproduction of their themes in a natural and clear way.

They like their music to sound as natural as possible in both studio and live; so they are very meticulous in looking for a good sound, so later they don't have to add too much tweaks.

That makes their music sound almost the same in

their studio recordings and live. To carry out this objective, they try to get the materials with the appropriate quality for each of their goals and are continually forming and updating themselves in order to have the instruments and their equipment in the best conditions as possible.



Social Networks.

We understand as media platforms, whether as audiovisual media or written media, the ones that help a band get to reach previously untapped markets.

For My Sweet Torment, some of these delivery platforms have been reviews, either from an album or a concert and their respective staging, that gave a remarkable note, and have made the group stand out more and have more fans interested in knowing all the range of products we offer within the group.

On the other hand, would be interesting to highlight the interest shown by many magazines and radio channels, which are always on the lookout for our new and pending of a news that reveals details not yet shown to the public.

Notably My Sweet Torment is a brand that does not just sell a product, but makes a very appealing operation set not only for magazines or similar means, but it draws the attention of professionals, which made that the doors of Europe open in 2011 and culminate in a tour that took the name of My Sweet Torment to an international brand.

THEATRES DES VAMPIRES
MOONLIGHT WALTZ
TOUR 2011

MOTHERSTONE
JTR SICKERT
THE FORESHADOWING
My Sweet Torment

APR 15 Shum Club Saint-Petersburg, RU	MAY 19 Progresja, Warsaw, PL
APR 16 Plan B, Moscow, RU	MAY 20 Kulturbastion, Torgau, DE
MAY 7 Black Out Rock Club, Roma, IT	MAY 21 Melodka, Brno, CZ
MAY 12 LEGEND 54, Milano, IT	MAY 23 Underground, Koln, DE
MAY 13 Ortobar, Ljubljana, SL	MAY 24 Le Klub, Paris, FR
MAY 14 Blue Hell Club, Budapest, HU	MAY 25 Hotel de la musique, Roubaix, FR
MAY 15 Escape Metalcorner, Wien, AT	MAY 26 De Rots, Antwerpten, BE
MAY 17 Exit Chmelnice, Prague, CZ	MAY 28 O2 Academy Islington, London, UK
MAY 18 Blue Note, Poznan, PL	MAY 29 Femme Metal Festival, Birmingham, UK

www.theatres-des-vampires.com
www.myspace.com/theatresdesvampires
www.internationalrockagency.com

UFIP SOUL FOOD



As it could not be otherwise in the XXI century, the band really cares to keep in touch with their fans through digital media. In this section, we would stress the importance of social networks like Facebook, Twitter, Youtube and many others not mentioned but that are equally important.

In addition to personally maintain these digital media, the band has performed an excellent job with their own website, in which there are such important sections as a blog, where they keep abreast of the details the band goes through, a news section where they include premieres, interviews, etc. And of course, a section of store from which anyone can have access to products that offer the band.

Such is the importance of the media, that these few lines cannot describe the great support they mean to My Sweet Torment.

Contact.



To receive more information please contact us at the addresses provided below and do not forget to visit our social networks.
We appreciate the interest and the trust deposited in My Sweet Torment.

Contact:

 www.mysweettorment.com

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 info@mysweettorment.com

Follow us:

