



Artist/ Band: At War With Self

Title: Torn Between Dimensions

Label: Free Electric Sound

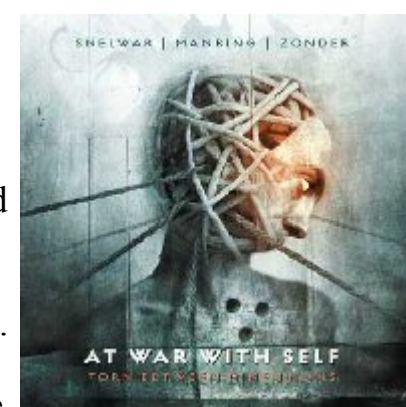
Year of Release: 2005

[Artist/ Band Link](#) (click for details/ ordering)



### The Review:

At War With Self is a all instrumental power prog trio that bridges metal, folk, prog and fusion all into one. The project is the brainchild of guitarist / multi-instrumentalist Glenn Snelwar. Joining Glenn on the debut, Torn Between Dimensions, are Michael Manring on fretless bass and e-bow; and Fates Warning's Mark Zonder on drums and percussion. All three musicians are stellar and combined together create some of the most genre-bending music to date. One minute it's almost hardcore metal, then the next it's spacey melodic. Their influences shine brightly here. And what influences are those you ask? Well count bands like King Crimson, Voivod and Pink Floyd but they go beyond those to mix in some classical, bluegrass and jazz influences within the compositions.



Out of the three musicians, I've only heard music by Guitarist Glenn Snelwar (who is best known for his contributions to Gordian Knot's debut). The other is Drummer Mark Zonder of Fates Warning fame. It's fantastic to finally hear Michael Manring's bass work. His fretless bass parts are melodic but never overwhelming. Some players seems to take the lead thus taking away from the composition, so Michael's work here is very welcomed by these ears.

From beginning to end, Torn Between Dimensions takes you on a musical journey that Snelwar describes as "a concept album, but not in the strict sense of the word." Although each song can be heard on it's own, to get the full effect one must invest the time and listen to the whole thing. You'll find yourself hitting the repeat button after the last song ends.

At War With Self's debut Torn Between Dimensions is one of my favorite releases of 2005 as well as all time. I can't recommend this enough, especially to fan's of instrumental progressive and rock music.

Reviewed by Ron Fuchs on May 24th, 2005

### Tracks:

1. The God Interface
2. Torn Between Dimensions
3. A Gap in the Stream of Mind, part one
4. Grasping at Nothing
5. Coming Home
6. The Event Horizon
7. A Gap in the Stream of Mind, part two
8. Run
9. A Gap in the Stream of Mind, part three
10. At War With Self



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