

Elly Kace Brief Bio

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Elly Kace Long Bio

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Ever since she was able to talk, Kace, who was born Elyse Anne Kakacek, wanted to be a singer. At six years old, she joined the prestigious Chicago Children's Choir which led to a whirlwind musical education, summers traveling the world performing, a firm foundation in social justice causes, and even sharing the stage with artists like Bobby McFerrin, Celine Dion, and Renée Fleming. "From early on, I realized music is something that connects us beyond our bodies and circumstances," says Kace. "You can be in the moment with any other human and share music." It's this ethos that propelled Kace's decade-long journey in opera. "Opera can be so hard," says Kace. "To do anything with it, you have to devote everything to it."

For Kace, this meant uprooting her life in Brooklyn and moving to Europe for a prestigious audition tour as an operatic soprano in early 2020. But when she was in Milan, Italy, the COVID-19 pandemic hit. She first fled to Florence and then back to her New York City home. "At the time I was feeling excited about the prospect of a European career, and then to experience such a world-changing, death-filled thing instead was really difficult," says Kace. "It was a painful lesson that there is never any control, ever." Back in her Brooklyn apartment, the paradigm shifting upheaval though difficult, gave Kace the time to recenter herself. A certified JM Vinyasa yoga instructor, Kace began obsessing over her daily Sanskrit meditations as well as two phrases from the influential book *A Course in Miracles*: "Nothing I see means anything" and "Bless them all." These phrases would serve as her North Star for writing the entire album.

With her operatic career on hold, Kace knew she needed an outlet. "I was super depressed, having multiple meltdowns about opera being over forever, and my whole life being total waste," jokes Kace. "So I sort of intuitively started writing and expressing this as a healing thing for myself." Initially *Nothing I see means anything* started out of vocal loops with Kace dissecting each syllable in those two phrases. "Mantra is a powerful healing practice because of the way the consonants and vowels vibrate your body, and I wanted to really get under the skin of these ideas," says Kace.

These phonetic meditations soon became more fleshed out and Kace began experimenting with synths, recording software, and eventually enlisting producers Alex Weston, Steve Wallace, Franky Rousseau, Dominic Mekky, and Rocket Jackson JR. "By the time I hit the limits of what I could create alone, it was clear I wanted this to have a life outside of my apartment," says Kace. "The more I invited people into the concept, the more meaningful it became." Take the highlight track "Nothing," which boasts darkly enveloping synths and Kace singing, "My pain was a magnet / now words fly from my body like / nothing." As a lyricist, Kace dissects her physical place in an often unfeeling world, singing of addiction, loss, illness, the male gaze and subverting expectations. Though this is wholly accessible and physically immediate pop music and each single stands on its own, this album is meant as a healing whole. Songs like the intro "Are You Ready?" and "Meditation" serve as guideposts for Kace's sonic and thematic ambition.

Ultimately, *Nothing I see means anything* aims to unlock both the wild and free parts of ourselves as well as the good within us. On the lovely Carole King-indebted "Bless," Kace shows her range as a writer and vocalist, singing, "Our hearts hurry / running far away / addicted to drama and being the victim / What if we just breathe?" Explaining the song, Kace says, "It's become clearer to me through making this record that all we are meant to do in this life is bless each other. That's really it, but the simple things are also the hard things. I've learned I can't bless in a genuine way until I'm willing to face my shadows and find a way to accept them and if I can, love them."

With such global turmoil and personal upheaval, Kace used the pain and uncertainty for catharsis. "Making *Nothing I see means anything* was incredibly liberating," she says. "I feel like a completely different person. Even though getting this honest took a lot of suffering and self awareness, going through that made me see reality more clearly. I've learned a lot and I hope it enables others to go there too."

Elly Kace Profiles

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[Official video for "NOTHING"](#) starring Jasmine Mendoza

Winner of Best Music Video at the Argenteuil International Film Festival in Paris, France

Winner of Silver Award for Best Music Video at Milan Gold Awards in Milan, Italy

Finalist for Best Music Video at the Vesuvius International Film Fest in Naples, Italy

Official Selection for Best Music Video at Indie Short Fest in LA, USA

[Official video for "I" starring Jasmine Mendoza](#)