

Death Metal. In the lyrics, the introspection, nightmares, the sickest and most perverse side of the conscience are featured in themes like "Dismal Lullaby", "Mistakes of Oblivion", "Innocent Laughter" and "...And the bloodshed Goes On", which leaves the message that the slaughter will go on as long as fear and insanity exist in subconscious of men.

Interview answered by George Frizzo & Bruno Gabai:

Introduce INSANITY, Actual line up
INSANITY was formed in 1989 by Alberto Lopes (Lead guitar), George Frizzo (Bass), Bruno Gabai (Drums) and Fabio Andrey (Vocals and Guitar).

Which are your main influence ?
We don't have direct influences from one or more bands. We listen to many different bands and different kinds of music, like Death, Thrash, Doom, Industrial, Gothic, Ambient, Eletronic, etc. This is reflected in our music.

Which are band members' activities ?
In Brazil it's impossible to live only with music. I (George) study at the School of Sociology, Bruno is a chemical engineer, Fabio works in a rock store (Cds, T-shirts, etc.) and Alberto is a college student, too.

Do you like to play in gigs ? What gigs did you play (last)?
Yes, We like so much to play in gigs! There's nothing like you get on the stage and to bang the crowd. It's very important to divulge our work and to know new people and new place. We did our last gig together with a Thrash band friend of us called G.S. TRUDS and there was a lot of people moshing and jumping. It was fucking animal!

"Phobia", The debut CD of INSANITY. Talk us about it and other records ago (Demos, EPS)
In 1990 we recorded our first demo "In Search of Reason", which has a good answer on the underground scene. Then we released in 1991 the 7" EP "Cryogenization" by Whiplash

Records (Brazil). In 1994 we participated with two songs in a compilation LP called "Projeto Mythus" together with other 7 bands from our city. Finally, in 1995, our first full length CD came out by Heavy Metal Rock & Rock Machine Records (Brazil). "Phobia" has 9 tracks that combine our stuff from 1990 to 1993 and it goes on a line between the Thrash Metal from the 80's and the Death Metal from the 90's with some touch of Industrial.

"Phobia" was recorded in 1993. Why it's coming out in 1995 ?
Since we recorded "Phobia", in 1993, We started to search for a record label to release it. In the beginning of 1994 we made contact with Rock Machine and they got interested in our tape. Thence the negotiations with Rock Machine & Heavy Metal Rock were to put out "Phobia" on vinyl (LP) in 1994. But with the growing CD market in Brazil we all thought it was better to come out on CD. This whole process delayed our release until 1995.

Has been any musical change in the band after recording your first songs ?
Yes, Since INSANITY started. We come growing up like musicians and openning our minds to differnt styles of music to incorporate new influences in our sound. We started as a Thrash Metal band, but today we look for a personal style, although next to Death Metal, but without this label's restrictions.

How is the scene in your country ? How was the response to the CD ?
The Metal scene in Brazil is big, with a lot of bands, bangers and zines, but it's still hard to get support to produce shows and to spread our ideas and our work because there is still some prejudice by the midia and people in general. However, the Metal market is growing very much for the last years. The response to "Phobia" was very good on the underground of Brazil and even many other countries we have contact. Good reviews on fanzines and magazines and a very answer from the public in our gigs!

What's the most hard like group ?
I think it's to keep the band in evidence, always divulging, recording, playing in shows, but expending money from our pockets without to expect a quick return. A band is an investimente for a long term and we have to do it all because it's the only way to a band become known.

What's the next for INSANITY ?
Two compilation CDs are coming out with the participation of INSANITY: "Winds of a New Millennium #1", which is a compilation of 14 brazilian Death Metal bands; "Omnisciens", a tribute to Dorsal Atlantica, which is one of the most important brazilian Metal bands and we recorded the song "Violencia , Real". The first is out now, and the tribute will be out on april. Next, we are working on new stuff for our 2nd CD.

How do you think that the commercial market affects a Metal band ?
Many bands easily change their music just to sell more, because the label ask it for, or even to follow the fashion. The music market creates the fashions and the most of the public follow them. Then, while many bands go following the fashions, others work really hard to show an identity but find many difficulties to spread their music. It's really sad!

What do you think about satanism and ocultism ? Do you believe on it ?
No, We don't believe on it. We all have different believes, but none of us follow this kind of stuff. I think each person has the right to believe in what it wants. But nobody has the right to attack other people because they have different thoughts nor to burn churches or little animals. It's ridiculous! There are very good Black Metal bands that din't need this kind of shit to promote themselves, like