

A man with short dark hair and a beard, wearing a black t-shirt, is shown from the chest up. He is looking down and to the left with a somber expression. His arms are crossed in front of him, with his hands resting on his forearms. He is positioned behind a piece of shattered glass that has cracked in a spiderweb pattern, with a large impact point on the left side. The background is dark and indistinct.

PLEASE
GET ME OUT
HEAL MY
PETRIFIED HEART
'CAUSE ALL
THIS DOUBT
TEARS ME APART

When I close my eyes
It doesn't disappear
This feeling won't subside
Like everything is scattered
Nothing else seems to matter
When it all comes together

The feedback hurts my bones
"Too much whole hearted care"
No, these ain't overtones
It hits the core of me
No way to be free
When home is an illusion

It hurts me
Deep in my, deep in my heart
But I can't
Heal all your, heal all your scars
That this could be
More than a, more than a dream
When you find that
This freedom, your freedom is not free
You're closing down
You're closing down on me

Home's locked in my heart
Nothing else stays
I've lived in ignorance

It hurts me
Deep in my, deep in my heart
But I can't
Heal all your, heal all your scars
That this could be
More than a, more than a dream
When you find that
This freedom, your freedom is not free

You're closing down
You're closing down on me
You're closing down
You're closing down on me

Disappointed, Let down and betrayed
Drowning but I won't lose faith
You're closing down
You're closing down on me

You don't just walk away
Without fighting or trying to pull through
You lead us all astray
One day will reveal the truth

You don't understand
What it means to give yourself
You say you just can't
To me it's twisted,
Don't you need help?

You don't need to tell
For me to see that there's somebody else
Who drove you away
From my heart and the kids and yourself

I don't know you anymore
And you don't even think one day ahead
The kids are struggling (ooh my god)
To you this choice is just not about them

You slowly drove my heart insane
All this trouble and doubt twisted me out of shape
Magnifying my imperfections
Wrong directions
Lost affection
Now my heart feels free again
So free again, again

You just lie to me
But I'm too fed up to react
For the outside it fits perfectly
As long as you don't reveal some vital facts

You're not a teenager anymore
And life's become so much more than a joke
Just get your brains to work
You're a mother of three
And they long for a family home
For a home

It hurts that I can't always be there
But one day I'll find the kids a nice place
Away from this ego trip

I'm kind of lost
I feel like I'm chained
This maze of thoughts
This freezing pain

*Your love changed into doubt
Doubt into ache
Ache into closing down*

Please get me out
Heal my petrified heart
'Cause all this doubt
Tears me apart

*Anger changes to fear
Fear into hope
Hope into letting go*

**All I want is to see these things more clearly
Allowing life from an inner peace
To watch it all pass by and let into my heart
Just love it no matter how it feels
But it seems so distant**

*And I just blame myself
'Cause I don't know what else to do
You say: "be yourself"
How I can't be myself when waiting for you?*

Drifting off
Away from the truth
Like I can't I shake it off?
A nightmare I can't sooth

*The thoughts in my head
Get my feelings to shout
They kick common sense knockout*

Then suddenly
A thought of stepping out
ooh, This can't be me
I'll fight my way out

*This is outta control
Outta my hands
That's when I want to hope but I can't*

**All I want is to see these things more clearly
Allowing life from an inner peace
To watch it all pass by and let into my heart
Just love it no matter how it feels
Well my heart needs distance
To catch up with love again**

Common sense has left the stage
Life's about to turn a page
Somehow it all feels
Pointless, just leading nowhere, wasted

It ain't all just black and white
A vivid past is stained by fights
And all I did for you seems
Pointless, just leading nowhere, wasted

*When the passion has been knocked down
I'm shaping life in that time-out
Dancing in a blackout*

Stuck within the quest of life
My tender heart is paralysed
But when I can't forgive it's
Pointless, just leading nowhere, wasted

*And the passion has been knocked down
I'm Shaping life in that time-out
Dancing in a blackout*

time-out, blackout

*The darkness of that time-out
**Dancing in a blackout, dancing in a blackout
I'm Dancing in a blackout, dancing in a blackout***

Goodbye my boys it's time to go
I'm gonna miss your hugs
And the bedtime show
I'm not gonna go so far
but outta reach from you are
My little friends, it begins where it ends

Hey my little girl I will say goodbye
I'll often think singing you lullabies
Daddy just needs some time
But I'll be just fine after all
When I'm there I'll call

*I'll be gone for some time
Hope it straightens out my mind
I know it's hard to understand
My heart needs to take, take a stand*

Goodbye my dear it's time to leave
I hope to find some peace
For a heart in grief

How can I belong to you?
The things I could but cannot do
I just ran out of breath
I'm leavin'

I'm done with having to adjust
The heart I have is about to burst
Can't do this anymore
I'm leavin'

**This feelin' like I'm squeezed in
And I know this conscience
Will come down on me
If I don't stop now**

It's like I belong to everyone
Except for when I'm sick or gone
They ask me please stop by
But I'm leavin'

**This feelin' like I'm squeezed in
And I know my conscience
will come down on me
If I don't stop now**

*I'm here
And I gave you all the love you never felt
It wasn't far away*

*I'm still here
And I don't know for how long I can carry on
I wanna run away, run away*

I'm way outta time
I'm way outta line
On my way to be fine
Listen to my heart
I'm leavin'

I just don't get what it's about
Well, it's been there quite some time
So many things I thought out loud
While you kept it all locked inside

*There's no way to satisfy you
When you're stuck with your head in the doubts*

**I just gotta get out
Think I can do without
Let go of everything
Let's see what that brings
I just gotta get out
There's too much doubt
Let go of everything
Let's see what that brings**

**Well I gotta let it in
Before I can get it out, out of my head
You can't tell me
What you're so desperate to find
No one knows what's on your mind**

I just don't get what it's about
Why you won't let me be your man
Something in you wants me out
You got me knocked out again

*There's no way to satisfy you
No end to you wanting more*

**I just gotta get out
Think I can do without
Let go of everything
Let's see what that bring**

**I gotta let it in
So I can get it out, out of my head
Let go of the twisted truth
You won't let me in
So I can get it out, out of my head
I won't fight to let go of you**

Ooh please, Get out

I've been taking time
Time to think about it all
This river takes me to the sea
What she's done is unreal to me

I just sit here now
The past is gone
Need something real to build upon

**And everything goes on and on
Before you know I'm dead and gone**

I've been about to leave
Leave to some place far from here
Find the answers I need
Add meaning, maybe feel free

Look deep into myself
Get clear on what's there to feel
Solve the things that are unreal

**While everything goes on and on
Like there's no escaping from this all, this life**

I hope that one more week
will tame all uncertainty

Did I lose my faith in the world I'm in
Got to start looking
don't know where to begin
Something in me tells me
it's time to change
But how on earth will it ease my pain

When I set out to clear my mind
Hoping there would be so much peace to find
Resistance grew when I walked through that door
I burst into tears and I ran back home

On my, on my, on my own

**So I break down
It's an emotional illusion still I break down
I don't want to break down
It's an emotional illusion still I do break down
And I don't want to**

*And my life goes on and on
I need to be strong
And what I value most ooh I know*

It's a mess inside my world of fear and grace
I need to rest my mind, I got to choose my ways
But why does it seem I can't take a stand
Do I have the guts this time to make it land

And off I go, and off I go, I go

**I break down
It's an illusion still I break down
And I don't want to break down
It's an emotional illusion still I do break down
And I don't want to,...**

I / NEVER THERE

A flame in me has died
The heart I gave was set aside
The reasons I recall / They make no sense at all

I gave her all I had
All the things we used to share
And now when I look back
It's like she was never there, never really there
Like she was never there, never really there

II / SHE KNOWS I KNOW

She knows I know / When she lies to me
She knows I know / I'm right about what I feel
She knows I know / She runs when things get tough
She knows I know / Lovin' me was not enough

And I don't know why I held on, held on
I tried while she was here but long gone, long gone
She can't confess, I know, I know
About her coach, I know, I know
She knows I know
She knows I know

When I meet friends, I need no more, no more
No need to leave no more, no more

III / FICTIONAL YOU

It's six in the mornin' and I lay eyes open wide
 It's like I know you
 The trauma of her for a moment gone
 You pull me through

You get me into things
 I said that I would never do
 But I can't resist you, resist,....

You break through, you do, you do
 When I am through I'll find you,
 I'll come and find you
 Please come and try to find me too

VI / WALK THROUGH A WALL

Can you please help me mama?
 I'm carrying on with my back against the wall
 And I don't know how to stop this

Could this be more than trouble?
 Because I can't make it fade
 It's a free fall / Did anyone notice

**I can walk through a wall
 And just don't care at all**

It's insane after all / And I just want more

It's like I can't stop it myself
 My life is heaven and hell
 With this love, this love, this love

I'm walking on water my friend
 You've stopped me from drowning
 This beautiful thing
 She won't understand it

**I can walk through a wall
 And just don't care at all
 It's insane after all / And I just give more
 (but can I ever give enough?)**

I thought this could never be
 You scare the hell out of me
 with this love, this love, this love
 Good to be trapped in love
 and I just want more and more

*I need to give it a break / Take some rest now
 Let the love I feel stay / Shut all the rest down
 It's like dreaming while I'm awake
 With all this love, all this love*

Like she was never there, never really there

I'm drifting in time
 Somewhere halfway through mine
 In a life you don't share
 'Cause you're no longer there

Stabbed a hole through my heart
 Then the rest fell apart
 You say: "Love should be more than just love"
 And that you can't find,....

**Yourself with me
 And I can not love for you
 Is your love too thin for me?
 And my heart's too big for you?**

*I've missed the signs
 The switch-over time
 When simple love
 no longer was enough*

**But if you could feel through me
 Then I could love through you
 If you could take through me
 And I could give through you**

**Then love is enough
 When just love is enough**

**Then you would fall through me
 (when love is enough)
 And I would be down through you
 Your heart would grow strong through me
 Then my heart would be whole through you**

**That's when love is enough
 That's just enough love**

*I've missed the signs
 But I'll uncover new times*

If you feel love is just fine
 Come and share your heart with mine

ALBUM CREDITS AND NOTES

VIVIDLY
FRANK

Arie Verhaar / Drums, percussion and table drums
Kornelis Lieveense / Guitars
Lennox Gerritse / Bass Guitar
Frank van der Burgt / Keys, programming and vocals

Simone Slegers / Additional vocals on 3, 4, 10 & 11
Wilbert Geurts / Horn section on 7

Music & Lyrics / Frank van der Burgt
Drums / recorded at Okapi, Rotterdam, co-produced by Jan Pohl
Other Instruments and vocals / recorded at home
Logo Design / Ans Habraken
Photography / Gerry van Roosmalen
Cover design / Bianca van de Koppel at Opera, Breda
Production & Mix / Frank van der Burgt
Mastering / Geoff Pesche at Abbey Road studios, London

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There are moments in life that awaken things you never felt, with an intensity that overrules everything you thought you knew about yourself. This album resulted from such a time and it has been kind of therapeutic for me. The way emotions and feelings found their way into these songs, like wanting to run away, to fight, plus confusion, anger, disappointment, and sadness but also moments of reflection and gratitude. Just know that I tried to keep them as pure as they were written, sitting behind the piano, in all their initial rawness. Now the scariest part is to release it, knowing it's not perfect..... oh well, life ain't perfect either.

Thanks to everyone for all the help, support, or just for being there. Thanks for being who you are!

With Love,
Frank