

# Lucia Comnes - UNCAGED

Album Notes + Lyric Book



## Song Titles:

1. The Thief\* (3:25)
2. The Cage (3:56)
3. Protector (3:53)
4. Jealousy\* (3:48)
5. Love Chooses You (3:35)
6. Songbird (4:06)
7. Nature Girl\* (4:10)
8. Queen of the Sun (3:44)

Bicontinental singer-songwriter, fiddler, and guitarist **Lucia Comnes** fifth album release “uncaged” on September 17, 2020, is a collection of 8 original songs, centered around the themes of **grief, fierce self-acceptance, transformation** and **empowerment**. Currently a resident in Italy, but raised in the San Francisco Bay Area, Comnes has been unable to return to California since March 2019 due to the coronavirus pandemic and this album was produced remotely. A collection of work that is both reflective and declarative, personal and universal. Many of the songs touch on key issues of **women’s empowerment**, simply by being authentic to the experience of an independent woman making her way through the world today, a woman who refuses to let society put her in any predefined boxes and who summons the courage to find her own voice, speak for herself and tell her own story even when it's uncomfortable, painful and inconvenient.

## Credits

All songs (lyrics and music) by Lucia Comnes, except those with ‘\*’ which are co-written by Gawain Mathews. All songs co-produced by Comnes and Mathews.

Vocals and violin on all tracks performed by Comnes. Guitars, bass, percussion, ukulele, piano, keyboards, synths, B3 organ and mellotron vibes performed by Mathews.

Recorded by Comnes in Liguria, Italy, and Mathews in San Pablo, California, USA. Engineered and mixed by Mathews during the coronavirus pandemic lockdown March-June 2020.

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Album artwork by Alicia Buelow. Photography by Glashier.

## **Album Notes:**

*Music to heal broken hearts.* This is the music that has healed mine.

The year leading up to writing these songs was one of great loss for me. I left my marriage, lost my best friend & husband, the respect of my parents, the support of my family, my visa & legal right to exist in the country where I live and work (Italy), all my money, my apartment, many of the few material objects I had left to my name, pretty much all security / solid ground beneath me. In the midst of the loss, I gave up on some of my life dreams as well, like being a full-time musical artist, becoming a mother and making a home. In the loss was huge grief, great sadness and a feeling of both drowning with no end, and hitting rock bottom.

Hanging on only to my job in Italy and mostly remaining in physical health, I found new friends that held me and helped me back onto my feet. As I had just about gathered enough strength to dream again about making music and visiting my loved ones back in California for my annual March tour, the coronavirus pandemic hit Northern Italy, my flights were cancelled, Italy went into lockdown and all my hopes and plans for 2020 crumbled before me. The lockdown in Italy became 3 months of house arrest and that's when I started seriously writing this album.

These songs are part of my healing journey. They are the objectification of my grief and the remapping of meaning in my life. The stories are figural and literal, metaphorical and real. They are about picking up the disowned pieces of my past, of my identity, and reintegrating them in a new way that represents who I am now, on the other side. As the Italian philosopher, Giambattista Vico wrote in *The New Science* in 1725 (and American Philosopher, Cornel West who quoted him in a recent talk): *"All human beings in the face of grief and death must objectify their grief, and through their moans and groans, transfigure it into sound, then poetry, then language, then science and maybe be able to pass it on to the next generation so they may be able to live lives of some dignity and decency."*

If I, as a human being, in the face of my own soul death and grief, have been able to do even the first few passages, letting my moans and groans become sounds and songs and words, and that these songs may be meaningful in some way to others on their own healing journey, then I have done my job well.

- Lucia Comnes, Liguria, Italy, July 2020

## **The Thief**

Paradise lost when I was three  
Spent a life hoping for mercy  
When the water's low, and the fish at sea  
I find myself wandering secretly  
Stealing only what I need, safe in the shadow, til you exposed me

### *chorus:*

It's hard to know what to believe  
Cause there ain't nobody cares for me  
I'd do anything to please  
If the love is scarce can you blame the thief?  
If the love is scarce can you blame the thief?

A child cries out to be seen  
Tears of salt fall and sting  
Between house of cards and a pummeled beach  
A fist of fire mighta set her free  
She locked away her temper, sealed it up like treasure, and lost the only key

### *chorus*

### *bridge*

If all I stole was off the ground  
Wouldn't that be lost and found?  
Will there still be stars in my crown?

### *chorus*

## **The Cage**

Lost my way in the garden  
Been lost a long, long time  
Just took one sin to cage us  
Now it's time to make it right  
Now it's time to make it right

I know you may not remember  
Loss reprograms the mind  
But there are moments when you feel somehow  
You were meant to be wild  
We were meant to be wild

*chorus:*

Sleepless night of thunder  
The storm exposes the lie  
What I never saw before  
Suddenly comes to light  
Suddenly comes to light

The cage is all I've ever known  
I'd be the first to defend  
"Better off staying locked inside  
Than to feel our way again"  
Learn to feel our way again

*chorus*

*instrumental*

Sister come and be with me  
Find the keys, open the gates  
Some will run and some will stay  
As long as we see the cage  
As long as we see the cage, see the cage

## **Protector**

“She’d never do anything to hurt me”  
A perfect match, we started early  
Noble was the dress that fit me  
So I wore it  
To feel worthy of your love

Summer thundershowers break through  
I’m stepping down from my statue  
So tangled up with you  
Lost track of me  
Gonna set the sky on fire

*chorus:*

I’m not your guardian, shielding you from hurt  
Even if somehow I can feel you first  
Don’t know if its power or a curse  
But I won’t protect you anymore  
Not gonna protect you anymore

How do I let you down easy?  
So you don’t cancel me from memory  
Unravel tapestries  
That were woven  
Pirates stealing through the night

*chorus*

## **Jealousy**

We walked through rose gardens  
You took my hand, I became your darlin'  
A love so fierce not even... thorns  
Through our skin could pierce in  
but the rain must fall

*chorus:*

I wanted you undivided  
Two falcons flying high  
It's a bitter fight  
The burden of my pride is drowning me, in jealousy

We looked out west dreaming  
I took the steps for a new beginning  
But the past is heavy... and  
You are bound by duty  
your wings are tied

*chorus*

*bridge:*

A battle I can't win watching the sky  
Find the grace to meet you eye to eye

*chorus*

## **Love Chooses You**

You can't walk away from the one, husband, father of your sons  
Don't turn your back against the waves crashing, warning danger breaks  
It's a risk you can't take, there's just too much at stake

*chorus:*

I don't love him anymore, I'm out the door  
The flames that burned, will not be restored  
You can call me a fool, at least I told the truth  
Cause anyone who's really lived will tell you  
Love chooses you  
Love chooses you

Words fall short to soothe the pain, tears are shed, guilt and shame  
It's never fair, but you ask why, silence falls, only time  
The rules never change, if only this was a game

*chorus*

The sparrow sings, I've tried everything, to override my fluttering wings  
The raven cries, the black of the night, I tried and tried to block out the light

*chorus*

## **Songbird**

We were sitting at the table, and the sun was shining down  
On your icy blue eyes and copper skin  
We spoke about the things that have meaning in our lives  
But the words were just proxy for our sin

Desire emerges from some deep forgotten place  
Like a songbird that's been caged and locked away

*chorus:*

Songbird now you are free  
To look upon the world through your own eyes  
Songbird come and ride the wind and sea  
Songbird won't you sing for me  
Oh oh oh oh ----

I am but a witness to her innocent return  
Your gaze has lured her up from the deep  
In the heat that forms between us, only then she'll sing  
Glory like the sun rising at dawn

So beautiful her voice, we are breathless, we are stunned  
In this holy place we're even safe from death

*chorus*



## Nature Girl

Sitting pretty at the table, trying to say the right thing  
'Where'd you get that dress?' and 'What about that nice ring?'  
In this game, I'm hanging on by a thread

Not much of one to talk if I don't have much to say  
Not that it would matter if I did anyway  
Walkin' on eggshells, I don't wanna make a mistake

But I know places nobody knows, so why don't we go  
Where the ferns grow high, no one round for miles  
Cause I've heard all these stories before  
I want something more, let's go explore the tides

*chorus:* Guess I'm not a very good faker, yeah I'd rather be talkin' with strangers  
I'm a girl who's happy in nature, bein' free, bein' me  
If you're lucky you'll see how to make a butterfly from chrysalis paper  
I'm a girl who's happy in nature, bein' free...

Getting bored at this party, don't know how long I'll stay  
But maybe we can dance if the band starts to play  
When talk is small yeah that's when I gotta move

Smile take a picture, go post it on your page  
Don't matter if its real cause all the world's a stage  
Get a million views, then you really raise your game

But what if things aren't like they appear, you know smoke and mirrors,  
Would you jump the gun, hop this fence and run?  
Climb a mountain, swim in the sea, walk under trees, together under the sun

*chorus*

*bridge:* // We can take the long way back, watch the sun go down  
All the colors fade to black, moonlight hits the ground // x2

*chorus x2*

'Nature Girl' music & lyrics by Lucia Comnes and Gawain Mathews - June 2020

## Queen of the Sun

Taking my power, and all of my love  
Pull out these arrows where I've been judged  
Light up a fire and burn every one  
Shine from inside  
Queen of the sun

Come and bear witness to streets that I paved  
See who I fight for and who I betrayed  
Raise up a tempest to fill up my lungs  
Shine from the inside  
Queen of the sun

Now tell me how you gonna purify  
The poison running through your veins  
Cause a victim never reigns

Defense is the only, crime that I bear  
Ricochet bullets throw wind in my hair  
Unleash a deluge and drown every one  
Shine from the inside  
Queen of the sun

These stories keepin' us divided  
Casting shadows upon the ground  
But I'm a' make a joyful sound!

Im taking my power, and all of my love  
Pull out these arrows where I've been judged  
Light up a fire, burn every one  
Shine from inside  
Queen of the sun  
Shine from inside  
Queen of the sun

Ooh ooh ooh ...