

(FRANGK-LEE)

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Photo cover by Tom Vandewalle

Jason Wright

# (FRANGK-LEE)

Freely, candidly, openly  
plainly, direct and unreserved



Dedicated to

all the lost and broken souls  
amongst us



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# Prologue

Life can be tough for some among us. A real struggle. We try to do our best to cope with everything bad that crosses our path but sometimes it's just not enough. We can go to yoga classes and try to relax or just maybe to escape the enduring stress level that we have on a daily basis. It's quite hard to stay focused on the happiness in life. The serenity. But we can. If we really want to we can move mountains with just a smile and a friendly gesture towards our fellow earthlings. It's really not that hard but sometimes we just forgot how to act human. I'm sure that if we should surround us with positive vibes and genuine positive people we would automatically feel the same and instantly a lot better. Don't get me wrong as I am very aware that we all have positive and negative moods during the day. But I think it's much healthier to try to put the negative into something positive. Which is not as easy as it sounds of course. It's something we need to learn. Something that you can actually teach yourself, with baby steps that is.

And here we are again. More written thoughts, more poetry. And if there is one thing that I have learned: in poetry everything is possible. You can arrange your words as beautiful as you want them to be or you can just keep it plain and blunt as long as it stays the truth. Your truth. But there is always the choice of how you write your thoughts down. In the end there are no rules, its poetry. On the other hand we write our poems, lyrics and quotes to tell the reader something. Even with faults and blemishes we try to speak openly so we can find parts of ourselves that we might have forgotten. It's the expressing of the writers current mood that can bring lost thoughts or deep feelings to the surface again. Maybe a different way of thinking can help with daily encounters and frustrating situations. Maybe not for you, but for others it can come as a refreshing gift. And from my own experience I can assure you that (some) words will get a very special place in your mind and might help you in certain distressed situations where you need to keep your cool. All small bits can help you know.

I started writing my feelings down at a very young age. My biggest goal in life was to be a singer-songwriter (Well that didn't fully happen) that could touch people's hearts with his words. Recognizable feelings in a poetic way but still understandable for everyone. Sometimes with beautiful words which could get deep under your skin and sometimes words so harsh that it would just be the real naked truth. As a very dear friend of mine would tell me to watch my language but also tell me, after reading some of my lyrics/poetry, to never change the colors of my heart. It's not always as joyful as I want it to be but I always try to stay honest and true with what I write. Therefore the true and deep feelings of the moment can stay just the way they are.

As we get older, we start experiencing things slightly different. New goals, different visions, other reasons and as many among us, less time unless we make time for the things we truly want to do or accomplish. Try to be happy with what you have in life. The little things. But if you have greater goals, go for it. Don't stop believing in yourself, you can do this. And if you can't do it on your own then please don't hesitate to ask for help. Asking for help does not make you

helpless, it gives you the opportunity to grow and learn more.

It's the search of your inner self that makes us walk the path of struggling emotions. The moment you realize that you are in need of pen and paper to write down the thoughts and feelings of the moment. Just so you can capture them in time for you might want to recollect them later. For some they can make no sense but others might recognize themselves or certain situations. Perception. What truly matters is the expression of feelings that there where felt at that particular moment.

You know, it's a strange world and you just have to make the best out of it. Make the best out of your own life. Make sure that you lead a full life, full of love and happiness. And of course full of poetry. Never forget your love for poetry.