

## Putting his emotions Into the Blue

B.R. Lively takes a new direction in new release  
by Jan Sikes



For his tour dates, go to [brlively.com](http://brlively.com). B.R. Lively

**W**E'VE ALL HAD OUR HEARTS BROKEN. But, for B.R. Lively, dealing with a broken heart set him in a new direction – one of expanding and letting go.

His new CD, *Into The Blue*, is the ultimate expression of that journey. From the first song to the last, a story unfolds like a beautiful rose opening its petals.

B.R. had this explanation about the process. "The path my broken heart sent me on was more of an eye-opening surrender. I had made plans to go into the studio two weeks before the breakup happened.

"My emotions were going crazy. I spent a couple of weeks really trying to fill that void with substance and alcohol. I am a very deep person. I love very deeply.

"Therefore I hurt very deeply. But, then I had a moment of relinquishing control, and it gave me a profound clarity. I decided to go sober. I decided to strip away the things I just did not care about. I woke up the next day feeling like a new person. And that was what I went into the studio with."

This vibe comes across strongly through the music. It has an organic simplistic feel, but the lyrics dive deep.

"Into the Blue" sets the tone for this collection of emotion-filled songs. "If you pay close

attention to/what's going on around you/there's a sacred space made new/it's true/so walk into the blue."

Admittedly, B.R. finds a certain kind of unduplicated solace in nature. "I bought an RV, let go of unhealthy toxic habits, personal possessions, and found a connectedness in nature," he said.

The light floating music and lyrics on "Summertime Sky" embodies that perfect feeling of peace.

"Are We in it for the Gold?" raises a question we all should stop and ask ourselves. What motivates us to do the things we do?

Haunting electric guitar establishes the mood for "Lonesome." I couldn't help but feel the hurt and emptiness that can only be born from grief. B.R. expresses it exquisitely in this song.

We are all faced with the fact that one day we will die, but I've never heard it said exactly the way B.R. does it with "The Day that I Die." He talks about the Master coming to claim what is his and about a love that lives on beyond the grave.

"Minute by minute/with nothing to show/ but a pocket full of wishes/and a head hanging low..." These words are pure unadulterated poetry written from the heart and soul, and my personal favorite on the album, "Minute By Minute."

"Coyote" picks up the tempo and is an articulation of symbolism and parallels.

An orchestra of violins brings the sweet melody of "Fighters" to life. The deep substance found in the lyrics of this song left me feeling motivated to be a stronger, better person.

How can we learn in life to be free of our constraints — unwanted things, our broken days? The question is raised and answered in "Free of."

The album ends with "Gratitude," and nothing could be more fitting. The end contemplation of this musical journey could only close with thankfulness for the lessons and love received.

B.R. put it perfectly in his own words. "When I wrote these songs, I had no idea what purpose or meaning I was putting in them until I went back and read them. Then they made sense. It became objective. At the end of it, I just become a spectator and a part of the audience. And everyone can come up with their own interpretation from whatever it was that I created."

Life and creativity are exhilarating. They need to be celebrated, and nothing does it better than the formulation and execution shown in these songs.

Lending beautiful backup vocals with B.R. is Lauren Hunt. Her voice blends perfectly and adds to the whole ambiance of the production.

If you are looking for songs to rock out to, *Into The Blue*, is not what you'll want to grab. But, if you are looking for a compilation of soulful, heartfelt and deeply meaningful songs with organic simplistic instrumentation, this album will not disappoint.

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