

Composing Recovery

Using Music as a Tool for
Story, Identity, and Change



Brian Ward

- CGRM
- CGAC-R
- IGRS
- BARA
- Father
- Husband
- Martial Artist
- Musician



A Timeline and An Alternate Timeline

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- Released in 2022
 - Produced and Mixed by Jonathan Krieger
 - Mastered by Ed Rei at Sonusman
 - Artwork by Drew Tran



Crowdfunded

BRIAN WARD

A TIMELINE
AND AN

ALTERNATE
TIMELINE

All songs written and performed by Brian Ward

All instrumentation by Brian Ward except keyboards, performed by Joni Krieger
Engineered, mixed and produced by Jonathan Krieger in his garage (can you believe it!?)
Mastered by Ed Rei at Sonusman (sonusman.com)

Album artwork and design by Drew Tran (sixpaw.com)

To the members of Secnd Best:
Your insights, support and kinship will be remembered, always...FACT!

Special thanks to all the contributors, who made this album possible

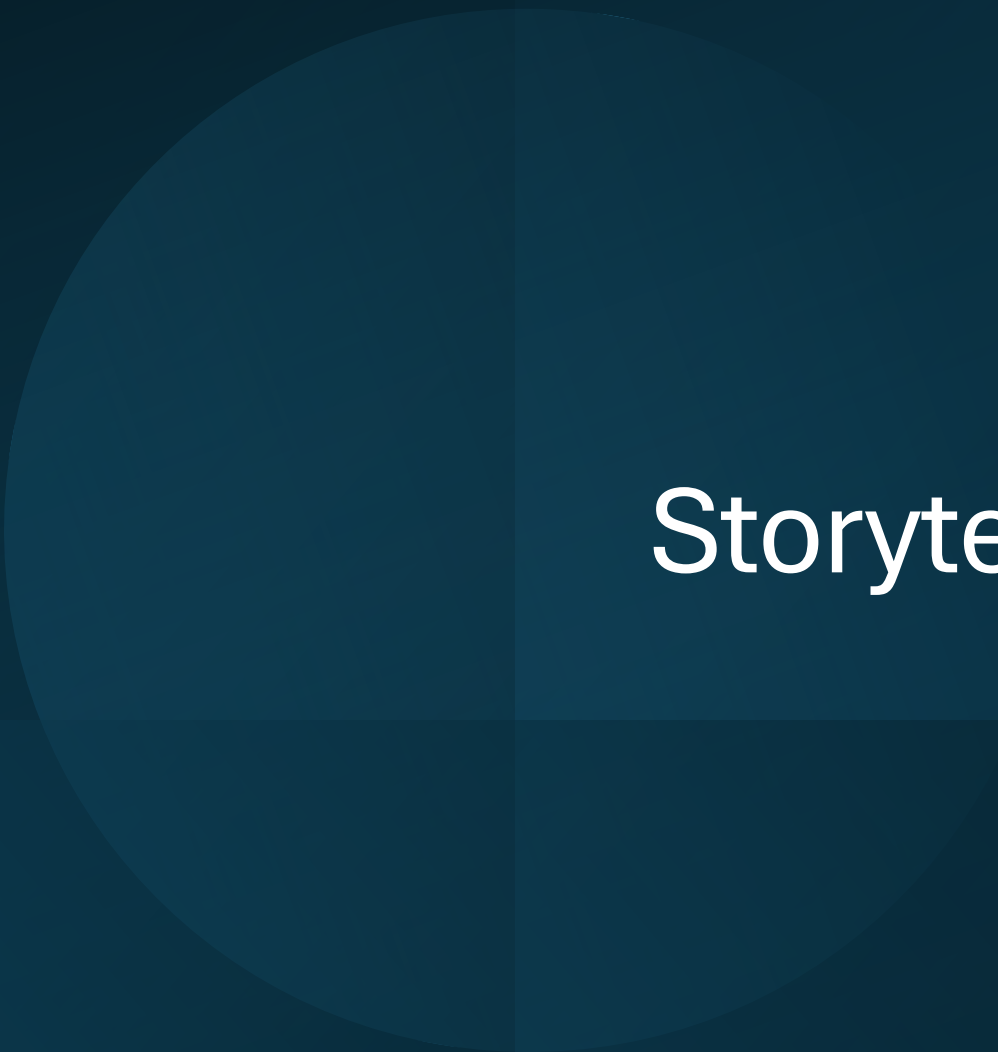
Very special thanks to the top tier contributors:

*Paul Ketels
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Shane Vogt
Andrew Fletcher
Jason Schueler
Anthony Enos
Tacy Bechtel
Rossco Giordano*

Brian plays on SoulTone cymbals

In Loving Memory of Kelli Jo Anne Reedy:
*The voice that you've given me, the voice of your legacy will never be as comforting as your own
Still, it reminds me of the one I've known...*

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Storytellers

Bleeding Me (Metallica)

I'm diggin' my way
I'm diggin' my way to something
I'm diggin' my way to somethin' better

I'm pushin' to stay
I'm pushin' to stay with something
I'm pushin' to stay with something better

I'm sowing the seeds
I'm sowing the seeds I've taken
I'm sowing the seeds I take for granted

This thorn in my side
This thorn in my side is from the tree
This thorn in my side is from the tree I've
planted

It tears me and I bleed
And I bleed

Caught under wheel's roll
I take the leech I'm bleeding me
Can't stop to save my soul
I take the leash that's leading me
I'm bleeding me
I can't take it
Caught under wheel's roll
The bleeding of me
The bleeding of me

I am the beast that feeds the feast
I am the blood, I am release
Come make me pure
Bleed me a cure
I'm caught, I'm caught, I'm caught
under

Angel Of Darkness

Like an angel of darkness
A shadow from my past
Once buried history
Relive what was once passed

Through noble intentions
You try to clear the air
Making moves towards restitution
Is more than I can ever bear

Though I hate your humanity
And It grates my sanity
The darkness shades my vanity
This feels like calamity

Make a point of redemption
No thought of reality
Forgiveness demanded
Shades your purpose with grief

You make your points so intently
You make your progress known
But as the tapestry flows from your
mouth
Forgiveness comes undone

All Too Common

Nights of hunger; made to Wonder
through the nightmare Into daybreak;
Intake, Breathing, Seething, Needing
Substance; Take a Hard stance on the
Details; Fawn at lavish Lifestyle;
Tactile, Docile No more; Action;
Required; Starving, Wasting away
New day, lack of resource and time

Struck down, Luck down, Played out
No fear, Seen Here, No Doubt
Survive, Revive, Redoubt
Favor, Savior, Devout

Hand outs, made out in the memo
Hard time, defined just this one time
Borrow, Sorrow for the burden
Repay, someday, turn it around
Sowing, Reaping from the efforts
Nothing, more than daily bread I
Hunger, struggle, left to suffer

Struck down, Luck down, Played out
No fear, Seen Here, No Doubt
Survive, Revive, Redoubt
Desperate, Separate, Rebound
Kept down, Beat down, Head down
Shameful, Hateful, Chain Bound
Secrets, regrets, Abound
Favor, Savior, Devout

Hurricanes

When viewed from afar
these houses of cards
get caught in the breeze
and they fall to Earth hard
but close to The fray
living life day by day
the world it seems peaceful
in a turbulent way

When the hurricane blows

The fight to survive
lets me know I'm alive
and though I've been beaten
I've been known to thrive
but desire to feed
and give into one's greed
becomes overwhelming
and I want to break free

When the hurricane blows

I try to repair once
I become aware
of the damage now wrought
by the winds in the air
but as so often goes
when the hurricanes blow
recovery is painful
and often moves slow

When the hurricane blows

Promises

Regret of lies, myself I despise, even
sulking seems obscene

Because although I try, owning growth
with pride, I'll be a parasite it seems

But what right have I, to find a place to cry,
when more pain resides in another

Self-pity drains me, but it also sustains
me, can I find the strength, like my mother

And I'll never know the promise I can't
keep

Treading water, never sure if I've gone too
deep

Because I can't trust myself to be the best
version of my self I can be

And I'll never know, for sure, what my
mother thinks of me

Nervous now, and it pains me how I bring
it to my home

Living endlessly, reminded instantly of the
pain I've caused my own

The gavel knows, the judgement thrown
and I keep it on a shelf

Do I wear it proud, and say the words
aloud or do I keep to myself

And I'll never know the promise I can't
keep

Treading water, never sure if I've gone
too deep

Because I can't trust myself to be the
best version of my self I can be

And I'll never know what justice has in
store for me

As I start to dig, out of the pit I'm in, I
see the sun is burning bright

And though the shame remains, I can
feel it wane, as the weight lifts towards
the light

I'll never be the same, but I define my
name, by the sorrow and the pain

And use my destiny, to forge my legacy,
with the strength I long to gain

And I'll never know the promise I can't
keep

Treading water, never sure if I've gone
too deep

And though I can't trust myself to be
the best version of my self I can be

I guess I never know what the future
plans for me

Dawn

The cold still of the night
gives way to the light
it pierces the sky
no one ever asked why
the assurance of change
promised with each new day
though the path of the sun
surrenders to no one

The choice adapt and adjust
to change with conscience and trust
to make the most of each day
and take what you can away
or walk the same broken path
and see how long you will last
withholding out of fear
making your stance right here
But the break of dawn is when the
shadows longest

Once forced to let go of fears
I've carried through all these years
leaving me naked and bare
no choice now but not to care
I feel the heat of the sun
where all my tears used to run now
I've accepted the change
the comfort feels strange
But the break of dawn is when the
shadows longest

Kelli Jo

The words refuse to come
Try to find comfort in the Sun
But I find none
I try to stay occupied
And find other ways to fill my time
To live the LIE

I sit in the silence lonely
Knowing I'm not the only one
That's come undone
Grasping at everything
Tangible but afraid to sing
The silence helps kill the sting

The voice that you've given me
The voice of your legacy
Will never be
As comforting as your own
Still it reminds me of the one I've known

The music never fades It falls on deaf ears
Blocks me from the pain To live another day
The memory so bad of singing voices mother
teaching child
Another to find

The long ago lullaby
Never forgotten by the child
Who passes it down the line
Along with your legacy
The music never fades away
Close to my heart you'll stay

The voice that you've given me
The voice of your legacy
Will never be
As comforting as your own
Still it reminds me of the one I've known

The music never fades; Won't on deaf ears
Block me from the pain To live another Day
Though memory hurts so bad New singing voices
father teaching child
Another voice to find

Summerglow

The psithurism in the trees,
replace the cruel winter memories
She's walking barefoot in the lawn,
collects the dew gift from the dawn

And on this day she knows, which way the
wind blows

She's starting to show, her summerglow

The autumn leaves fell to the ground,
The winter snow dampened the city sound
And in the springtime when showers fell,
The summer breeze brought the floral
smell

And on this day she knows, which way the
wind blows

She's starting to show, her summerglow

She's bidding her time, she's making
her way

She's soaking sunshine, harvesting
day

The dew on the ground, washes her
pain away

The leaves as they wave, begging her
just to stay

And as the day gives way to the
night,

She settles down to drink the last of
light

She takes a picture in her mind,

A warm embrace, sun kissed
goodbye

And on this day she knows, which way
the wind blows

She's starting to show her summerglow

Let the Demon In

Feel the pressure in my skin again
Reignite the wounds and let the demon in
And we communicate, of mutual love and
hate
Cannot concede to fate, it leaves me
buried

And the demon knows; how this story
goes
But she longs to see my strength now
waning

We talk of passions and of new beginnings
She lingers as her interest piques within
me
And as I set the pace, the tension fills this
place
And I accept with pain, our newfound
glory

But my mind's aflame, as she calls my
name

Have I lost the game? Oh, is the demon
winning?

The two are intertwined
A melding of the minds
A fall from saving grace
The moment that the demon called my
name

The regret builds in my now sober mind
I try to separate with any strength I find

But the demon sighs, and tells of my
demise

The will is sucked from me and leaves
me blind

The two are intertwined
A melding of the minds
A fall from saving grace

The moment that the demon called my
name

The Mask

When I'm told to just be me
I don't know who I'm supposed to be
I wear a mask, mask of lies
I fear a truth that I'll despise

These stones of toil held so long
Would letting go make me less strong
I push against an endless tide
Would surrender trip me up or just wound
my fragile pride

And though the scars protect against
familiar punishment
I wear a mask to hide the fear of loss and
lived regret
I weave the stories through the beauty
laden poetry
Was it meant to inspire or was it just for
me

Every decision that I make
Seems to be about what the mask can
tolerate
It cracks and splinters under weight
But through my will it never breaks

And though the mask remains it's merely
just a stranger now
Can't recognize the face that hides
beneath the paint that vows
That if it were revealed it wouldn't fit
society
But does say that for himself or just for me

And though I know the mask can be
removed at anytime
The pressure forced against it melds its
features blends with mine
Impressions left distort the face that's
hiding underneath
But could it be revealed for the world or
just for me

Window Through the Door

The past resides now inside of me
Like a vivid, lucid dream
Leaving a window through the door
To see what I was before

But time will tell

The present shows what the past has
done
The consequence of a fallen one
But through the fog the window never
dims
I keep it clean for remembering

But time will tell

The future seems impalpable
But I know the door remains movable
Reinstall and refortify
Looking back through the window's eye

But time will tell

Devotion to Motion

A life's devotion to forward Motion ever on

The miles go by in staggered time till dusk from dawn

Over field over plains

The motivation still remains

With length comes exhaustion

From exhaustion comes strength

Devotion to Motion stretch and strain

The deepest caverns buried treasures large and small

Without exposure n'er discovered lost to all

Like a mountain hiding ore

The promise of something more

With depth comes pressure

From pressure comes change

Devotion to Motion rearranged

The distant starlight ever in sight out of reach

The highest achievement, to our bereavement, barely breached

But like a bird taking to flight

Challenging the dawning light

With height comes a fear to fall

From fear comes resolve

Devotion to Motion has evolved

Stained Glass Eyes (The Vampire Lestat)

The day you were born
I was shaking like a leaf on an old oak tree
Then you stayed like a thorn
Red roses raining down until they flooded
me

We had our fun, like a child
Just a couple of knives cutting through
twenty year
No one ever gets to keep my smile
But you can peel it off me like one of your
souvenirs

Even when we parted ways
You never turned never turned your gaze
I can still I can still hear you say

Don't break that stare I'm burning in your
mirror tonight
Don't you dare call it yearning it's the fear
that I'm right
Don't try to forget all the things you regret
In those stained glass stained glass eyes

Don't look away, no don't look away
I'm gonna haunt you, haunt you til your
Dying Days

Don't look away, no don't look away
I'm gonna haunt you, I want you to beg
As I taunt you

Don't break that stare I'm burning in your
mirror tonight

Don't you dare call it yearning it's the fear
that I'm right

Don't try to forget all the things you regret

Like the ashes you spread

When you have nothing left

And your down there, in the dirt

You're just hiding from the hurt

In those stained glass stained glass eyes

Rise Again

(The Storm Rarely Surprises Me)

The Storm behind my back; hear the
thunder see lightning crack

Try to stay ahead; survival feel mostly
dead

I can see the sun; find my shelter the
day is done

Making progress brings; new
experiences, new extremes

May the winds of change; create a
new reality

Make the clouds part way; might feel
the sun, might burn my face

Setting down my bags; burden
makes my pace feel lagged

Consequence of facts; The road is
forged with my own tracks

As the sun sets low; on the valley
floor

I come to face the truth dawn will
rise again

With the day unknown; though the
storm is cold

Waiting for the day dawn may rise
again

I can feel the air; cold and crisp it's
almost here

The storm picks up its pace; Try to
find my saving grace

Shelter from the rain; like acid on my
face, the pain

Making progress brings; new
experience, new extremes

The wind like icy death; see the
vapors with every breath

The clouds hang overhead; fills my
heart with fear, the dread

But comfort finds a way; to heal my
heart day after day

Consequence of facts; The road is
forged with my own tracks

When my story's told; Will the people
know

I committed to the day dawn will rise
again

Was I forever bold; Or did I ever fold

Faithful to the day dawn may rise
again

(The Storm Rarely Surprises Me)

Set List:

Bleeding Me (Metallica)

Angel of Darkness

All too Common

Hurricanes

Promises

Dawn

Kelli Jo

Summerglow

Let the Demon In

The Mask

Window Through the Door

Devotion to Motion

Stained Glass Eyes (Daniel Hart/The Vampire Lestat)

Rise Again

Thank You!!

- A Timeline and An Alternate Timeline is available on all streaming services. More music coming soon

A TIMELINE AND AN

1. Four Tones
2. Hurricane
3. Promises
4. Kelli Jo
5. Summerglow
6. Dawn
7. Window Through The Door
8. Unexpected Journey

ALTERNATE TIMELINE

9. Angel Of Darkness
10. Let The Demon In
11. Rule Of Three
12. All Too Common
13. Stranger
14. Camel Through The Needle's Eye
15. Zombie
16. Rise Again