

UNIVERSALLY PERSONAL

Recordings for ears, minds and hearts made by

Fredrik Ståhl



01. *A Trip To The Beach*
02. *Biblical Parenting*
03. *What Exactly Does That Mean?*
04. *One-night Stand*
05. *So Annoying*
06. *Letting Out Your Bird*
07. *The Love Boat*
08. *Stoic Calm*
09. *I'll Forgive You*
10. *Pack It Up*
11. *Too Many Factors*

Written, recorded, sung and played by Fredrik Ståhl.

Horns on tracks 1, 2, 3, 4 and 9 by Kalle Lekholm.

Glockenspiel on track 10 by Martin Salomonsson.

Artwork by Steve Nyberg.



02. *Biblical Parenting*

Take out your rod
- it's biblical parenting.
It's modern not odd:
obedience thru discipline.
You have to guide,
like the loving father.
Don't let your kid go wild,
just hit a bit harder.

Don't be
a wishy-washy
liberal.

Homeschool your kids
- it's biblical parenting.
Put on a lid
and keep em from sin.
Correct thy son
and he shall give thee rest.
Gives wisdom
for when he'll fly the nest.

Don't be...

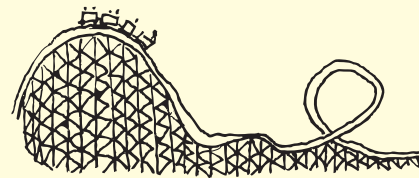
03. *What Exactly Does That Mean?*

I know it's hard to change,
what you've been doing for so long.
'Cause if you change,
you're admitting you've been wrong.

But when you say nothing is right and wrong,
what exactly does that mean?
Is that "right" or "wrong"?
Or something in between?

If life's a rollercoaster
I'm the kid who gets sick and cries.
And you're the girl who buys a t-shirt
with a photo of your ride.

So when you say that you love me,
what exactly does that mean?
Is that "maybe?" or "really!?"
Or something in between?



04. *One-night Stand*

Too late to take a tram to your flat,
so a black cab took us there.
Your head in my lap
and my hands stroking your hair.

A one-night stand.
A one-night fall.
One-night-fall-and-stand.
One night to cover it all.

With a pulsating headache,
eating breakfast in your bed.
Discussing something and you didn't have a take
- you weren't that well read.

A one-night-stand...



05. *So Annoying*

You're making me
like a schoolboy, so silly.
Can't keep my thoughts from
wandering in your direction.

And there's no controlling
over myself.
It's so annoying
I got so many tells.

Being drunk, sending an SMS,
was no success.
But that look and your smile
says "stay for a while".

And you're controlling
my whole being.
It's so annoying.
You're all I'm seeing.

Can you see what you're doing to me
and does that scare you?
'Cause it really scares me.

06. *Letting Out Your Bird*

As I'm falling down that tree
I see you in front of me.
You're sawing off every fucking branch
we're sitting on.
You're giving me a good good beating,
punching me thru all sorts of feelings.
One hit and I'm falling down.
Another one and I'm touching ground.

You're letting out your bird.
Just to let it die.

Breaking up and leaving town
- an empty bed with your nightgown.
You're taking every fucking train
- but it never takes you home.
You're leaving me and I'm leaving you.
Anyway we're supposed to do.
I really shouldn't be climbing that tree
but it's hard to let it be.

You're letting out your bird...

07. *The Love Boat*

The Loveboat sunk:
I just feel like getting drunk.



08. *Stoic Calm*

A stoic calm
on my soul like balm.
I wish I could be
living easily.
Completely carefree.
But the darker side of me
keeps hanging arround
- he's such a clown.

A peace of mind
I'd like to find.
What one's up against:
decision and angst.

Placing bets
on a losing horse
- all my regrets,
all my remorse.
Hungover from a daydream.
Leftovers and new cuisine.
A past
I wanna forget fast.

I'm empty
so you're free
to fill me up
with all your stuff.

09. *I'll Forgive You*

I miss you
- you mystery.
I wanna fuck you
- you fucker.

And I'll forgive you instantly
if you'd only come back to me.

My heart is beating
and taking a beating.
It's so ugly,
but you look nice.

And I'll forgive you instantly
if you'd only come back to me.



10. *Pack It Up*

I'd like to go on a train
and never be the same.
Watch the passing scenery,
let that be the end of me.
And I would never have to go back.

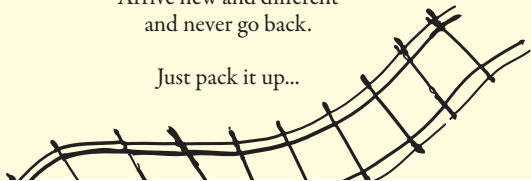
Just pack it up and leave
and never retrieve who I was
Just pack it up and leave
and never go back

I'd like to ride day and night
and let the flickering light
be my only company.
That would be enough for me.
And I would never have to go back.

Just pack it up...

I'd like a life long vacation
with no postcards to send.
Tracks giving me direction.
Arrive new and different
and never go back.

Just pack it up...



11. *Too Many Factors*

Too many factors
to take into account.
If we would be younger
none of them would count.

Too many factors
to take into account.
If we would be younger
it would be a smaller amount.

If we would be younger...