

# GLIMPSE *of* INSANITY

Recorded by Barry Ross in the woods on Emerald Island, BC.  
Additional audio work performed by Derek Mason in Vancouver, BC.  
Front & Back cover photography by Gregory Crow  
Design and layout by 4D Media

All songs written by Barry Ross  
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All songs ASCAP

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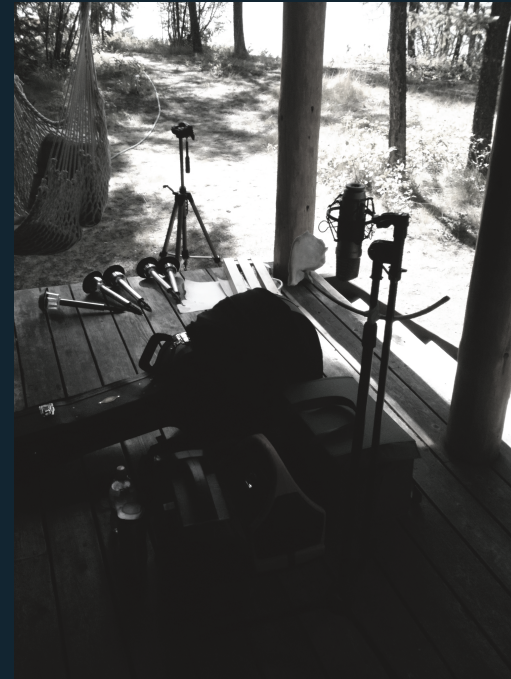
- Barry



In August of 2011, my friend Kathy invited some friends and me to her cabin in Lac La Hache, BC. Her cabin is on a very small island, and my morning runs quickly became monotonous as I was lapping the island in under a minute.

Kathy offered to take me to a larger, neighboring island which would make my runs a bit less repetitive. While running around, it occurred to me that with nearly 7 billion people on this planet, it was pretty incredible to be one of only two people on a land mass.

I felt very inspired, and I was soon captivated by the idea of recording alone on the island. My excitement grew as I began to let go of my long-held frustration with myself for not having an album, even though I had written my first songs (like "Sultry") at 15. I shared this idea with my friends and they helped me make it a reality.



A day or two later, I hitched a ride to the island with my guitar and worked on an unfinished song, "Laughter Brings Us Closer to God." It felt great to have the island to myself.

The following day, I packed a lunch and gathered equipment: 2 battery packs, a microphone, my guitar, a laptop, an audio interface and the necessary cables. I set foot on the island around 1pm, and I set up a make-shift studio in the woods.

It took me about an hour to set up, do sound check and tune-up. From the outset, I made the effort to not care if my guitar was out of tune, my voice was out of key, or I forgot the words. I sought to find perfection in imperfection. These are the recordings from one of my favorite days.

## BALLAD OF THE POET

A poet said, "hey Joker, let's escape!  
Grab your things and we'll meet at the lake"  
Poet was a prophet, joker liked to listen  
'For a moment passed they began their mission

The Poet stepped away, said, "follow me!"  
Wandered the woods, stumbled upon a tree  
The air was thin except one car  
They held up their thumbs, but their feet were too far

The sun stood still in the sky above  
Their thoughts changed faster than the colors could

Clouds formed words like a storybook  
They looked up at each other  
'Cause they knew the other would

The two walked towards the country store  
Joker said, "I dreamed all of this one night before"  
The poet wasn't shocked, he'd read Descartes  
'For all we know we could be dreaming where we are"

## SULTRY

When all time stops  
When all time stops, now baby  
When all time stops  
Can I still count on you?

Baby, baby I need your love  
Baby, baby I want your touch  
Baby, baby it's you that I love so much

When I was a young boy  
You were the girl in all of the movies  
Now that I've grown, you still move me



## LAUGHTER BRINGS US CLOSER TO GOD

Don't believe a word I say, I've been lying  
I don't know why I like the rush when I buy it  
Don't you do the things I do, I've been dying  
Inflicting pain upon myself, I don't stop, I'm insane

When I'm older and I don't age  
I'll let myself talk of yesterday  
But until then, talk of today

Laughter brings us closer to god  
'Cause in the moment we catch a glimpse of reality

Don't believe a word I say, I've been lyin'  
Having trouble distinguishing true from the false

When I'm older and I don't age  
Talk of yesterday  
But until then, talk of today  
Fear subsides and truth persists  
Loneliness ceases to exist

## I'VE BEEN BAD

Wise beyond his years  
Worries just the same  
His lap is full of tears  
His head is full of shame

Takes a look around  
Takes a sip of beer  
Wonders where he's been  
How he got here

I've been bad, again  
I can feel the lies underneath my skin  
And I don't know where I've been  
Who I've met  
Where my cash was spent  
If I did I'd be relieved  
Then I'd know which town to leave  
As I stand a broken man  
All I know is that I've been bad

Woman 'cross the bar  
Swears she's seen his face  
Remembers meeting him, not the time or place  
In their younger days, lifetimes still ahead  
Held each other closer than either had been

## GLIMPSE OF INSANITY

'Cause I've had my glimpse of insanity  
Was fed a taste, I couldn't breathe  
Wanted more than I could see  
'Cause I've been seduced by calamity  
Was blind and deaf, I couldn't breathe  
Wanted more than I could be

A man walks into a bar  
They turn, ask, "where ya been?"  
Like a soldier home from war he's made  
The center of attention

The man, he smiles and they wave  
He's whisked to his seat  
Handed a drink on his way  
He says, "none for me"

The man, he sits all alone  
The crowd resumes their stance  
Where he once felt so at home  
He now sees as death

He stands to leave 'cause he has no need for this place  
On his way he hears the same names and stories

Waking up insane ain't easy  
To a head that'll bury you  
Make plans just to brake them  
Guarantee that you will lose  
Maybe don't try so hard  
See just how you do  
When you quit chasing it  
It starts chasing you  
And me

## SPINNING

Slow down to thirty-five  
The curve coming up, we passed a sign  
Maybe you can time it exactly right  
You won't have to brake and the tires won't slide

Go soundly past the ground that's alive  
You can't go around it, you can't take flight  
If you think you're testing your will  
You'll live in prison or die in hell

Spinning, the wagon slides  
Gliding like a puck on ice  
I'm more inclined to roll a die  
Than pray to something to save my life  
Down the drink or stay alive  
Don't dare debate the odds to find a place to die  
That's where you're going when you flirt with time  
I never hurt a person, but I've perpetrated crime

Listen up, "have you got the time?"  
It's crowded at the gate, and I'm next in line  
I want to live like a child cries  
Know what I want and I want a prize

Turn around  
Your delightful smile can drive as you can  
You're driving insane  
Reach back, grab your shirt, your tie  
So you can mourn your prime as you take my life

She'll be proud the thought was mine  
She'll be proud the thought was mine

## **SOMETHING SWEET**

I remember buying tires  
You were there  
I felt cheap  
They were second hand and  
The treads didn't match  
You rode shotgun  
Rode it well  
You took your sweet time  
Takin' your job seriously

When I close my eyes and I feel 'ya breathe  
I begin to miss 'ya before you leave  
When we kiss and you begin to tease  
Something simple is so damn sweet

I remember buying a boat  
So we could lay on the lake  
Even though we had to row  
It was just a raft  
'Ya did not mind going slow  
'Till I asked, "what's on your mind?"  
You said, "you don't want to know"  
Something's just not right inside

## **BACK TO SCHOOL BLUES**

Sitting at a high school I did not go to  
It's four in the mornin'  
And I'm singing the blues  
My friends are close, but I play on my own  
Even in a crowd I still feel alone  
Summer is over

I've got the back to school blues  
Don't want a backpack  
I don't want new shoes  
Don't wanna see people  
Hear all their news  
How they were saving the world  
And telling the truth  
'Cause I spent the Summer singin' the blues

Nicotine and whiskey  
Oh what a mix  
Keeps the music goin'  
A slow somber fix  
And the lights don't seem as bright as they are  
'Cause love might be close but it still seems far  
Summer is over

## DENIAL SAD DAYS

Did not take too long for you to replace me  
Did it occur that your search might turn up clean?  
I sit around waiting for you  
Ass on the ground and my eyes on the tube  
Yell at myself for things I did not do  
Yell at myself for everything I do

Livin' denial sad days  
Livin' denial sad days  
Hopin' it's just a phase  
Hopin' that night is day

Does not take too long to get as drunk as I do  
Give me a sip of beer, the whole bar too  
I'll run around the middle of the street  
Take my clothes off and climb up in a tree  
Wake to find no memory  
In my own bed I am bruised, I am beat

Does not take too long to get rich quick  
Steal all your clothes, sell narcotics  
Lie around living in fear  
'Cause the knock at the door is always near  
Beat yourself up for your carelessness  
Think all you need is more practice

## RIGHT WHERE I WANT TO BE

They say, "time will tell any day now  
Time will tell any day"  
When you want what you don't have  
Time doesn't say anything

They say, "turn your cheek when you get hit  
Turn your cheek don't fight back"  
When the time comes you find that  
Words are so easy to forget

I'm right where I want to be  
Goddam! I've been looking for so long  
A liar and a cheat  
Oh man! I've been running from something

Find an ocean and I touch the sand  
Stare the sun down where I stand  
I know that people are so temping to please  
That's just food for the disease

They say, "you need this, you need that"  
Instill a fear and utilize it  
When you want just what you have  
Well it's hard to be scared of death

## WAKE UP TIRED

### JADED AND BLIND

Spent the night in the desert air  
Skin stuck to my bones  
Gave us gifts when we got there  
Bedouins welcomed me home

Will you marry me in the Sea of Galilee?  
Take off all of your clothes  
Will you be my love on Masada?  
Wearing nothing but robes

A bit of wine to help us talk  
A bit of smoke to clear our minds  
Shot a glance when she spoke  
The night began with a camel ride

I will be waitin' on time  
'Till I'm Jaded and blind  
Taking pictures in my mind  
Of scenes I have not seen  
But someday might

I wake up tired, I wake up hurt  
I wake up later than most people work  
It's not that I'm sick, it's not that I'm drunk  
I just can't seem to dream enough

I wait for calls to come my way  
Been waiting like this for three damn days  
So I step outside and I shield my eyes  
Man the real world is so damn bright

I take my time for granted  
Make my life seem so short  
I take my cash and spend it  
Make my life, my time, myself  
Seem so poor

My best ideas they never stay  
They spark the next then slip away  
So I move my bed and I move my home  
Thinking these things will make it go

It's not that I'm sick  
It's not that I'm drunk  
My head flies faster than my pen draws



## DRIPS FROM THE MOON

Spinning stairs and building blocks  
Are scattered under my bed  
Books I have stopped, dreams I've lost  
Comprise my regrets

Ringin' in my ears, wrinkles in my palm  
The window is open and the wind is calm

Hands hold the power to devour my dreams  
And I cannot stop the sweat or silence the screams  
And the clouds are comin' for my chaotic room  
Where the rain will conspire as it drips from the moon

Blindin' rays, an empty house  
Both arrive at noon  
Books I have stopped, dreams I've lost  
Comprise my regrets

## DOWNPOUR

Cold as hell outside  
Have not checked, people talk loud  
Days are short and they're putting me to sleep  
In the afternoon

Rain, it comes to wash fake  
Smiles off the faces we make  
Yours, I wish will not fade  
When the sun disappears  
And we're in the shade

Runnin' underneath a downpour  
Baby, mud on our feet leavin' tracks at the door  
I love being sheltered in the middle of a storm with you

Fire, it burns and fills the room  
Reminds me that there's a time to do  
Feel the sparks and watch them glow  
Wait for you to call this home

## ONE LAST TIME

You are the reason I sped  
The only one worth driving to see  
Now I sit on the freeway again  
Wondering, "did you notice me watching you dance?"

The engine works and the tires spin  
I will make it home one last time  
Paper burns and sticks to my lips  
I fear the policeman perched along the side  
Knows without a doubt I'm dumb enough to drive  
I'll make it home one last time

Cannot yet read you right  
Whenever we kiss I play off your eyes  
Hearing my heart heavy for you  
I wonder, "is it worth it?"  
It is

I stop and think compulsively, tracin' all my steps  
Drivin' on the bridge  
Wasting the night of a day through which I slept  
It's late

## END OF THE DAY

If days are goin' to be like today, I want out  
Nameless voices casting shadows, all around

Heightened senses, masked and confused  
Touch and taste  
Able-bodied, so damn lazy  
I just take

It's the end of the day  
End of the day  
The sun will rise if I open my eyes or not  
It's the end of the day  
End of the day  
The moon is up high, and the sky ain't falling down

Hollow bodies and broken bones  
I live alone  
Paralyzed by the fear again all I know  
Level headed, broke but cared for  
I crossed the line  
If days are going to be like today, I want out

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