



Belly & Me

BEND

#ollow heart

Hollow heart,
you need refill
bring back the joy,
the glow, the thrill
that pumping pulse
so deep within
to ground my soul
and make it spin

your longing's gone
no heat, no pain
no crying – just a
barren plain

oh hollow heart,
hollow heart,
what made you stop
can't feel your beat
where is your pulse
so fragile, sweet
and strong – keep
pumping blood so hot
you used to be
my tender spot

hollow heart,
you used to be
my tender spot

hollow heart,
you need refill ...

your longing's gone
no heat, no pain
no crying – just a
barren plain

oh hollow heart,
hollow heart ...

oh hollow heart,
oh hollow heart,
you used to be
my tender spot

where mysteries
and fortune sighed
to play their game
with me in wide

and endless fields
of red and gold
now black and blue
have come to hold
this hollow heart,

my hollow heart
inside a shell
where is the tounge
to ring this bell – jar
closing in and closing out

the stirring purring
vibrant string
without which we are
no thing

hollow heart,
you need refill
so tired of waitin'
for until

TEXT/MUSIC: HANNO GIULINI





Right here
right now

It came to pass
it had to go
on a second thought
before i'd know

too fast to hold
but strong and clear
leaving a luring atmosphere
a sound kept ringin' in my ear

of silver skies
and summer's breeze
it left a hue
that keeps me wishing

please come back
and stay with me
just for a little while
and you see

I'm hungry for
the smell of clay
for rainy sundays
early May

for orange clouds
on sunset skies
release from all those
winter whys

that crowd my nights
and block my view
ahead towards
the fresh, the new, so

put me in
slow motion mode
right now right here
right here right now

TEXT/MUSIC: HANNO GIULINI

Corazon Fire

Cora's on fire she walks on a wire
before she breaks down
acts like a clown
pretending she's here to have fun
sending out messages
one by one she'll make up a story to
please you to tease you
before you know better
you stick to the web she has spun
start to run

burn the bridges sink the boat
wave goodbyes to stay afloat
master leaving faster
out of sight out of mind

Cora is blind to the fact that we
most likely find just what we expect
a trick of our mind to stay in control
of body and soul she'll give you a lecture
on balancing powers, Feng Shui,
fashion, small hours
the whole wide world in shell
fine and well

Cross the bridges row your boat
wave goodbyes but bring your coat
master leaving faster
out of sight out of mind
corazon fire
the same old Leier
someone is always left to stare at banana peel
the spark of desire – cry for higher octane
the open space without stain
not even a name on the door
no »like«, no »before«
the whole wide world in
lovers' lane

cross the bridges row your boat
wave goodbyes but bring your coat
master leaving faster
out of sight out of mind

burn the bridges sink the boat ...

TEXT/MUSIC: HANNO GIULINI

A Way

The way you sit
and chin your grin
the way you yield
but don't give in

the way you smoke
november air
the ways you find
to get your share

the way you belly out
with pride
the way you take me
for a ride

the way you stay
the way you go
away return
and don't say so

the way you state
at fading dreams
the way you plan
your secret schemes

the way you're dancing
on a rope
the way you are
beyond my scope

the way you go for
crave and cling
then shut your door
on everything

the way you do
the way you dare
the way you don't
if you don't care

no way to find out who you are
you come so near and go too far
you shine your light
from very far away

who do you think you are?
as special as the northern star
you shine your light
from very far away

the way you sit
and chin your grin
the way you yield
but don't give in

the way you smoke
november air
the way you find to
get your share

the way you belly out ...

no way to find out ...

TEXT/MUSIC: HANNO GIULINI

Bend

Come what may
you did say
everything will
stay this way

came what could
was like would
sudden hidden
gone for good

far from close
head to toes
now expose
told you sos

emptyfull
lots of bull
no more tricks when
push tops pull

come what may
you did say
everything will stay
this way

watch your dreams
drift downstream
harbourless your
self esteem

words that cut
self-righteous strut
sleepless nights
eyes wide shut

open end
comprehend
reasons follow
any bend

TEXT/MUSIC: HANNO GIULINI

In Between

always thought that you could be
unlike the rest exception from the rule
there was no doubt but when you
put it to the test you found yourself
– another fool –

dazzled by the light telling you to soar up high
haunted by peculiar notions
driven by obscure emotions
following the luring drone
coming from this twilight zone
shapes of things dissolve
minds grow keen

in between

clinging to this vision dreaming
you could always stay on the way
saving the best for special moments
yet to come – you surely missed a lot of fun

finding ways around everyday routines
anxious to keep things
in accordance with your schemes
trying to get problems solved
without getting too involved
leave »for certain« draw the curtain
find yourself

in between

hear familiar voices on the bus
to work in the morning
read the papers some of us
go berserk without warning
others come to harm
shook by false alarm
taken by surprise
running out of lies

take a walk along the shore,
imagine you're a grain of sand
– nothing more –
follow contours of a cloud
find you really don't stand out
from the crowd

smell the earth feel the rain ride the tide
come home again to simple joys
leave behind the big boys' toys
not on top nor down below
not real fast and not too slow
uphill downhill mainstream

right in between

tracing hopes that go unheeded
lost directions badly needed
feeble cries that go unheard
one way ticket the Absurd
coming going passing through
trains of thought rooms with a view
night sky serenades all blue
full moon nightmare soul tattoo

Tonight Revisited

All the words have fallen
to the floor, been
trampled on and more
and more they sound like
missiles of your mind
a weapon of some kind

we spit them out
I pick them up, collect them
in a green tea cup
and stir them
'till they finally dissolve

is it a waste of time
to try so hard
to find here anything
resembling a rhyme
or reason
or is it fear of treason

we spit them out
I pick them up, collect them
in a green tea cup
and stir them
'till they finally dissolve

all the words ...

we spit them out ...

volatile projectiles
at miles per second
wild, unbeckoned, all these
crazy styles I reckoned
you'd never spit at me,
in this unrelenting litany
of verbal bullets shot
colliding with me lividly
my ability to think is
compromised
a sense of resignation
girl is on the rise
I get the feeling
that you overdramatize
I'm feeling downcast and
increasingly traumatized
dissonance in consonants
and vowels
arguments reduced to
grunts and growls
nonsensical sounds,
constantly in rows
the ball has bounced way
out of bounds
nowhere in reach is neither
rhyme nor reason
I'm trying to find the
meaning, but I'm stymied
unbelieving

over meaningless discussion
word percussion
and now spare me the fussing
and bear the repercussions ...

(RAP-TEXT: NEIL HOLLAND)

... waste of time ... any kind ...
what's wrong who's right ...
explain excuse ... the vain ...
this stupid fight tonight

is it a waste of time ...

TEXT/MUSIC: HANNO GIULINI

La Promenade

J'ai cru que je connaissais la vie
Je faisais des bulles de rêve par ici
au lieu de partager la joie avec mes amis,
et maintenant je m'enfuis

Heureusement, tranquillement,
naturellement je me ressens

Je laisse le stress de tous les jours derrière moi
Et je ressens la joie qui m'emmène vers toi
Faire une promenade sentir le sable, le soleil,
le vent, je me ressens

Heureusement, tranquillement,
naturellement je me ressens

Nous sommes arrivés tous les deux ici,
pour mener une vie encore plus jolie
la musique, le rythme, le bonheur,
comme une fleur qui a le droit de pousser

Heureusement, tranquillement,
naturellement. Le droit de pousser

Vienne quoi ce soit je serai avec toi
Et sois bien sûr je ne te quitterai pas
Alors prend ma main et »feel le groove
avec moi, feel le groove avec moi«

Heureusement, tranquillement,
naturellement, feel le groove
juste maintenant

Nous sommes arrivés tous ensemble ici,
pour mener une vie encore plus jolie
la musique, le rythme, le bonheur
comme une fleur qui a la force de pousser

Heureusement nous
sommes tranquillement,
naturellement
la force de pousser

TEXT/MUSIC:
ANNABELLE VON PRITTWITZ



DEBRIS

No thanx, I'm fine,
go your way, I'll go mine
and if you want to talk to me
think it over first
we might as well
wait another year
for better atmosphere
instead of telling all the world
how it was hell
this yelling most repelling things
and how we'd like to spread our wings
and simply fly away

In the middle
of nowhere
eventually we
come to stare
at our
personal debris
a piece of you
a part of me
struggling hard
to come around
question every
sight and sound
now here's where
we're losing ground
in the middle
of nowhere

now thanks, I'm fine,
I'll even hold the line
wait while you blow your nose
to let you find the nerve to serve
another dose of blame
a shame whatever you rely on
give and take a rule to live by
fuel to burn the bridges down
so cruel to learn
for us we all are
strangers on this bus

In the middle of nowhere ...

We

We
newly born-complete joy, all forlorn
either laughter or deep cry
drawn to light and sound
all complete all hands and feet
belly knows no why
safe and soft and warm and round
always Mama bound

We
child-learn to walk
want to talk timid bold
simply follow hot and cold
feel the thrill out of bounds
dirty fingers running nose
spitting anger head to toes
this is how our story goes:

straight ahead we plan to go
happiness a steady flow
and as dreams will go awry
we sit down and start to cry

We
teenage-bend the bars
of this soul cage
test the tools we are given
feel like fools when driven
way beyond our scope
heading for the open sea set sail
go off the rails

straight ahead we plan to go ...

We
grown up-overestimate rationale
stick to morals or some femme fatale
trade all mysteries for -ism
square flat hollow round
then declare all this for wisdom
still we're Mama bound

straight ahead we plan to go ...

TEXT/MUSIC: HANNO GIULINI

Mystery

Crowded houses quiet streets
lonely spouses empty seats
noisy barrooms silent phones
civil wars smashed ice cream cones

open arms and warm embraces
barking rifles crowd control
abandoned farms crow like faces
grinnig from the totem pole

stingray shadows Ray Ban shades
Flushing Meadows Everglades
private pools and funky licks
cuban rum for sweet Thai chicks

soul cages falling wages
gamblers shootin' dice
yellow pages Rock Of Ages
chickensoup with rice

crowded cities dark back rooms
nagging children aging pretties desecrated tombs
Tom Waits on the corner Jim sits in a Hall
Paul's been waiting in the Wings another curtain call

open arms and warm embraces
barking rifles crowd control
abandoned farms crow like faces
grinnig from the totem pole

greasy fans on kitchen ceilings
coffe grounds banana peelings
morning thunder rise and shine
Take The A Train stand in line

flowers on the balcony
buried hearts at Wounded Knee
Jimi Hendrix on CD
nothing left a mystery

TEXT/MUSIC: HANNO GIULINI

Back back back

Back, back, back
in the back of your mind
are you learning an angry language?

tell me, boy, boy, boy,
are you tending to your joy,
or are you just letting it vanquish?

yeah, back, back, back
In the dark of your mind where
the eyes of your demons are gleaming
are you mad, mad, mad,
about the life you never had
yeah, even when you are dreaming?

who are these old, old, old
people in these nursing homes
just scowling away at nothing?
like big rag dolls
just cursing at the walls and
pulling out all of their stuffing

yeah, every day is a door
leading back to the core
yes, old age will distill you
and if you're this, this, this
full of bitterness now
some day it will just fill you

when you sit right down in the middle of yourself
you're gonna wanna have a comfortable chair
so renovate your soul before you get too old
cuz you're gonna be housebound there

when you're old you fold up like an envelope
and you mail yourself right inside
yeah, and there's nowhere to go except out, real slow
are you ready, boy, for that ride?

your arrogance is gaining on you, and so is eternity
you better practice happiness
you better practice humility
yeah, you took the air, you took the time
you were fed and you were free
you'd better put some beauty back,
yeah, while you got the energy
You'd better put some beauty back,
yeah, while you got the energy

back, back, back ...

When you sit right down ...

Tell me, boy, boy, boy,
are you tending to your joy, or
are you just letting it vanquish?

Yeah, back, back, back ...

TEXT/MUSIC: ANI DIFRANCO

Sophia

5 o'clock and a fire escape symphony,
spilling out across the road and the square,
and the sky's the same as your own,
do you think of me?
do the parks, and trees, and the leaves,
reach you, there?
after the rain, in the lonely hours he haunts
me, calling out, again and again

Sophia, Sophia, I'm burning, I'm burning
it's a fire, it's a fire, I cannot put out,
Sophia, Sophia, I'm learning that some things,
I can't go without and one of them is him

and now I walk these streets
like a stranger in my home town,
learn the language, form the words
when I speak,
but he changed me, I'm his ghost
since he came around,
and now I count the hours and the days
in the weeks.

passion and silence,
every word, every line, a measure,
It's the science of the soul,
And his books, they breathe a reason
and now I want to know...

Sophia, Sophia, I'm burning, ...

You, with your new born eyes,
Have you ever loved a man like I love him?
Do you hurt but still feel alive, like never
before?

Oh, Sophia, Sophia

Sophia, Sophia, I'm burning, ...

TEXT/MUSIC: NERINA PALLOT



Appaloosa

MUSIC: HANNO GIULINI

BELLY & ME ARE

Annabelle von Prittwitz – *vocals*, Hanno Giuliani – *guitars, bass and all other instruments / programming*
feat.: Steff Bollack – *drums*, Claus Bubik – *bass on DEBRIS*, Neil Holland – *rap on TONIGHT*

www.bellyandme.de

RECORDING, MIX AND MASTERING

Hanno Giuliani

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Hanno Giuliani plays acoustic steel string guitars

by Rainer Kallenbach

www.kallenbach-guitars.com

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