

Secrets

By Mary Lambert

Mary Lambert is a 26 year old singer, songwriter, spoken word artist, gay rights activist and poet from the United States of America. She grew up poor in Everett, Washington and begun her music talent at six years old by playing instruments and songwriting. Into her teen years she grew to love folk music by artists such as Tracy Chapman, the Indigo Girls, and James Taylor and their influence encouraged her to pursue classical composition. She studied at Seattle's Cornish College of the Arts in order to become a middle-school teacher. Though around age nineteen she discovered spoken-word poetry around and it became a pivotal moment of her meaning of life. Her interest in poetry lead her to write a book about her tragic and wonderful life experiences. She truly began her singing career when a friend recommended her to do a single with Macklemore & Ryan Lewis for a song shedding a light on same-sex relationship difficulties called "Same Love" (Capitol Records, 2016). A common theme with Lambert's songs is her voicing her personal opinion on political and social matters. Lambert challenges patriarchal enforced expectations in her song "Secrets" released in 2014, by stating her disagreement with the standard.

Lambert is obviously addressing the idea that people encouraging themselves to bottle up their feelings is wrong and contrarily, people should be learning to love themselves instead of hiding themselves, she illustrates her message by revealing her own secrets to her audience. She

did this because songs about self-empowerment have become a positive trend she wanted to join. Lambert tells HITFix that she wanted her lyrics to signify the people who are bipolar and overweight due to the self-empowerment and challenge beauty standards. She mentions in her interview that “there is so much shame and guilt in our society and [she] think it has deprived a lot of people from living fully. We are all facing battles, We’ve all had someone who has hurt us. So let’s talk about it” (Newman, 2014). She talks about her personal secrets that are often hidden to show people we shouldn’t hide our feeling because it stops us from loving ourselves. She relates to others about hiding herself in her line “I know I’m not the only one who spent so long attempting to be someone else/ Well I’m over it”. Lambert is making it clear to her audience that they shouldn’t have to feel the needed to hide themselves when they should truly be embracing who they are. She sets out all her secrets to have an equal playing field for her and her listeners to all have a similarity of hiding who they are. She mentions her experiences with hiding herself in another line “they tell us from the time we’re young/ To hide the things that we don’t like about ourselves/ Inside ourselves.” Mary Lambert is relating to how people have easily accepted losing self love from a small age.

The reason I chose this song as one that represents my own view on society is because I found that I relate to Mary Lambert’s opinion. As a person who believes self love is the most important achievement in life, I have begun to resent forms of idolizing the imperfection of oneself by envying others. When I see people from different walks of life in Canada and the United States prove that disliking themselves doesn’t end, but instead only changes in certain

ways due through one's lifetime, it makes me aware of how precious it is to take care of my own views of myself and encourage others to do the same. Lambert's way of expression resembles my own views in her simplistic way of voicing how the negative views of ourself affect us, and how we should only be learning to embrace ourselves because if we cannot then we cannot fully accept others.

When I listened to the song at first, I had not recognized the depth behind Lambert's message. There are or have been debates about whether or not the song is worrying because people should be careful about revealing themselves to others to save themselves from getting hurt, but I believe, that it *is* important to be cautious about who you give yourself to and that trust is a learning experience. More importantly we should not hide from ourselves, as well as to learn to trust in ourselves to live a more clear life.

As a teenager, I enjoy the lyrics and the curse words in order to prove her legitimate views and not censor herself to benefit others. While I am outspoken, I do try to keep my language appropriate but I understand the need curse in order to express my feelings. This song pleases me because it helps me get through a stressful days.

"Secrets"

I've got bi-polar disorder
My s***'s not in order
I'm overweight
I'm always late
I've got too many things to say
I rock mom jeans, cat earrings

Extrapolate my feelings
My family is dysfunctional
But we have a good time killing each other

[Pre-Chorus:]

They tell us from the time we're young
To hide the things that we don't like about ourselves
Inside ourselves
I know I'm not the only one who spent so long attempting to be someone else
Well I'm over it

[Chorus:]

I don't care if the world knows what my secrets are, secrets are
I don't care if the world knows what my secrets are, secrets are
So-o-o-o-o what
So-o-o-o-o what
So-o-o-o-o what
So-o-o-o-o what

I can't think straight, I'm so gay
Sometimes I cry a whole day
I care a lot, use an analog clock
And never know when to stop
And I'm passive, aggressive
I'm scared of the dark and the dentist
I love my butt and won't shut up
And I never really grew up

[Pre-Chorus:]

They tell us from the time we're young
To hide the things that we don't like about ourselves
Inside ourselves
I know I'm not the only one who spent so long attempting to be someone else
Well I'm over it

[Chorus:]

I don't care if the world knows what my secrets are, secrets are
I don't care if the world knows what my secrets are, secrets are
So-o-o-o-o what
So-o-o-o-o what
So-o-o-o-o what

So-o-o-o-o what

[Chorus:]

I don't care if the world knows what my secrets are (secrets are), secrets are

I don't care if the world knows what my secrets are (secrets are), secrets are

So-o-o-o-o what

So-o-o-o-o what

So-o-o-o-o what

So-o-o-o-o what

(I don't care if the world knows what my secrets are)

So-o-o-o-o what

So-o-o-o-o what

So-o-o-o-o what

So-o-o-o-o what

References

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