



# Frally Turning into *The Light*

BY ANDREW FISH

PHOTOGRAPHY KWAKU ALSTON

MAKEUP NICOLE KRAKOWSKI FOR RIPAR COSMETICI

HAIR SEAN JAMES FOR RUSK/NORDIC HAIR,  
FRED SEGAL SALON

Speedway

**C**hanneling the quiet of the Australian countryside, the dynamic licks of Nashville, the weary, forthright grit of Brooklyn, and the searing sunshine of Los Angeles, Frally offers *The Light*, a softly wistful album of heartbreak and rebirth. By turning sadness into melodies that revived her own spirit, the singer-songwriter has created a work that explores the potential for emotional pain to bring about unforeseen leaps in personal understanding. Frally's debut release has the feel of a veteran's latest, making it hard to believe that she only learned guitar six years ago — and before this album never really considered herself a singer. Flanked by Teddy Thompson, Ben Lee, and Jolie Holland as advisors and accompanying vocalists, the skilled, insightful performer has arrived fully formed and poised to make waves.

**Venice: Your opening track, "The Light," sounds like it was written during a rough time.**

**Frally:** What I discovered about myself is that when I feel like I can't do anything, I can always write a song. I can *only* write songs. It's all I can do. The reason I called the album *The Light* is because that's what pulled me out of and into my art in a time when I could have gone in neither direction. All I could do was sit at the piano and write that song. And I felt so much better after I wrote it. There's always a choice at that moment, where you can either be self-destructive and do something stupid, you can lay down and die, or there's a choice to turn to the light. I had never known until that moment that it was a choice. And you have to keep doing it; it's like a daily practice. And it's only when you get your ass kicked that you realize this. The biggest ass-kicking is where the biggest healing happens.

**Tell us about your childhood in southern Australia.**

I spent a lot of time up a particular tree when I was a kid. My father had a farm and we lived in a tiny, little town, which was maybe 500

people. The tree belonged to this old man, George. He didn't have any family. He had been in World War I and all he had were his pipes that he smoked and the most amazing vinyl record collection of anyone I've ever known. I was pretty much his only friend. George would smoke his pipe and I would be up the tree and we would listen to music. When he died, he left us all the records. I think that he really shaped my early childhood in a way that I don't even understand.

**Your music emphasizes the beauty of harsh, visceral realities. Why do you choose to focus on that?**

When I gave birth to my children, I realized, wow, we feel like these civilized people that don't touch any of these places, but when you actually get down to what happens when someone gives birth, it's this violent thing that's bloody and painful and that's how we all come into the world. And then we're cleaned up and given to our parents. I feel it's important not to forget that. And we're going to die, and there's a beauty in that, too. I feel like you can't get too far away from that part of ourselves.

**What kind of music do you listen to?**

Something that allows you space for you to immerse yourself in it and be in it, and lyrics that are poetry. If those two things are happening, then that's my favorite music.

**Are you a believer in facing your demons?**

I feel you have to lean into what you're afraid of instead of trying to get away from it. It's like going through fire. It's not comfortable and it's not where you wanted to be, but you have to have the guts to face all the shadowy aspects of yourself. That's the choice. You either do that or you choose to get off the bus. ▼

*Frally's The Light is available on iTunes and [www.amazon.com](http://www.amazon.com).*