

Date 1 / 18 PV Log: (circle one) Poem / Movie / Picture LyricTitle "Let it Go"Author / Director / Idina Menzel (from movie Frozen)

Context (Where Found / Viewed / Read?)

I first heard this song at the United Artist Arden Fair movie theater in the Arden Fair mall when I saw the movie "Frozen" with some of my friends.

Content / CD / Summary / Precis (Say? "Plot? Setting/Situation? Key lines/phrases scenes, etc? )

"Let it Go" is sung by Queen Elsa right after she freezes the city of Arendelle in a fit of rage at her sister. For almost the entirety of her life, Elsa had to conceal herself and her life from her sister and the rest of the world because of her unique but dangerous ability to freeze anything and to create ice from thin air. Elsa feels like no one can understand her, but once she flees the city of Arendelle, she is empowered to be herself and to "let it go." Now that the secret of her powers is out, she no longer has to live in the "fears that once controlled [her]" because they can no longer "get to [her]" at all. In isolation, Elsa can break out of her shell and reach her maximum potential, as she sings, "It's time to see what I can do / To test the limits and break through." Her facade is brought down and she is transformed into the person she was always supposed to be.

Content / CM / Meaning? / Theme(s)?

"Let it Go" is about standing up to and confronting one's fears, no matter how harsh or frightening it may seem. It is a liberating and empowering song about coming to one's true identity and forgetting the past, and it is a joyful celebration of release for those who have been living in fear and bondage. People shouldn't feel confined to particular and artificial restraints on personality; rather, they should learn to let go of their worries and apprehensions and to embrace the uniqueness that defines them as distinct human beings. The lyrics of the song not only speak to female empowerment, but also to anyone who has lost his identity and is in dire need of recapturing his inner beauty.

Form (Diction? Construction Terms? Symbolism?)

"Let it Go" is a show tune, or a theatrical like piece of music that has become well known in popular culture. The diction, or word usage within the lyrics of the song, includes various words that have to do with ice and the cold, considering the song is from a movie entitled *Frozen*, so that the lyrics can stay true to the theme of the movie as well as portray a powerful message to the audience. Moreover, in the movie, when Queen Elsa is singing this song on the mountain to herself, she completely transforms into an independent and more individualistic person as she lets go of her gloves and cape into the wind, symbolizing the literal letting go of the concealment of her innate abilities.

Commentary (What do you want to say? Why like? Questions? Synthesis / Allusions-Connections /

Relevance to personal experience, to literature, 20Q's? etc.)? "Poetic" Traits?

Although I was dragged to see the seemingly childish and immature animated movie *Frozen*, which ended up not being as bad as assumed, this one scene in which Queen Elsa sang "Let it Go" stuck out significantly, as the lyrics of the song were/are so powerful, meaningful, and entirely relevant to the lives of so many people. Not only is it so hard to stay true to oneself in today's critical and demanding society, but it is even more difficult to have to accept the fact that humanity is so cruel and unforgiving, especially when a unique ability or capacity prevents someone from living life. Nevertheless, the naivety and childlikeness of the movie did particularly reflect the song's relatively simple portrayal of a task that is entirely more difficult and complex. Forgetting and moving involves an entire process rather than merely a simple decision. The lyrics of this song also significantly relate to an excerpt about negative capability in Kathleen Norris's *Cloister Walk* as well as the novel *Frankenstein* by Mary Shelley. In both of these pieces, the topic of exile and distinction are brought to the surface and made prominent, and they especially encourage the reader to accept and embrace uniqueness and difference and to use this sort of otherness to its maximum potential. Isolation may be depressing, but growth and development in life ultimately depend first on the acceptance of one's self and abilities. Overall, I find these lyrics to be quite poetic because they seek to empower people to live life to their greatest potentials and to enjoy life and themselves without worrying about the restrictions and restraints that others often impose. The song opens people up to their own greatness, and it urges people to face life with dignity and integrity.

over (do not mix logs; e.g., no poem log in front, and movie log on back)