

The Little Book of the Big Questions



Richard Gavette

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Foreword

The power of questions should not be underestimated. Like keys, they unlock the doors to our inner rooms.

Since time immemorial, we humans have looked up to the stars and pondered the great questions of life. It seems to lie in our innermost nature to look for answers. But at the same time it seems to be in our nature to want to escape from those answers. It is because the answers can change who we are. At our deepest depths. That creates a mental and emotional resistance within us. It is completely natural.

Unfortunately, in today's society, we do not learn how we can practice asking questions to ourselves and how we can explore the answers that come up. Practising exploring the answers to important questions for us is also to practice becoming more curious. It makes us grow and expand as human beings. It develops us.

In a busy daily life, it can be difficult, almost impossible, to find time to ponder and reflect. The purpose of this book is to help you as a reader to make a habit of exploring the answers to life's big questions. Create a fixed time, preferably in the evening, when you take time for this book. If you find it difficult to create that space in everyday life, then read and answer the questions when you sit on the toilet. We all have to poop from time to time... :)

By answering the questions in this book, you will get to know yourself and who you are today, even a little better. Treat yourself to truly arriving at an answer before moving on to the next question. At the same time, avoid trying to force an answer. Often, our spontaneous responses are the most honest. Write down the question as well as the answer on a notepad or in a document on your mobile. It makes the answer more "for real" and it will also be possible for you to go back and read the answer again at a later time. If you choose

to use your mobile phone as a tool for this book, be sure to be offline when writing. Otherwise, phones tend to become a distraction because they often pull our focus away from ourselves, which makes it harder for us to find our answers.

To get into the right mood, you can close your eyes and take a few deep breaths before reading a question. Follow the breath and feel how it feels in your body. It helps you become more grounded and present. When you have read a question, you can even close your eyes and imagine that you listen and look inwards. Our thoughts are like bubbles on the water surface. We find the answers deeper within ourselves. Dive freely, my friend. Deep down. The questions and the answers are waiting for you.

I wish you a pleasant journey!

With love,
Richard Gavette

Question 1

How can I best describe
how it feels to be loved?

Question 2

What were my biggest dreams
as a child?

Question 3

What do I see as my meaning
and purpose in this life?

Question 4

What does happiness
mean to me?

Question 5

How can I, based on my skills
and who I am today,
help this world become even better
and more beautiful?

Question 6

How do I want to enjoy life?

Question 7

What do I see
as the meaning of humanity?

Question 8

What does it mean for me
to be “a good person”?

Question 9

How can I live my life in a more environmentally friendly way?

Question 10

What is the silence whispering to me
in this moment?

(Close your eyes and listen...)

Question 11

How do I create inner peace?

Question 12

What negative habits and patterns
in my life do I want
to free myself from?

Question 13

What positive habits and patterns
do I want to establish
or nourish in my life?

Question 14

What does true love mean to me?

Question 15

How can one be a good parent,
according to me?

Question 16

If I had to choose to be another animal,
which animal would I be and why?

Question 17

How do I want to be
remembered after my death?

Question 18

How do we create peace on Earth?

Question 19

What characterises a good friend?

Question 20

When do I feel most alive?

Question 21

How would I describe
the life partner of my dreams?

Question 22

What in my life am I proud of?

Question 23

How and in what ways do I want
to develop and grow
as a human being?

Question 24

If I had a month left to live,
how would I live my life
and use the time I had left?

Question 25

What qualities
do I admire in myself?

Question 26

If I were to choose three key words
to live and work from,
what would these be?

Question 27

Who are my greatest role models
and why?

Question 28

Which people in my life mean the most to me and how do I want to tell them?

Question 29

What in my life am I grateful for?

Question 30

What question do I want
to ask myself today?

Question 31

How can I live my life
in a more animal-friendly way?

Question 32

What do I dream of
realising in this life?

Question 33

What is freedom for me?

Question 34

When do I feel most relaxed?

Question 35

What makes me deeply happy?

Question 36

How did I play as a child?

Question 37

What is injustice for me?

Question 38

What do I think happens when we die?

Question 39

If I were omnipotent,
how would I change the world?

Question 40

What do I feel
when I see myself deeply in my eyes?

(Go to a mirror...)

Question 41

What significance
does money have for me?

Question 42

If I were to bequeath
a quarter of my money to charity,
how would I allocate the gift?

Question 43

If God exists, how would I
describe him/her?

Question 44

If I were to let the child in my heart
decide how I live today,
how would I have to change my life?

Question 45

Why is it good to ask oneself questions?

Question 46

What is a dream and what is reality?

Question 47

Who/what do I want to forgive?

Question 48

What does it mean for me
to live honestly with myself?

Question 49

For whom and why am I working?

Question 50

How can I become better
at living in the moment?

Question 51

Who am I
beyond my thoughts and feelings?

Question 52

If I had one final wish,
that could be granted,
what would it be?

Epilogue

If you are reading this, then it should mean that you have reviewed all the questions in this book. So, I want to thank you. You are a curious and brave person.

My heartfelt advice is to continue to set aside time in your everyday life to ponder and reflect. Continue asking questions for yourself. Please invite your friends and do it together with them. It will definitely be an interesting experience and you will get to know each other even better.

For example, you can read this book again in about a year and see if your answers are the same. We are creatures in constant development and probably your answers will develop and change over time.

Feel free to find your own questions that you want to ask yourself and others in your surroundings. Let your curiosity lead you forward. The questions and answers live deep within us all.

All the best to you my friend,
Richard Gavette

Thank you for reading this book!

If you have appreciated it and want to honor it
in some way, feel free to make a donation
and plant trees through:

www.weforest.org

Together we can help the forests of the world
to flourish.

About the Author

Richard Gavette is a Swedish songwriter and author. As a consequence of severe illness, he has been living isolated from the outside world since 2013. The disease forces him to spend 22.5 hours each day completely resting in silence.

At first, he almost went mad. A human being is simply not made to live like that. With so little input. With so much silence. It was a life without human life.

But after some time, something happened. The silence started whispering to him! And Richard, curious as always, started listening. He heard words. He heard music. Since then, the symphony of silence has been his company through the long hours of rest. He is never alone. The music and poetry flow freely within him. He feels alive, despite his situation.

Since Richard's disease is considered incurable and no one knows how long he has left to live, Richard made a momentous decision. He decided to start living every day as if it were his last and create beautiful things from his heart with the little energy he has to play with. Richard decided, despite his severe illness, to try to write the books and music of his dreams. It requires his complete dedication, and he has to be very careful not to go beyond his fragile bodily boundaries.

This book was written in collaboration with the silence. The only thing Richard did was to listen inwards and to write.

Richard's personal story can serve as an inspiration for all of us. It reminds us that it's never too late to realise our innermost dreams. If Richard can, you can.

Discover more by Richard Gavette...

Explore Richard's other books at:

www.richardgavette.se

Listen to his music, search for Richard Gavette at:

www.youtube.com

Discover his poetry at:

www.soundcloud.com/richardgavette



Behind Closed Eyes is Richard Gavette's first book written in English. It has an existential theme and Richard invites the reader to his inner world.

The book consists of songs and poems that Richard has written during the first five years when he has been living behind closed eyes in the cave.

Fifty-two questions. Born out of silence.
The power of questions should not be underestimated.
Like keys, they unlock the doors to our inner rooms.

In the business of day-to-day life, it can be difficult,
almost impossible, to find time to ponder and reflect.
Fortunately, we all have to poop occasionally, which
gives us an excellent opportunity to pause, listen
inwards and explore the answers to life's big questions.

Advice from the heart: Let the bio-breaks take their
time... :)



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