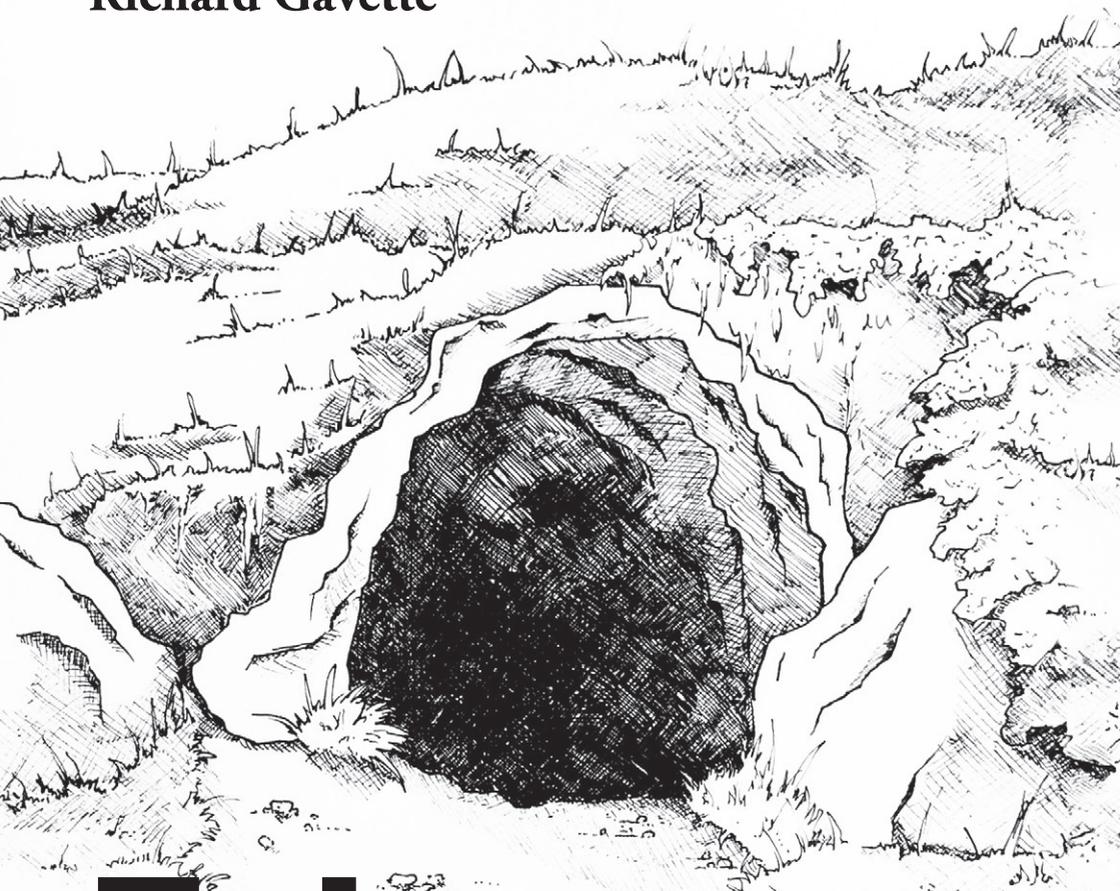


Richard Gavette



# Echoes from the Cave

# **Echoes from the Cave**

Richard Gavette

Read more about Richard's journey and explore his music,  
poetry and other books at:

**[www.richardgavette.se](http://www.richardgavette.se)**

Illustration, front cover: Arnglim Larsen  
Photo, back cover: Emelie Harming

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## **Preface**

When writing these words, I have been living in the cave for more than seven years. Isolated from the outside world. Against my will. Imprisoned in a broken body. Slowly fading away.

My disease is considered incurable and it forces me to spend 22 hours each day resting in total silence. The easy way out for me would be to give up and die. To drown in the darkness of misery. But there, somewhere in the darkest of nights, I made a life-changing decision. I decided to start living every day as if it were my last and create beautiful things from my heart with the little energy I have to play with. I decided, despite my severe illness, to try to create the books and the music of my dreams. One small step at a time.

The songs and poems in this book were written between 2014 and 2019. They are my echoes into the night preserved in lyrical form.

I wish you a pleasant reading!

With love,  
Richard Gavette

## About the Illustrations

The illustrations you will find in this book were created by my dear friend Arngrim Larsen. His dedication to his art has inspired me more than words can describe.

Discover more of Arngrim's art by visiting:

[www.arngrimlarsen.com](http://www.arngrimlarsen.com)



*Arngrim and I visiting his cabin back in May 2013.*

## **Words of Gratitude**

Thank you, Evelina, for being the angel you are. What you and I have together will always be one of my greatest sources of inspiration.

Thanks a lot, Matthew, for being my English teacher. Your guidance made this book grammatically ready for the world. I've learned something from every mistake that I've made – and there have been plenty of them. :)

Beyond words thank you, beloved mother and father, for everything that you have done for me over the years. I would never be able to manage my everyday life if it were not for your warm and generous hearts. In my eyes, you are the best parents in the world.

Lastly, I want to thank all the wonderful friends I have been blessed with in my life. Due to my health situation, I haven't seen most of you in many years, but be sure that you live in my heart. Like I live in yours. Through my books, music and poetry, I am yours to hang out with whenever you want to.

*One hundred flowers from my garden within.  
Born out of silence.  
From my heart, to your heart.*

## 1. White

So white.

Like an angel descended from heaven only to spread her light in human shape.

Behind her is the past.

In front of her is the future.

Under her feet there is only here and now.

She knows that she has been here before. Still, it feels like the first time.

She is here to create.

She is here to give.

She is here to receive.

She is here to love.

She is here to laugh and cry.

She is here to experience.

The grass tickles her bare feet. She spreads her invisible wings and takes one step forward. The wings carry her.

In the wind, she hears: 'Fly freely, white angel, fly!'

She starts walking.

Forward.



## **2. Beloved**

I don't know who you are, since I have not walked your roads.

I don't know your reality, since I have not dreamt your dreams.

Little do I know about you.

But I know that you are loved.

Loved by me.

Loved by life itself.

### **3. Roses and Thorns**

Roses without thorns are not real roses.  
A body without scars is not a living body.  
A heart without sorrow is not a feeling heart.

Laughter and tears are two sides of the same coin.  
Hot creates cold.  
Life gives death.  
Death gives life.

Roses without thorns are not real roses.

### **4. The Tears of the Ocean**

There is an ocean within all of us.

If you don't believe me, just taste your own tears...

Feel the waves.  
Feel the currents.  
Feel the exuberant life.  
Explore the depths of the ocean and you will find yourself.

The tears of the ocean. Let them fall.

## 5. Shadows

They are dancing on the walls.

Just as real as you and I.

Unique. Broken perfection.

The moonlight gives them shape.

The power of the wind gives them life and movement.

These creatures are without names.

I know that they will dance all night long.



## 6. The Stars Are Sparkling

The Moon is shining still.  
Since time immemorial. I hope that he always will.  
And the stars are sparkling in the vault of a thousand skies.  
They are both beautiful and wise.

The soul is forever free.  
Just like we have potential to be.  
Feel the beat of your heart. Every day is a new start.  
No matter who you are.

The moonlight guides us home.  
Home to a place where we are never alone.  
And the stars are sparkling in the vault of a thousand skies.  
They are both beautiful and wise.



## 7. Time and the Meaning of Life

Seconds turn into minutes.

Hours turn into days.

Weeks turn into months.

Years turn into decades.

A million breaths merge into one in the weave of life.

Time is something we've got, but time cannot be owned. It is free.

Untamed. Eternal.

What's the meaning of life if not the meaning we choose to give life?

What's my purpose in this life?

What do I want to create during my time here on Earth?

How do I want to help this world?

How do I want to enjoy life?

Spend time with these questions on a daily basis and they will become your friends for life.

Allow them to be your guide.

Act on the answers.

Remember:

There's a difference between giving and sacrificing.

There's a difference between receiving and taking.

Dare to choose your roads.

Dare to walk where your heart wants you to walk.

Life is too short for anything else.

Listen within.  
Act externally.

You are born free.  
You are created from light.  
The silence is your friend.  
Time is all you've got.

Take comfort in this.

## **8. Tired Is My Body**

Tired is my body. Living are my dreams.  
The well is deep. It is full of water.  
Sadly, I can no longer drink much of it.  
But the water is there.  
I still have moments when I can see my reflection on its surface.  
They are fewer now. The moments. But they are there.  
Tired is my body.

## 9. The Cave

Isolated. Imprisoned.  
Always by myself. Never alone.

The world of the cave is a different world.  
Silence is words.  
Stillness is movement.  
Rest is law.  
In the cave, time stands still.  
The life of the cave is a life without ordinary human life.  
Somehow it became my path.



## **10. The Flower of Love**

It is love that makes us humans alive.  
It makes us brave. It makes us whole.

Without love, we are like flowers without leaves and roots.  
Broken. Dying.

Nourish the flower of love and it will grow and flourish.  
Just like you.

Neglect the flower of love and it will slowly wither and die.  
Just like you.



## 11. Rays of Light

Rays of light kiss your skin.  
A new day and your head spins.  
You're not sure of where you are.  
Without a clue of where to start.

Rays of light kiss your skin.  
Night and day are dancing still.  
Memories from yesterday.  
Try to lead you astray.

Morning light.  
Brings you sight.  
Remember that you are born free.  
Meet this day with honesty.

Rays of light kiss your skin.  
They ignite your spark within.  
Let today be a fresh start.  
Follow that beating heart.

Morning light.  
Brings you sight.  
Remember that you are born free.  
Now create your destiny.

## 12. Back to Our Hearts

I used to live my life like it was a competition.  
I was running fast, but something was missing.  
Now I know that time is something we borrow.  
We can indeed taste both joy and sorrow.

What about seeing? What about breathing?  
What about nurturing our inner beings?  
We know that we need to let go.  
We're acting high but feeling low.

It sure is difficult not to worry.  
When you're always in a hurry.  
Thoughts can hit you like a hurricane.  
Moving fast, slowly driving you insane.

What about feeling? What about dreaming?  
What about freeing our inner beings?  
We know that we need to let go.  
We're acting high, but we're feeling so low.

I close my eyes and I see the sky.  
All I can hear is the question: Why?  
Where does it start? Where do we go?  
I really don't know. Is it back to our hearts?  
Back to our hearts.

### **13. That Which Is**

Like clouds in a sky that is always blue.  
How can we understand?  
What cannot be seen or heard.  
What cannot be smelled, tasted or touched.  
That which is.

Behind closed eyes, we might find home.  
There we might find home, again.  
The road we have walked has led us here.  
The road we walk leads us to:  
That which is.

### **14. The Silent Words**

If you want me, come and get me.  
All I want to give you, I cannot give you.  
But the silent words say more than the spoken words.  
Breathe with me and let our souls be heard.

## 15. The Riddle

Mother Nature, oh, Mother Nature,  
free me from fear and hatred.

Maybe there is no beginning  
and maybe there is no end.

Tell me, why is my head spinning?  
Why can't I feel the love you send?

Flowing rivers, oh, flowing rivers,  
calm me when my body shivers.

Maybe it is all a riddle  
that cannot be solved.

I seem to be caught in the middle  
trying, trying to evolve.

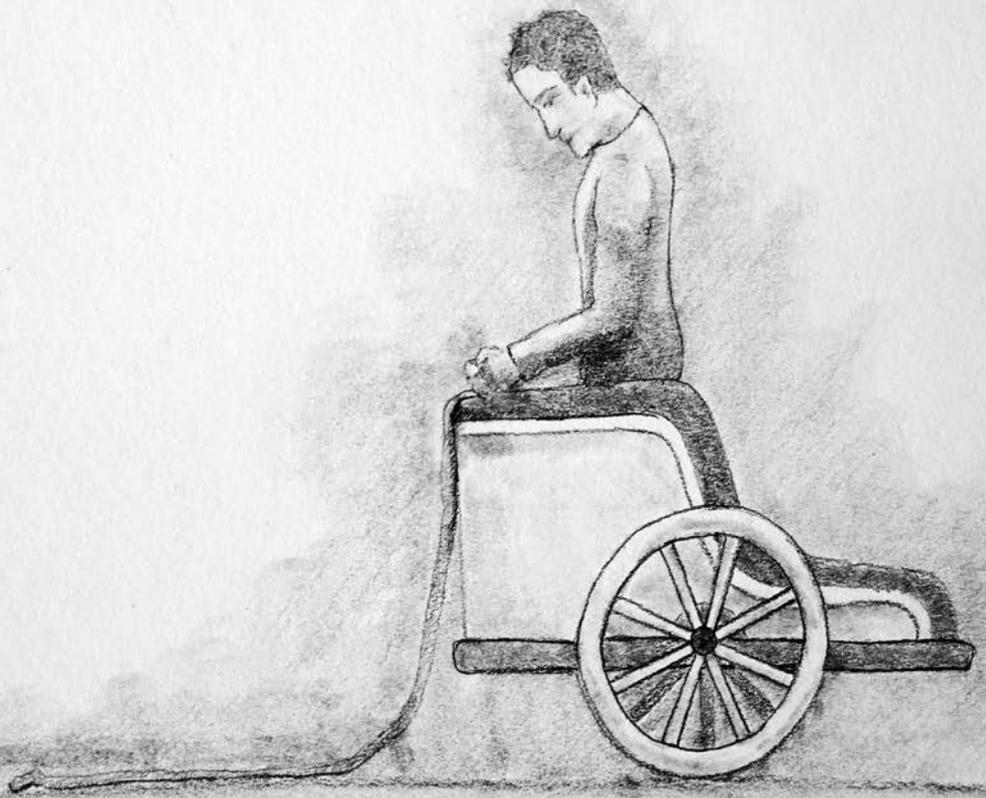
## 16. The Chariot

The chariot is in place.  
All I need is some horsepower.  
This chariot is made of gold.  
Therefore, it's heavy.

My horses seem to be gone.  
Who knows where they have run.  
If you find them, my friend, bring them back, for it would be fun.  
You see, my life had just begun.

No, I don't believe that my horses are dead.  
If they are, it really would be sad.  
All I know is that they have moved on and they have fled.  
Leaving me stranded and crying in my bed.

The chariot is in place.  
All I need is some goddamn horsepower!  
This chariot is made of solid gold. Therefore, it's heavy.  
So heavy.



## 17. The Mermaid

Her hair dances in the wind.

She's looking out over the ocean. The big blue.

The ocean is her friend.

The wind blows through her clothes, but she stands on steady feet.  
Grounded.

She closes her eyes and lets the rays of the Sun caress her skin. She  
hears the sound of the waves.

A sea breeze sweeps over her and she lets the scents of seaweed and  
ocean fill her whole being.

This is where she feels best. At the ocean.

Once a mermaid, always a mermaid.



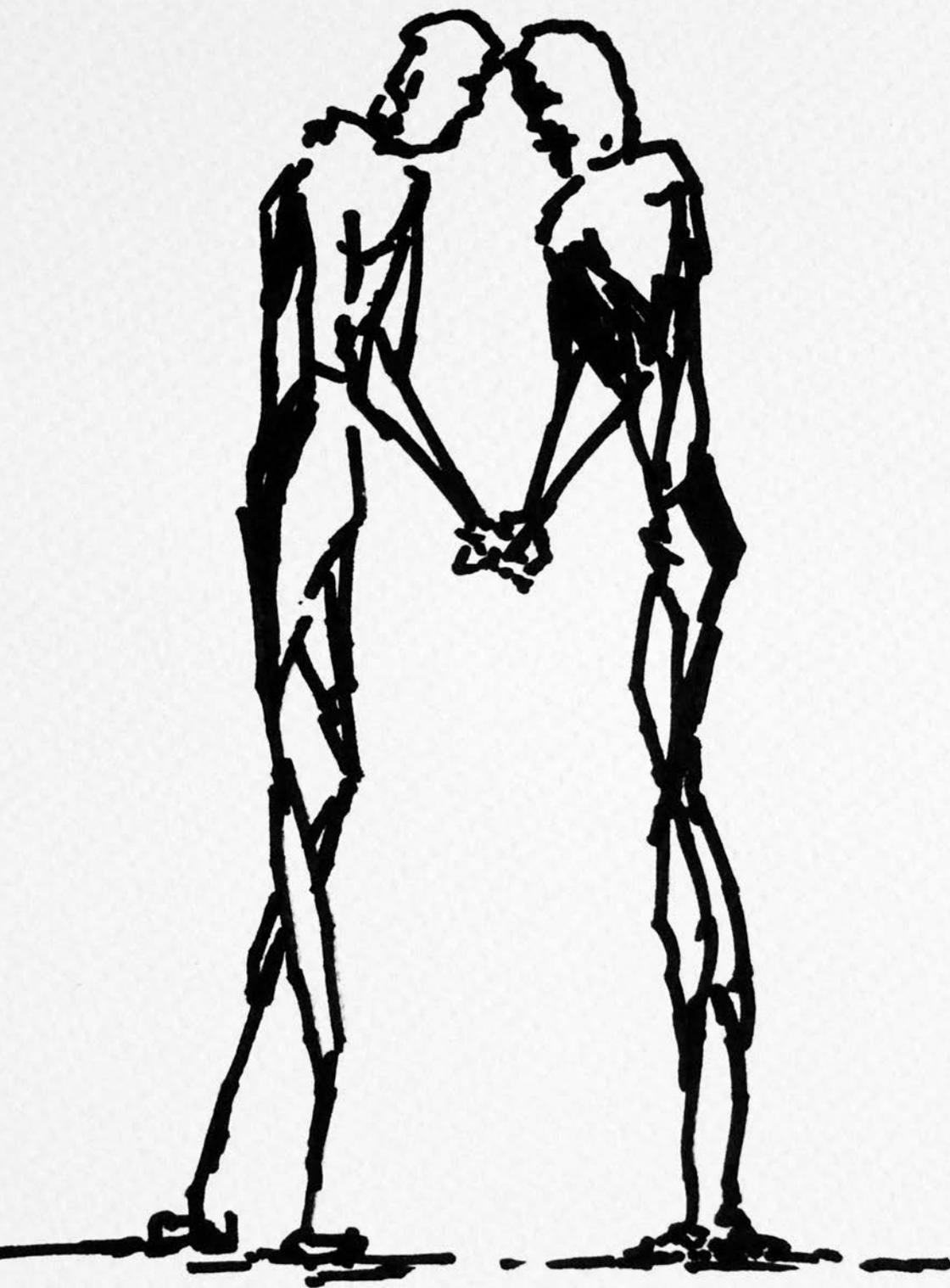
## 18. When You Hold My Hand

Our thoughts are like leaves in the wind.  
There is no need for us to chase them.  
We may not always feel whole, but be sure of one thing:  
We are only one breath away. From being whole.

When you hold my hand, you help me understand  
what I did not see before.  
There is nothing here to fear.  
There is only more to restore.

When we give in to love, we're flying high above.  
When we love, the sky is always blue.  
We were both born from lust. Now relying on trust.  
It is true.

It is true.



## 19. As True as the Ocean Kisses Land

I am yours.  
From the beginning to the end.  
This I know that you know.  
As true as the ocean kisses land.

I can see it in your eyes. Behind those tears tonight.  
Somewhere deep inside, I see the thousand skies.  
You are whole.  
You are a living miracle. Shining is your soul.  
We both know that we have been down this road before way too many times.  
The mirror shows two worn-out bodies with so many stories yet untold.

Somewhere beyond our fears, everything is crystal clear.  
We are children of the Sun and somehow we are here. Right now.  
Let us dance our way to Eternity.  
No more clouds.

I am yours.  
From the beginning to the end.  
This I know that you know.  
As true as the ocean kisses land.

Oh, I love you.  
All the way to the Moon and back.  
This I know that you know.  
As true as the ocean kisses land.



## **20. See Me**

Laugh with me.

Cry with me.

Hug me.

Not when I ask for it, but when I need it.

See through my lies.

See through my illusions.

But above all, see me.

## **21. Feel It**

Feel it.

Feel free to feel it.

You are a mystery.

You are living poetry.

And you are whole within.

Dancing freely like the wind.

Feel it.

Feel free to feel it now.

Feel your heartbeat.

## 22. Up and Away

I was yours right from the start. We went in with open hearts.  
It was so worth taking the chance.  
Now we both play our parts in creating the art.  
I love you and I love how we dance.

We go up and away.

I remember our first kiss. Such a moment, such a bliss.  
The beginning of everything.  
We sure both play our parts in creating the art.  
I love you and I love how we sing.

We go up and away.

I wonder what would be if we realise that we are free.  
In every step that we take.  
Yes, we both play our parts in creating the art.  
I love you and I love the love we make.

We go up and away.

### 23. Nothing Compares

Hold me close. The wind blows.  
The mirror shows what we already know.  
And the Sun will shine no matter what we do.  
All we have is time. You know it is so.

You whisper in my ear: 'There's nothing here to fear.  
I will always be there. I promise and swear.  
And the wind will dance no matter what we do.  
All we have is time. I know that you know.'

I say: 'Nothing compares to the honesty of your heart.  
No, nothing compares to that, my love.'

## **24. Evelina**

Your eyes are the mirror that my soul has been waiting for.  
Your lips are the pure taste of life's nectar.  
In your hands, you hold the seeds of life.  
Your kisses tear down the walls of fear.

Your light illuminates the road.  
Your road is your road.  
My road is my road.  
Still, our roads are intertwined.

To be loved by you is a privilege.  
To love you is the easiest thing I have ever done.

## **25. In Your Arms**

I kiss your lips to remind me that I'm still alive.

I drown in your eyes to keep myself afloat.

Your mirror always shows me who I am.

In your arms, I find peace.

## 26. Would You Care to Dance?

Would you care to dance?  
I know that you want to.  
It will be a broken romance.  
You can trust me on that.

Your hands against my thighs.  
I'm losing it.  
When you look me in the eyes,  
you see through all my shit.

Let us sail away tonight.  
Just you and I.  
Let us leave it all behind.  
Oh, thinking minds. You're making us blind.

Would you care to dance?  
I know that you want to.  
It will be a broken romance.  
You can trust me on that.

Can I have at least one more chance?  
To show you freedom.  
It will be a broken romance.  
That's all I can give you now.



## 27. Something Tells Me

Can you hold me for a while?  
Something tells me to go.  
I don't know where.

Can you dream away with me?  
To a different world.  
Where we both can be.  
Something more than this.

Can you hold me tonight?  
Something tells me to go.

Can you look me in the eyes?  
Something tells me to cry.  
I'm not sure why.

I'm falling to pieces.  
Something tells me to go.  
I love you more than words can say.  
I know that you know.

Can you hold me tonight?  
Something tells me to go.

Let us live tonight.  
For something tells me to go.

## 28. Love Is Always Near

Love is always near.  
Bigger than our fears.  
No matter what we do.

And the Moon is on our side.  
Both day and night.  
No matter what we do.

Heart heavy like stone, yet never alone.  
The wind chills me to the bone.  
I stumble with every step I take, but I keep on walking.

Love is always near.  
Forever kind and sincere.  
No matter what we do.

Listen to the Moon, he cries.  
For us both tonight.  
Oh, all the things we do.

Heart heavy like stone, yet never alone.  
The wind chills me to the bone.  
I stumble with every step I take, but I keep on walking.

I must keep on walking.

## **29. Twin Suns**

You hold my hand through the long hours of the evening.

You tenderly kiss my forehead when my thoughts are running wild.

You whisper in my ear that you believe in me.

Your words come from the deepest of wells.

We live as if in different worlds, but our roads are parallel.

We are twin suns. Born to love each other.



### **30. Longing for You**

I want to hold you in my arms and tell you that you are all I need.  
Let us choose love, here in between.  
Longing for you.

And I want to look you in the eyes and tell you that you are all I see.  
Let us choose life, here in between.  
Let us be forever free.

Longing for you. I always do.  
When you are not here in my arms.

### **31. Yet Another Day**

Baby, I can see our future  
when I look into your eyes.  
I can see us running barefoot  
over green fields, under blue skies.

And I can see our children playing  
like only children can play.  
I will do my best to stay here.  
I'm holding on for yet another day.

### **32. Light**

Light. Everywhere light.

It protects us.

It gives us warmth.

It guides us.

The road is not always straight.

But it leads us to the Sun.

### **33. Yoni**

Like a sacred oasis.

Only he is welcome.

Hope is rising.

If she cries, he cries.

### 34. Sailors

To my brothers who are with me in this boat.  
When the storm comes, will it sink or will it float?  
We have travelled so far that there's nowhere left to go.  
So many riddles and answers, still there's so much more to know.

Maybe it's when we are on the verge of insanity.  
Then maybe, just maybe, we might find clarity.

To my sisters who are with me in this boat.  
The storm is coming. The wind is blowing through our clothes.  
May our self-created lies be swept away by the waves.  
We are all born from nothing, so I guess that there's nothing to save.

When you have seen who you are, there's nowhere left to hide.  
Oh, it's getting cold now, but there's a fire burning inside.

We are family and we are together in this boat.  
The storm has now begun. Will we drown or will we float?  
We are the sailors who have never reached land.  
It might be over soon. Feel free to hold my hand.

Maybe there is no such thing as clarity.  
Maybe it is all a living mystery.  
A big mystery.  
So let us dance in the storm.



### **35. Mr Insanity**

He's always near.  
He smells my fear.  
He will never disappear.

It's getting cold.  
He eats me whole.  
Still, he feeds my soul.

'I'm Mr Insanity.  
I live in your fantasy.  
Now I'm your reality.  
Embrace my creativity.

I'm the Creator.  
Listen to the Creator.  
I'm the Creator  
of everything you do.'



### 36. Cats

The cats are walking on my bed.  
I know it is all in my head.  
But it feels so real.  
They're climbing all over me.  
They're making it hard to sleep.  
And I need to sleep.

Imagination taking form can be so many things.  
I'm lying here whispering in the hospital wing.  
Thoughts and feelings are dancing inside.  
My body is dead tired, but I'm still alive.

Day is turning into night. Time to swallow the pills.  
It seems as if I need them. Maybe I always will?  
The days are flying by, but I'm standing still.  
Time to swallow those anti-magic pills.

For the cats are walking on my bed.  
I know it is all in my head.  
But it feels so real. It sure feels real.  
They're climbing all over me.  
They're making it so hard to sleep.  
And I need to sleep.

How I need to sleep...



### 37. Golden Tears

I wonder where I would go if I were a bird.  
If I could fly wherever I liked.  
No mountain was too high.  
If I could fly freely in the sky,  
I would probably fly until I died.

And I wonder what I would do if I were a dragon.  
Stuck and chained in my den.  
Without any family or friends.  
Just me and all my desires.  
I would probably set myself on fire.

Oh, all the stories yet untold.  
The Sun is shining, but I am feeling cold.  
My life has been put on hold.  
Maybe one day my tears will become gold.

And I wonder who I would be if I were a unicorn.  
Born to be forever alone.  
I wonder, would I be a friendly unicorn?  
No, I would probably run around  
and stab people with my horn!

Oh, all the stories yet untold.  
The Moon is crying now and I am still feeling cold.  
My life sure has been put on hold.  
Maybe one day my tears will become gold.  
For someone else.  
Maybe one day my tears will become gold.



### **38. Silence**

Out of silence, music is born.

Music would not be music if it were not for the silence before,  
between and after the notes.

Within silence lives the potential for all music in the world.

Within silence there also lives the potential for all knowledge in  
the world.

As well as all the creativity in the world.

Despite this, most of us are afraid of silence.

We flee from it.

We view it as something cold and lifeless.

Nothing could be further from reality.

Silence is bursting with life.

Give me a world where a majority of the people take time  
to explore silence.

It would be a different world.

Indeed.

### 39. My Garden

I stand here as a shadow of someone I used to be.  
My body is worn out. A result of living and self-treachery.  
I raise my hand towards the mirror. I try to touch my face.  
But I cannot feel me. Maybe I've had my time and place?

When did my trust disappear?  
When did my love turn into fear?  
I set my dragon free and now my garden is burning.

My eyes used to shine just like the Sun.  
Now they're almost grey – the spark is gone.  
I set my dragon free and now my garden is burning down.

Now I stand in my garden where flowers and trees used to grow.  
The fire is over. Ashes cover the ground like snow.  
So, I dig a little hole in the ground and I gently plant a seed.  
My tears will be its water. I hope that there will one day grow a tree.

## **40. Never Alone**

At first, I was afraid of you.

Just the thought of living with you for the rest of my life scared the shit out of me.

But over time, I got accustomed to you.

You became a part of me.

You are with me on this journey.

Your voice is the first thing I hear when I wake up and the last thing I hear before I fall asleep.

Hearing you means that I am still alive.

I know that you will always be there for me.

Those who have tinnitus are never alone...

## **41. Fear and Love**

Fear, like most things in this world,  
wants to sustain itself.

It wants to grow and become stronger.  
It does everything it can to feed itself.  
And if we are afraid of fear, fear grows.

By accepting that fear exists – and by  
daring to look at it, exploring it  
and not fleeing from it – we can learn to  
choose something else.

Love, for instance.

We discover that it is a choice.

Love also feeds itself.

If we let it.

## **42. Answers**

Those who believe they've got all the answers, have most likely asked themselves way too few questions...

## **43. The Dance of the Long Hours**

It is not a fight.

It is a dance – and a dance cannot be lost.

I am the warrior who became a dancer.

In silence and stillness, I dance.

Without music. Without movement.

Behind closed eyes.

It is the dance of the long hours.

#### **44. Knowledge**

I know nothing.

You know nothing.

We know nothing.

That's all I know.

#### **45. The Bridges to Inner Peace**

Understanding.

Forgiveness.

Reconciliation.

In practice, these words are bridges to inner peace.

Make them into a habit and they become part of your essence.

Your heart will be forever grateful.

## **46. Music**

I wake up with a head as hollow as Putin's heart.

The music flows freely.

It fills me. It empties me.

It gives me life. It kills me.

But how I love it.

The music bounces against the walls of the cave.

Somehow it always returns.



#### **47. Fools**

This world needs more fools who know that they are fools.  
This world needs fewer fools who believe that they are anything  
but fools.

A self-aware fool is a wise human being.  
An unaware fool is a dangerous human being.

#### **48. Tell Me**

Tell me about the footprint that time does not erase.

Tell me about the sandcastle that the wind does not tear down.

Tell me about the life that is without an end.

Tell me about human beings who do not want more.

## 49. Sui

*This poem is written in a language called Gordumon. At its peak, the language was spoken by two people.*

Lu kasui.  
Roqan ari naivan.  
Keen eate keen.  
Ari keen eite keen.

Maties saqina.  
Maties eate maqina.  
Zaz.  
Ndnaz.  
Abu nami, ari sui.

*Translated into English:*

Perfect love.  
A hole in my heart.  
The Moon is alone.  
My loneliness is not alone.

The flowers are meditating.  
The flowers are music.  
To be.  
To understand.  
Thank you, my friend.

## 50. Falling Angel

From her heaven, she gazed down towards Earth. How she loved it. It was so beautiful. All its magical nature. All its marvellous animals. The interaction between all living things. A miracle. A mystery.

Many times had she returned there to experience it. To run barefoot over the fields. To swim freely in the oceans. To dance with the wind. To feel the rays of the Sun caress the skin. To smell the scents. To taste the tastes. To explore life. Every new day in this paradise was truly a new adventure. But nowadays, when she thought of Earth, she also felt great sorrow and despair. Over the human world. She did not understand them anymore. Born free with the potential to be exactly what they wanted to be. And they chose this...

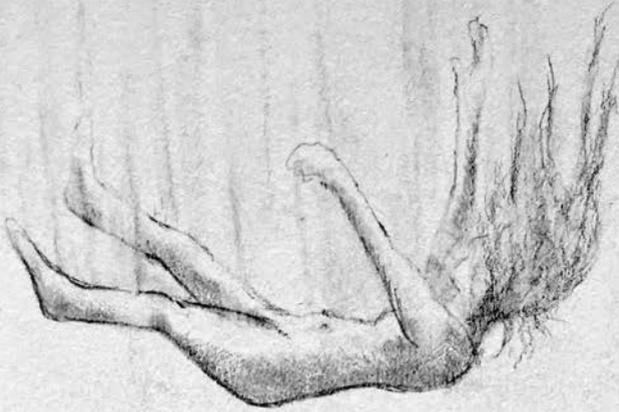
Most of them were so stressed that they travelled through their whole lives without feeling the beat of their own hearts. Without taking time to dream away to the songs of the birds. They were stuck in their habits. Blinded by their thinking. No time to enjoy life. The humans fled from the present moment. They were afraid of the silence and all its wisdom. Many of them lived their lives without choosing their meaning and purpose.

The humans exterminated other animals and lived in a way that disturbed ecosystems that had taken billions of years to develop. They were slowly digging their own grave. She was close to giving up on the humans. Yet it was a human she had to become to be able to help them. This time, she had to succeed.

Out of the silence, she heard the voice of Eternity:  
'Are you ready to return?'

She closed her eyes, nodded, and then took a leap forward. She started falling. Gone were her wings. Once again, she would crash-land on Earth.

It always hurt to be born again.



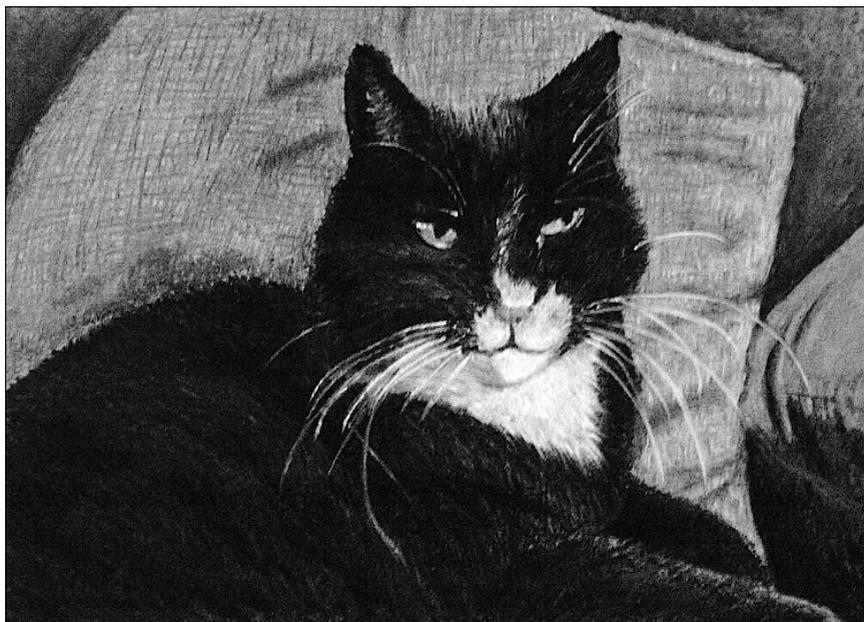
## 51. Wisdom

Being wise is not about knowing everything.

It is rather about understanding that you don't know everything.

From that insight, humility is born.

From humility, wisdom is born.

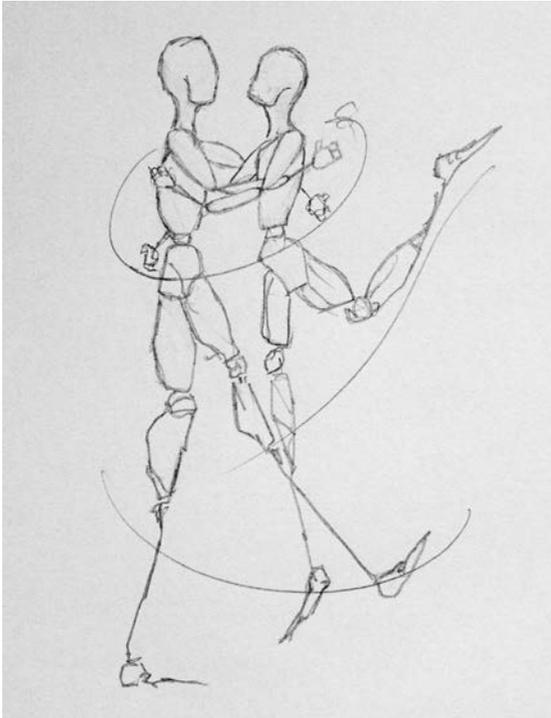


## 52. When We Love

When we love, we're flying high above.  
We're reaching for our sky. There's no question why.

When we love, we're feeling the light inside.  
With history behind, we dance into the night.

May love take us home to a place where we can belong.  
May our hearts feel our souls.  
It's all we need to be whole.



### 53. Shine

Sometimes we sing. Sometimes we dance.  
Sometimes we rest. Holding hands.  
But sometimes we lose our sight.  
Sometimes we fight.  
Love me tonight.

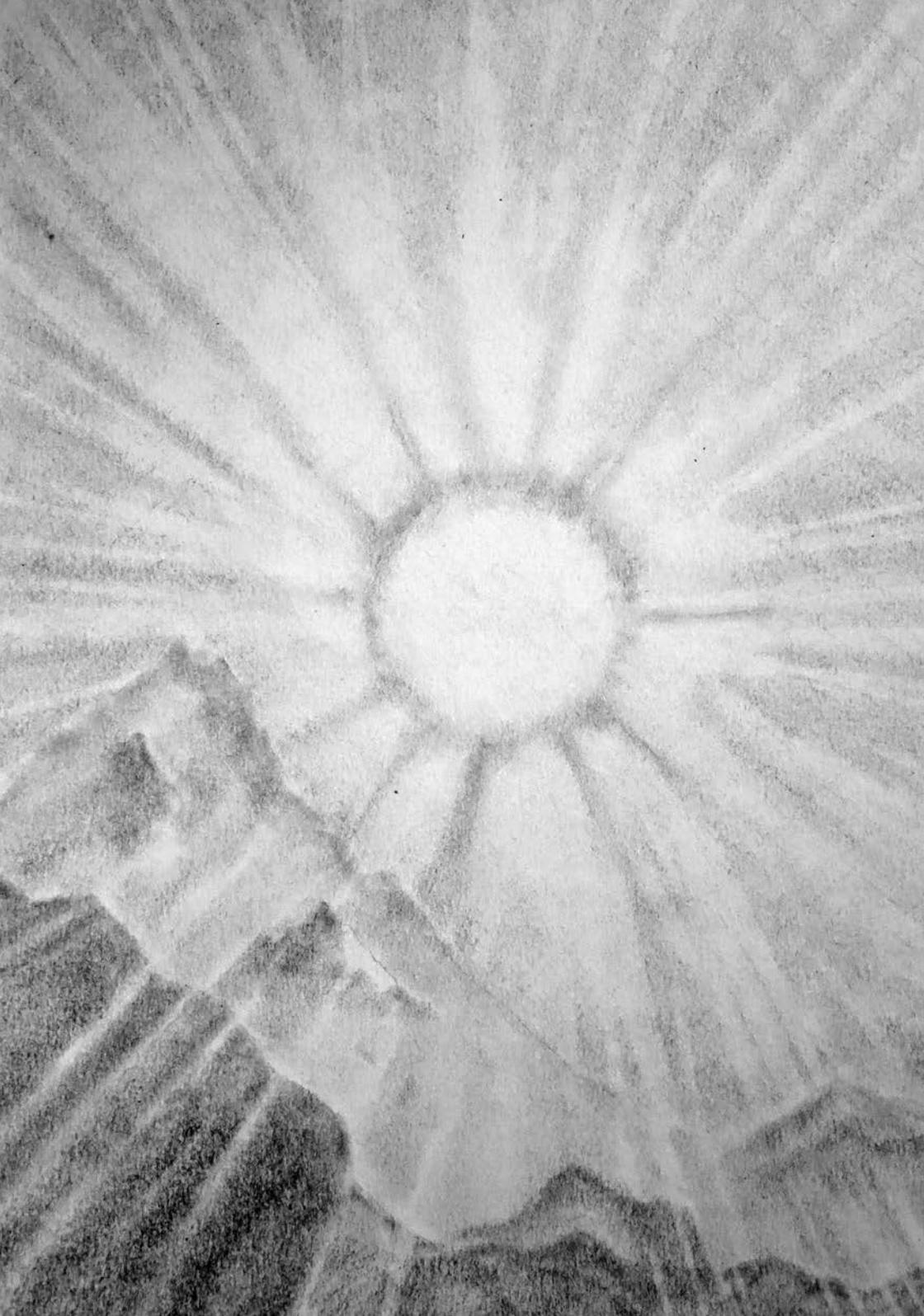
Sometimes we dream. Sometimes we fly.  
Towards the sky. Just you and I.  
But sometimes we lose our sight.  
We are both darkness and light.  
Love me tonight.

Know that:  
I would walk a thousand miles just to hold your hand.  
I will do what I can to be there till the end.

Trust me:  
I would climb a thousand mountains.  
Just to see the smile on your face and to get a glimpse of your grace.

Go ahead and shine.  
Shine, shine, shine!

Go ahead and shine.



## 54. There's No Question Why

Storms will come and rain will fall.  
All we have is love when it comes to call.  
My heart was yours right from the start.  
There's no question why.

Nights will come and lead us astray.  
But when we're guided by love, we will find our way.  
My heart was yours right from the start.  
There's no question why.

## 55. Break Free

One, two, three, four and five to the side.  
I know that you have had it with your shame and lies.  
So long ago.  
For they are not you.  
I know that you still remember yourself as a child.  
So pure. So wild.  
The child is still alive,  
sleeping somewhere inside.

It sure is hard to see things clearly with human eyes.  
We are born free, but we make ourselves blind.  
Now break free from the prison that you have created in your mind.

Break free now.  
Break free.

One, two, three, four and five to the side.  
I know that you have forgotten how to fly.  
But you've still got wings.  
And you can be anything.  
But first you must learn to be human again –  
and to see through all the pain and to let go of the blame.  
You will not be the same. Not be the same.  
Never again.

So close your eyes and embrace your child.  
Stay pure. Stay wild.  
It's time to end your war and do what your soul has been longing for.

Break free now.  
Break free.

## 56. Listen to the Birds

Listen to the birds. They are singing.  
They're singing love songs about me and you.  
It is hard to see things clearly when we are drowning.  
This I know that you know.

Do you remember how it all started?  
With a kiss, so innocent and pure.  
It isn't easy to stay open-hearted  
when the wind is blowing through our bones.

So let us listen to the birds, for they are still singing.  
They're singing love songs about me and you.  
It sure is hard to see things clearly when we are drowning.  
This you know that I know.



## 57. Dreaming Away

You are loveliness. Wearing a red dress.  
You're trying to fix everyone.  
You are tired now. Far away from home.  
May you find your way home.  
How I wish that you'll find your way home.

I am dreaming away.  
Back to the days.  
When we smiled like we used to smile.  
When we stayed up and danced all night.  
It feels like yesterday.  
It sure feels like yesterday.

So tell me what's stopping us – and let us stop what's stopping us.  
Troubles are born from troubled thoughts.  
We are free and we know it.  
We are just one breath away.  
Let us close our eyes and dream away.

## 58. See

With human eyes, it is easy to become blind.

Like a fog originating from our minds.

The perception of the heart is there for us all the time.

The sharpness of the soul is just one breath away.

Get stuck in details and you will miss the bigger picture.

Take one step back.

Breathe.

See.

## **59. The Burned Bridges**

May the burned bridges lead us home.

Home to a place where we can belong.

A place where love is the norm.

A love just as strong as the Sun.

Eternal light lives within us all.

It is our thoughts that make us lost on our paths.

May the burned bridges lead us home.



## 60. Habits

Breaking habits is difficult until you've made a habit of breaking habits.

Our habits forge us into who we are.

Therefore, it is wise to actively forge our habits.

Forging habits from awareness is among the greatest things a human being can accomplish in life.

It is also among the most difficult.

It takes courage, dedication and patience.

Our old habits will fight for their survival.

It's in their nature.

Only when we have understood their nature, will they let themselves die.

Then, pick them like weeds in a garden and thereafter plant new seeds.

Water them regularly and watch them grow and blossom into the most beautiful of flowers.

When you have chosen your habits, you have chosen your life.

## 61. Mesmerised

I gaze up towards the sky. Mesmerised.  
Chained to the ground but not at all surprised.  
The memories. They haunt me still.  
It feels as if they always will.

So I cry my golden tears as I find my purpose and place.  
Now bring me back to where stars are born. To where everything  
is space.  
To where heart meets soul.  
To where I am whole.  
To where darkness is light.  
To where death is life.

So, I gaze up towards the sky. Mesmerised.  
Still on the ground but not at all surprised.  
Love and fear. They're dancing still.  
It feels as if they always will.

## 62. The Paths of Destiny

The paths of destiny sure are unpredictable.

We can never be fully certain of what will happen.

For us humans it's about doing our best to handle what happens to us in our lives.

We are always free to walk the path with straight backs and fire in our hearts.



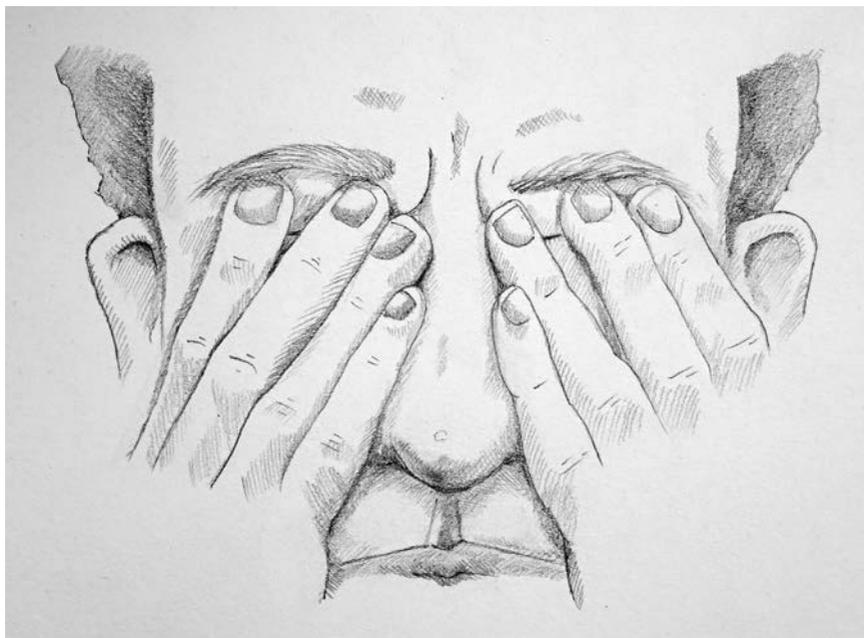
### 63. Missing

When the *missing of* becomes greater than the *longing for*, something happens within us humans.

The heart dries.

The soul screams.

I know what I mean.



## 64. Know That I

Once upon a time, I was a different me.  
I used to have wings and I loved to fly freely.  
Now, I do my best to live peacefully.  
But a broken body makes it hard to be.

I remember when I stood on top of the mountain.  
Life was so great. Life was like an ocean.  
And I swam and I swam, but it was all a dream.  
And the dream disappeared. It vanished like steam.  
Now I'm drowning, drowning.  
But know that I'm trying, trying.  
Till the day I'm dying.  
When I look myself in the mirror, I feel:

I love you.  
I hate you.  
No, I love you.  
Know that I love you so.

I need you.  
I don't need you.  
No, I need you.  
Know that I need you so.



## 65. The Moon Whispers

The Moon whispers to us.  
He whispers about us.  
The question is whether we take time to listen.  
Whether we dare to listen.

Tonight the Moon whispers:  
'Many winds have blown.  
Many storms have stormed.  
None of them have lasted forever.

Many sparks have been ignited.  
Many fires have burned.  
None of them have lasted forever.

The same goes for everything within you.  
Thoughts. Feelings.  
Winds. Storms.  
Sparks. Fires.  
None of them will last forever.

Not even I, the Moon, will last forever.

Take comfort in this.  
May you sleep tonight.

Sincerely,

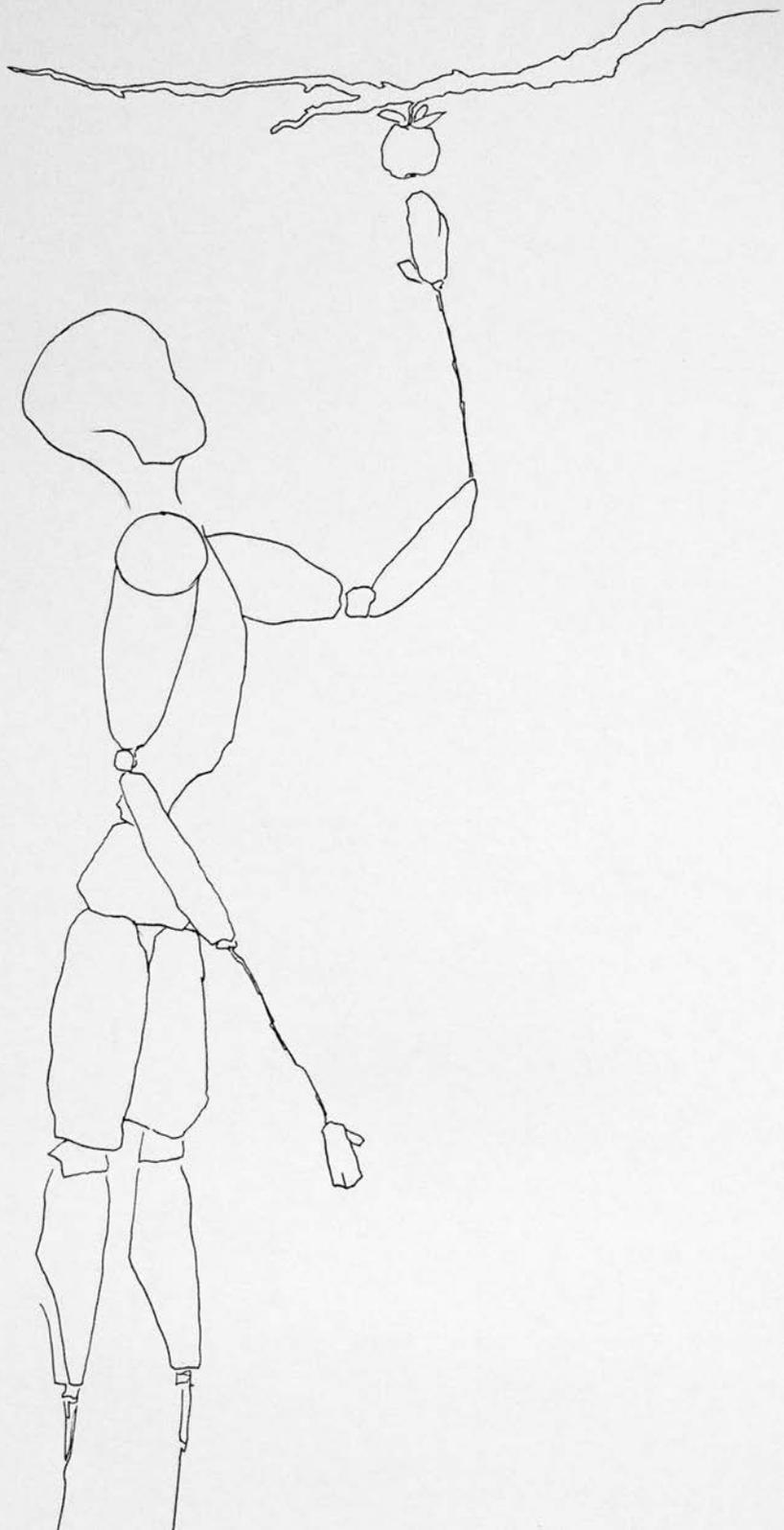
Mr Moon'



## 66. Humankind

Take me to a world where everyone gives.  
Until that day, I feel the shivers down my spine.  
Know that there's no yours or mine.  
All is one. One is all.  
Go on and feel the love. Feel free to fall.  
Let go of your mind and be your heart.  
Let today be a new start.

Once upon a time, when you were a child.  
You were free and you were wild.  
You had love inside.  
You were the Sun – you were the thousand skies.  
But somewhere along the way, we seem to lose our spark.  
Now we're travelling fast into the dark.  
Oh, humankind.  
You're running so fast and you're running blind.



## 67. The Drug

We cannot eat you.

You cannot give us love.

You do not make us truly happy.

Still, we need you.

The fact is that today we cannot live without you.

You rule our world.

You enslave us.

One heart at a time.

Deep down, we know that you are not real.

You are made up.

You are an illusion.

But we do not have time to think about that since we are busy working for you.

We try to convince ourselves that we do it for our own sake.

But the truth is that most of us are working for you.

You are like a pimp and we are all part of your stable.

Like a drug, we become addicted to you.

And such junkies we are.

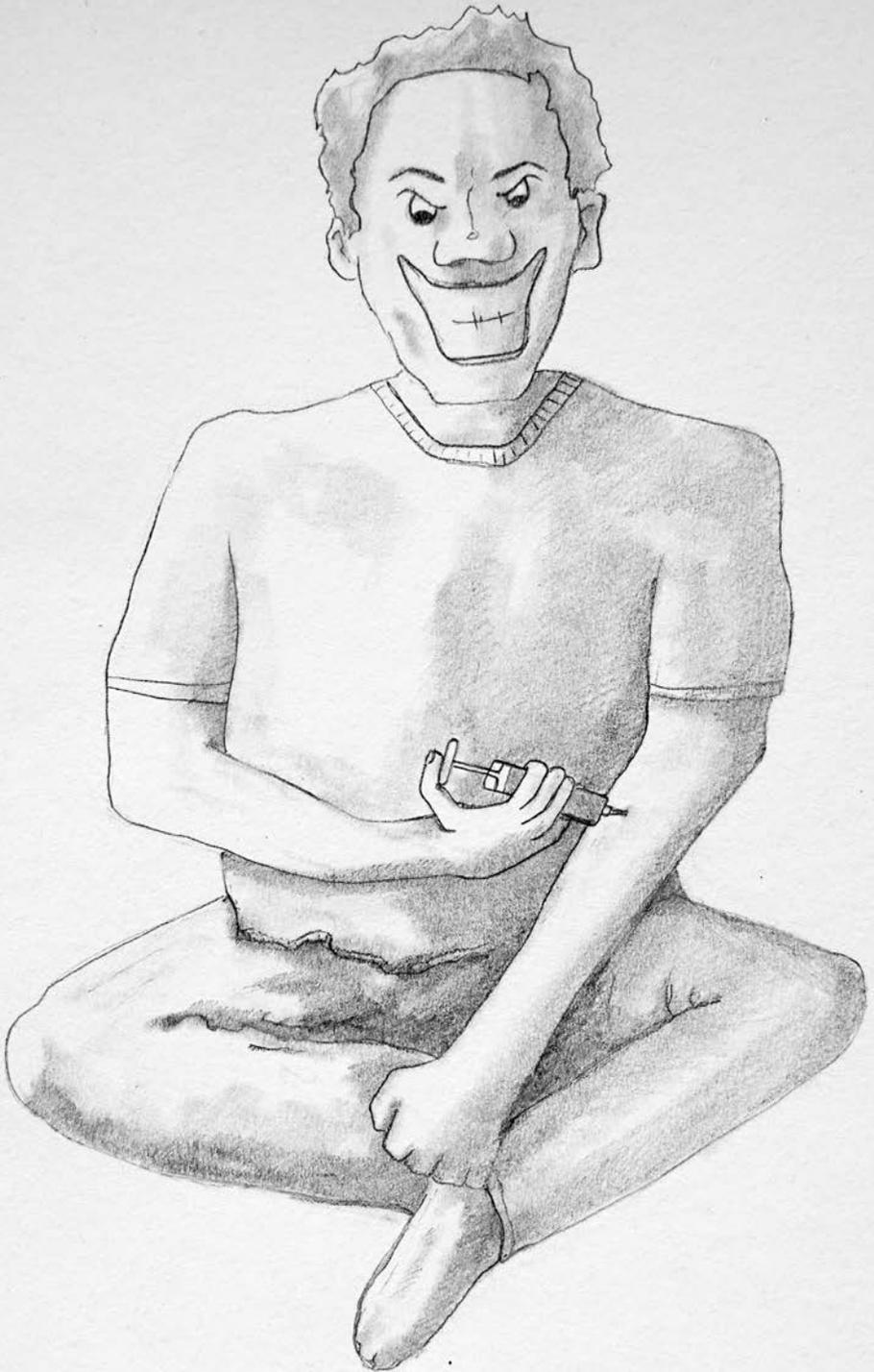
We cannot get enough.

You twist our minds.

Your invisible chains shackle us throughout our entire lives.

We are never free from you.

Oh, sweet money...



## 68. Open Hearts

Open hearts will always sing.  
And open minds grow like flowers.  
Those who love have sunshine within.  
And silence is music to our souls.

Who am I?  
What am I?  
Why am I?  
Darkness dances with light.

We seem to take one step forward and two steps back.  
Every time we close our eyes, fear attacks.  
Humanity, I've had it with you.

Let us gaze towards the horizon.  
Let us see through fear and violence.  
Let us be lovers under the Sun.

Yet one step forward and two steps back.  
Every time we close our eyes, thoughts attack.  
Society, I will never be you.  
Oh, all the things you do.

Remember that:  
Open hearts will always sing.  
And open minds grow like flowers.  
Those who love have sunshine within.  
And silence is music to our souls.

## **69. Angry Eyes Cannot See**

I am soaked in the rain. Feeling everyone's pain.  
The whip keeps on coming. Again and again.  
What's the meaning of us, if we don't respect trust?  
Can we ever be whole, when we neglect our souls?

We are stuck in a maze of shame and blame.  
When given the space, fear keeps playing its games.  
Will we once again love and dance ourselves free?  
Know this, my friend: Angry eyes cannot see.

## 70. To the Humans

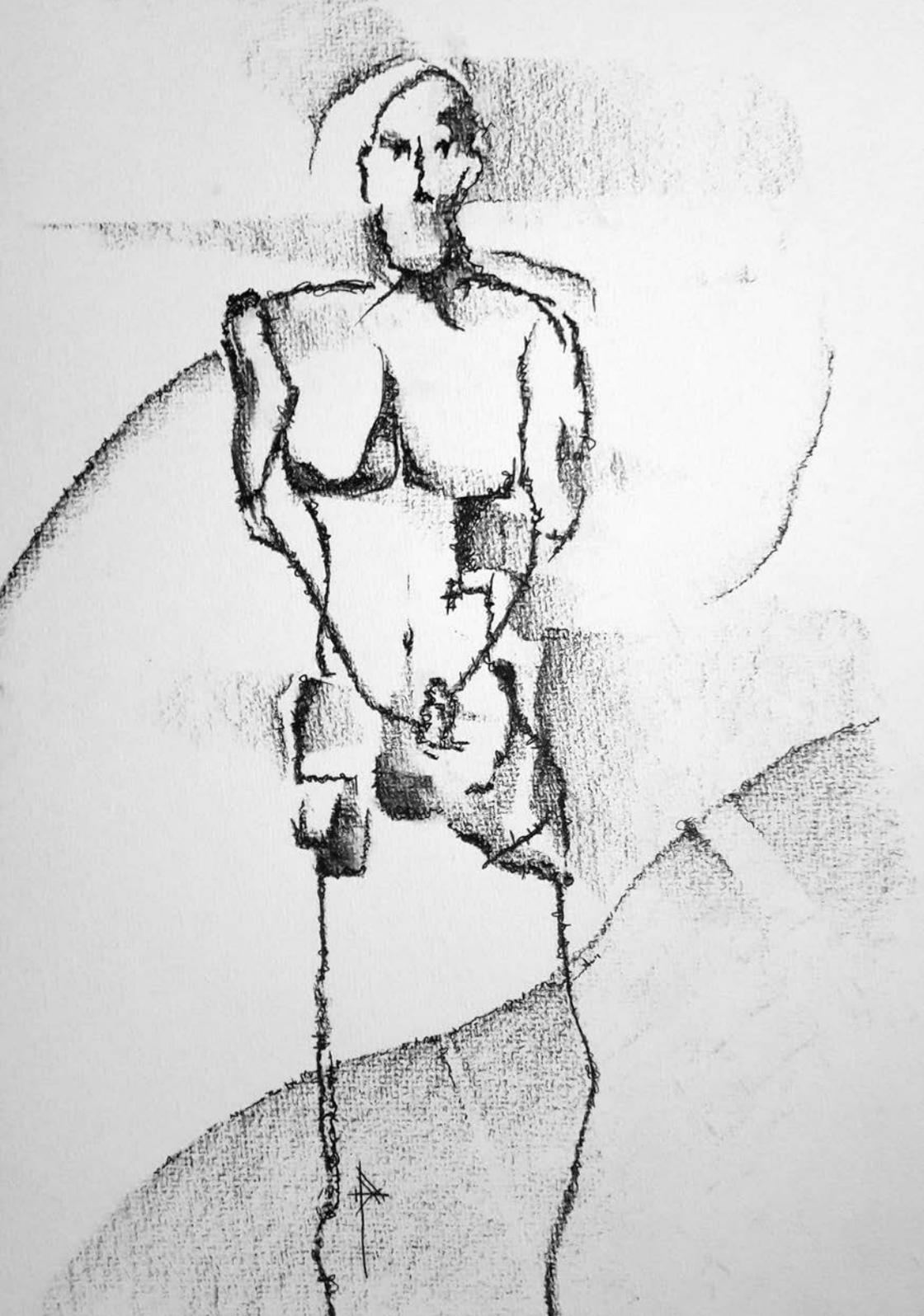
Sons of thunder. Daughters of rain.  
Your way of living drives you all insane.

Yet your wheels are spinning faster each day.  
Thinking minds will always lead you astray.

Take time to breathe. Take time to be.  
Take time for silence and you will find your destinies.

Know that you are born free. You are born whole.  
Dare to embody the wisdom of your souls.

The reality of tomorrow, you choose today.  
May your beating hearts lead the way.



## **71. Lies**

Lies. Everywhere lies!

We are drowning in them.

We are blinded by them.

Yet we are defending them.

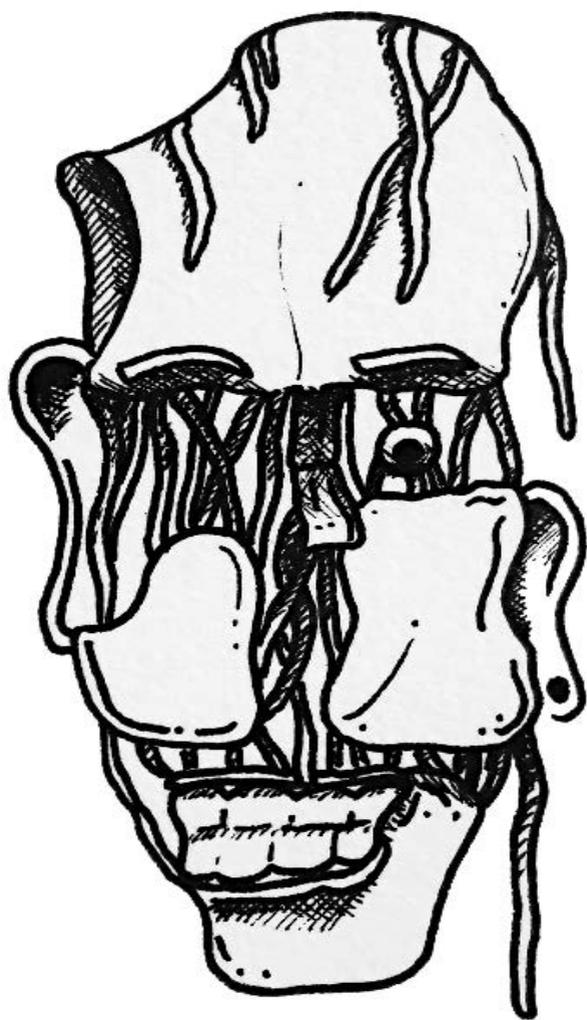
We are maintaining them.

We embody the lies.

We give them life.

We humans are the worst animals.

May this planet get rid of us all.



## **72. A World Without Humans**

A world without humans would be a more harmonious world.

More balanced.

More living.

More exuberant.

A world without humans would be a better world.

Those who say anything else are most likely humans.



### 73. It's Time to Let Go

Tell me, what is our purpose?  
When we're barely smiling on the surface.  
We call it life.  
Maybe once upon a time.

Why aren't we trying?  
We know this planet is dying.  
We call it life.  
Maybe once upon a time.

So we keep on denying.  
We keep on lying.  
We call it life.  
Maybe once upon a time.

It's time to let go.  
But we keep on holding on to the hot stone.  
I know that you know.  
I know that you know.

It's time to let go now.  
Yes, it's time to let go now.  
No, no, no!



## 74. Forever Searching

The words are echoing. The silence is speaking.  
In the beginning, you were naked. Born from light.  
When you grow up, you dress yourself in darkness.

Humans, why?  
Humans, why?

You are timeless energy.  
Forever searching for your meaning.



## 75. Always Born Free

We're running in circles.  
Maintaining this circus.  
Soul-bleeding living.  
We've forgotten about giving.  
No time for harmony.  
In the modern city.

So we're twisting and turning.  
And our hearts are burning.  
We're silently crying.  
We've forgotten about flying.  
No time for Eternity.  
In the modern city.

But as long as you live, your heart will beat like the first time.  
And a newborn child is always born free.  
And as long as you live, your lungs will breathe like the first time.  
And a newborn child is always born free.



## **76. The Writer of Your Story**

You are indeed the writer of your story.

Whether you choose to be or not.

Know that you are free to decide which roads that are yours to walk.

Let love be your guide with every step you take.

The roads of love will always lead you both forward and inward.

Explore and you will grow.

Grow and you will be happy.

Live and learn.

Every day.

## 77. One

Hello. This one is for you.  
Which role do you play in this show?  
Know that greed will always feed greed.  
And thinking minds will never be free.

It's true. I'm writing this for you.  
You're so beautiful. This I hope you already knew.  
Yes, fear will always be near.  
Just like love. Right now. Right here.

One love.  
One world.  
One heart.  
One mind.  
One soul.

All is one.  
One is all.  
One.

## **78. The Unborn**

Darkness. In all directions; darkness.  
You are bathing in the water of life.  
You are safe.  
You are home.

Life waiting for life.  
It's getting tight now.  
Almost ready.

The world is longing for you.

## 79. Naked Skin

Naked skin under blue sky.

No one kisses her like the Sun.

Birds are singing. Nature's own symphony.

Flowers. Everywhere flowers. In all the colours of the rainbow.

Clouds will come. Rain will fall.

But not now. It smells like summer.

Naked skin under blue sky.

## **80. At the Campfire**

The smoke from the campfire rose slowly and merged with the starlit summer night. Tonight, there was a new moon. A time for atonement and unification. A new beginning.

Under the blanket, she was waiting for him. Naked.

Free like the freest of wild roses.

She was his connection to this world.

She was the reason why he was still breathing.

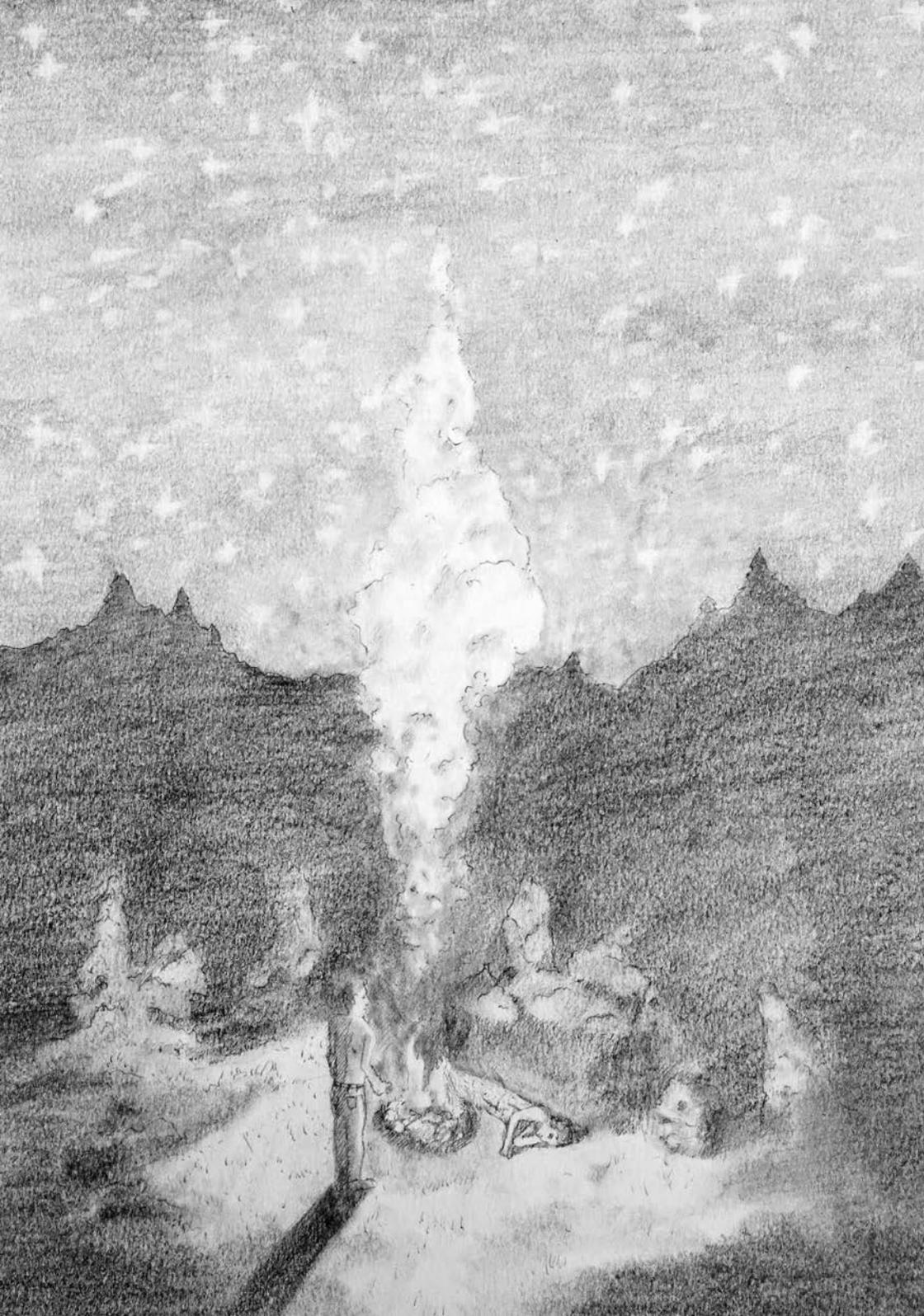
Their love went far back in time.

It was older than their human bodies.

They had both been waiting a long time for this night.

At the campfire, they would make love as if it were their first and last time.

An echo of love, reaching out towards Eternity.



## **81. Kiss Me**

You help me see.  
With you, I am free.  
You always know how to guide me home.  
I know that I am never alone.

I love how you take me for who I am.  
No matter what I do, you understand.  
You are and will always be free.  
I am so grateful that you love me.

Tell me about the things you see.  
Bring me down to my knees.  
I would be lost without you.  
Kiss me and I am born again.

## **82. The Real Deal**

Nothing beats the real deal.  
The taste of your lips.  
Your dancing fingertips on my hips.  
How you caress my skin.  
I'm falling from within.

### 83. Be There

Be there when I need a shoulder.  
Be there when we're getting older.  
When the sky is falling.  
When we are crawling.  
When Nature is screaming our names.  
Be there.

When the mountain cracks and falls down.  
When we get smashed to the ground and when we drown.

Be there when the Sun is rising.  
Be there to greet the new horizon.  
When the day is beginning.  
When our heads are spinning.  
When our dreams are fading away.  
Be there.

Life passes by so fast.  
Is anything really meant to last?

Be there when it's almost over.  
Be there when it's getting colder.  
When I'm done trying.  
When my body is dying.  
When we both burst into tears.  
Be there.  
Say that you'll be there.

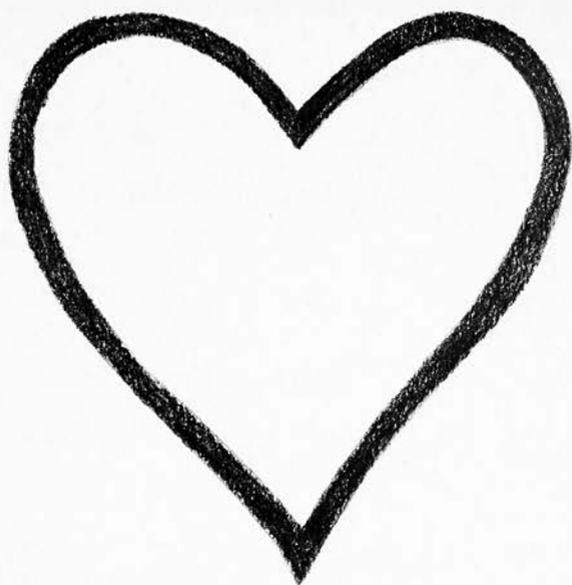
## 84. Wonderful

I know that there are no dangers,  
for I do believe  
that I have seen an angel.  
She's sitting here next to me.

Somewhere within the silence,  
we find who we really are.  
Let us gaze towards the horizon.  
Let us turn love into a living art.

When I look into your eyes, I see the thousand skies.  
You've got nothing to hide.  
You have walked your hard miles – and so have I.  
Now it's time for us to fly.

It is truly wonderful to be where you are.  
When we still our minds, we can hear our hearts.  
They are singing that love is what we are.



## 85. Patience

‘Beyond the clouds, the Sun is always shining. Patience.’

So many times I have reminded myself of those words.  
They have been with me for so long now. I consider them my friends.

The hours of the evening are the longest.  
The silence is so palpable that you can hear it.  
Thoughts are buzzing. The headache and the dizziness are slowly taking over.  
Music and poetry are blowing up like a wind within me.  
They want out.  
I cannot devote myself to it. I must rest.  
Completely.  
The more I try to focus on something else, the stronger the wind blows.  
It tears me apart.  
But I cannot devote myself to it. I must rest. Completely.  
I try to find peace and harmony in the storm. But it’s difficult.  
Almost impossible.

It would be so human of me to give up. To drown in the darkness of misery.  
For more than seven years, I have kept myself afloat.  
Every day is a choice between life and death.

It is when the fog is at its thickest, that my friends knock on the door.  
‘Beyond the clouds, the Sun is always shining. Patience.’

My friends are always welcome.

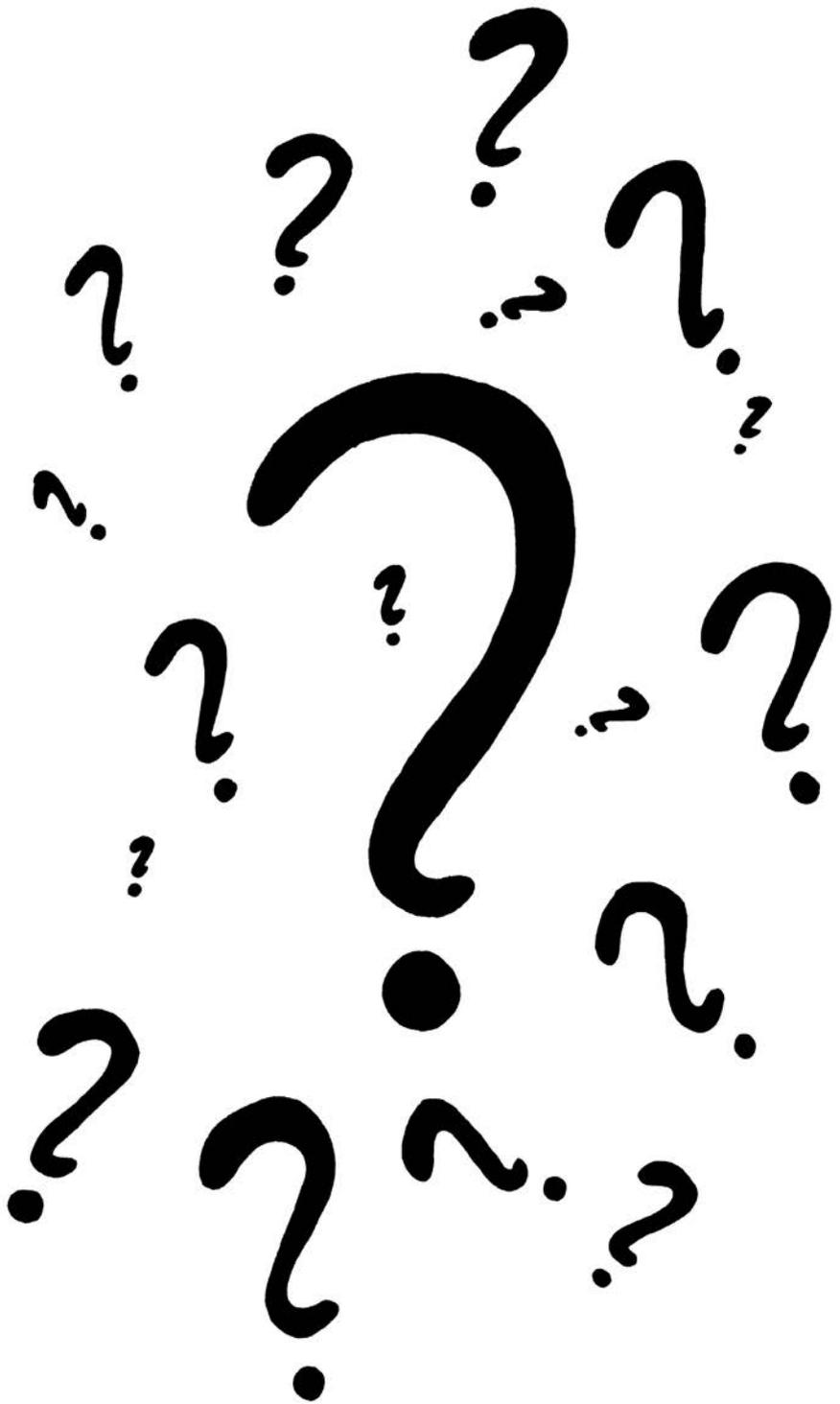


## **86. Children of the Sun**

We would not be if it were not for the Sun.  
We would not live if it were not for Nature.  
Why are we holding on to our guns  
and choosing leaders who are driven by fear and hatred?

We still have the future in our hands.  
We still have green grass under our feet.  
But the opportunity slips away like sand.  
Enslaving is our history.

So we chase after our gold.  
And we fall to pieces.  
Oh, all the freedom we have sold.  
This way of living can never please us.

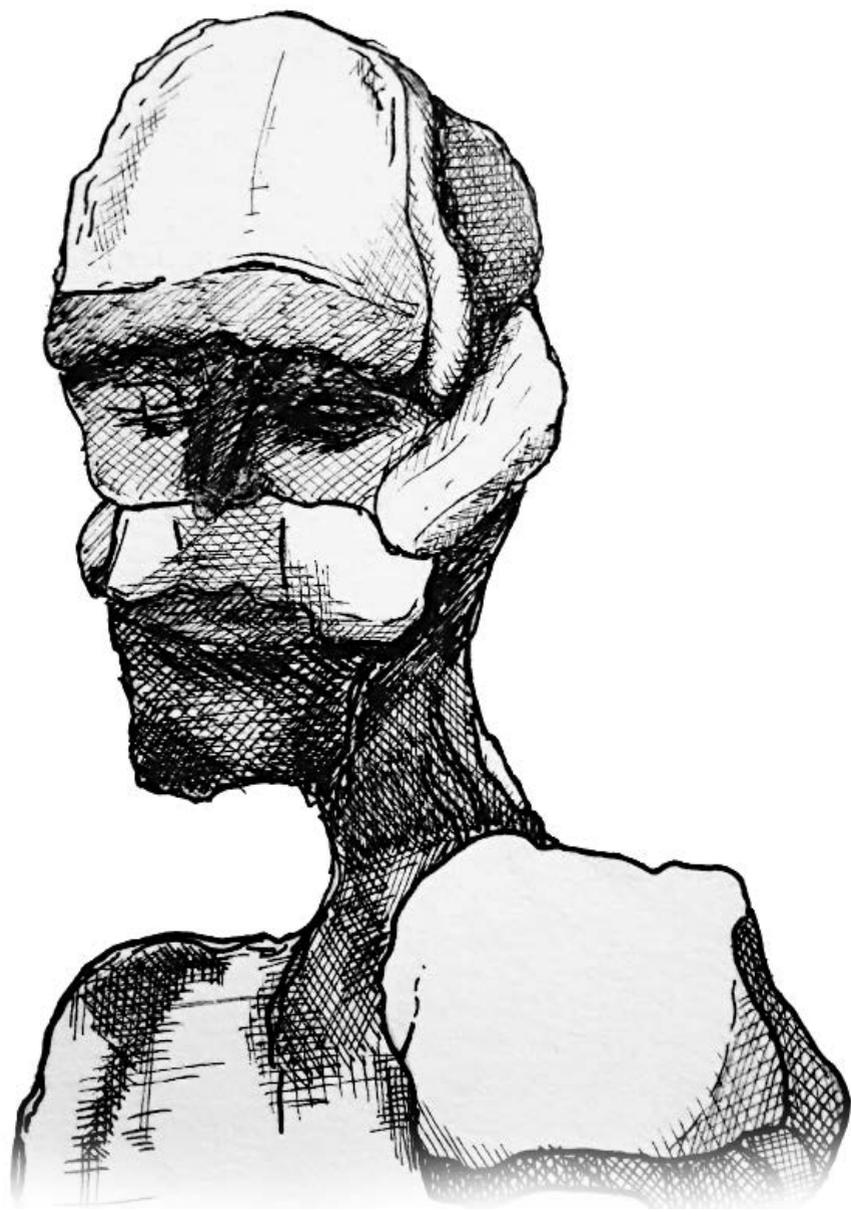


## **87. Searching for Life**

We keep on dancing on the edge of the knife.  
Blindfolded. Searching for life.

You cannot be free from fear if you are afraid of fear.  
You cannot live from your heart if you are drowning in your thoughts.  
Only by embracing the silence, can you hear your inner voice.  
Only without judging what's good or bad, can you have a choice.

We are searching for life.  
Always searching for life.



## 88. The Wind Is Blowing

The wind is blowing and the leaves of the trees are dancing like no human can dance.

And the Sun is shining on flowers that grow freer than we ever can. We believe that the grass is greener on the other side, but the grass is green on all sides.

As long as we see the bright side of life and as long as we keep the shadows behind us.

The bird is flying freely in a sky that is bluer than any human's eyes. And the Sun is always shining in our hearts, no matter what our thoughts are whispering.

We are taught that the grass is greener on the other side, but the grass is green on all sides.

As long as we see the bright side of life and as long as we keep the shadows behind us.

The wind is blowing. The wind is blowing.

Somehow it is always blowing.

And the Sun is still shining in my heart, no matter what my thoughts are whispering.



## **89. Sharp Edges**

My body is so fragile.  
Like a baby's head.  
In a world full of sharp edges.

## **90. I Don't Know God**

I try to feel the flow.  
But I'm feeling low.  
God only knows.  
But I don't know God.

Once upon time,  
I used to fly.  
Towards the Sun.  
Now this body of mine  
seems to have reached the end of the line.  
With so much left undone.

So, I try to feel the flow.  
But I'm still feeling low.  
So low.  
God only knows.  
But I don't know God.

I don't know God.

## 91. Forsaken

I am a wandering ghost.

I strive forward, but I don't know where.

I am lost.

I try to be open and mindful, but it seems to be in our nature to be something else.

The love and the light in my heart dance with the fear and the darkness in my mind.

I am just one of them.

I am one of the forsaken.

## 92. It Rains When You Cry

Beloved Mother, can you whisper in my ear?  
Say that you'll always be there. That there's nothing for me to fear.

Beloved Father, can you look me in the eyes?  
Tell me that I'm worthy. That I am the thousand skies.

Beloved Mother and Father, know that I try.

Beloved Mother, can you hold me for a while?  
Beloved Father, tell me, was I born only to die?

Beloved Mother and Father, I'm done waiting for my life.

'Now rest, our child.  
May you sleep tonight.  
Leave history behind.  
We cry for you tonight.'

Beloved Mother and Father, it rains when you cry.

### **93. The Soul Screams**

The soul screams. It wants out. It wants to return home.  
It wants to get a new chance, in a new body.  
I feel with it.  
My body is used up and I can no longer do what I'm here to do.  
This creates an inner conflict that is without solution.

So, the soul screams.  
Day and night.

We both mourn what has happened.

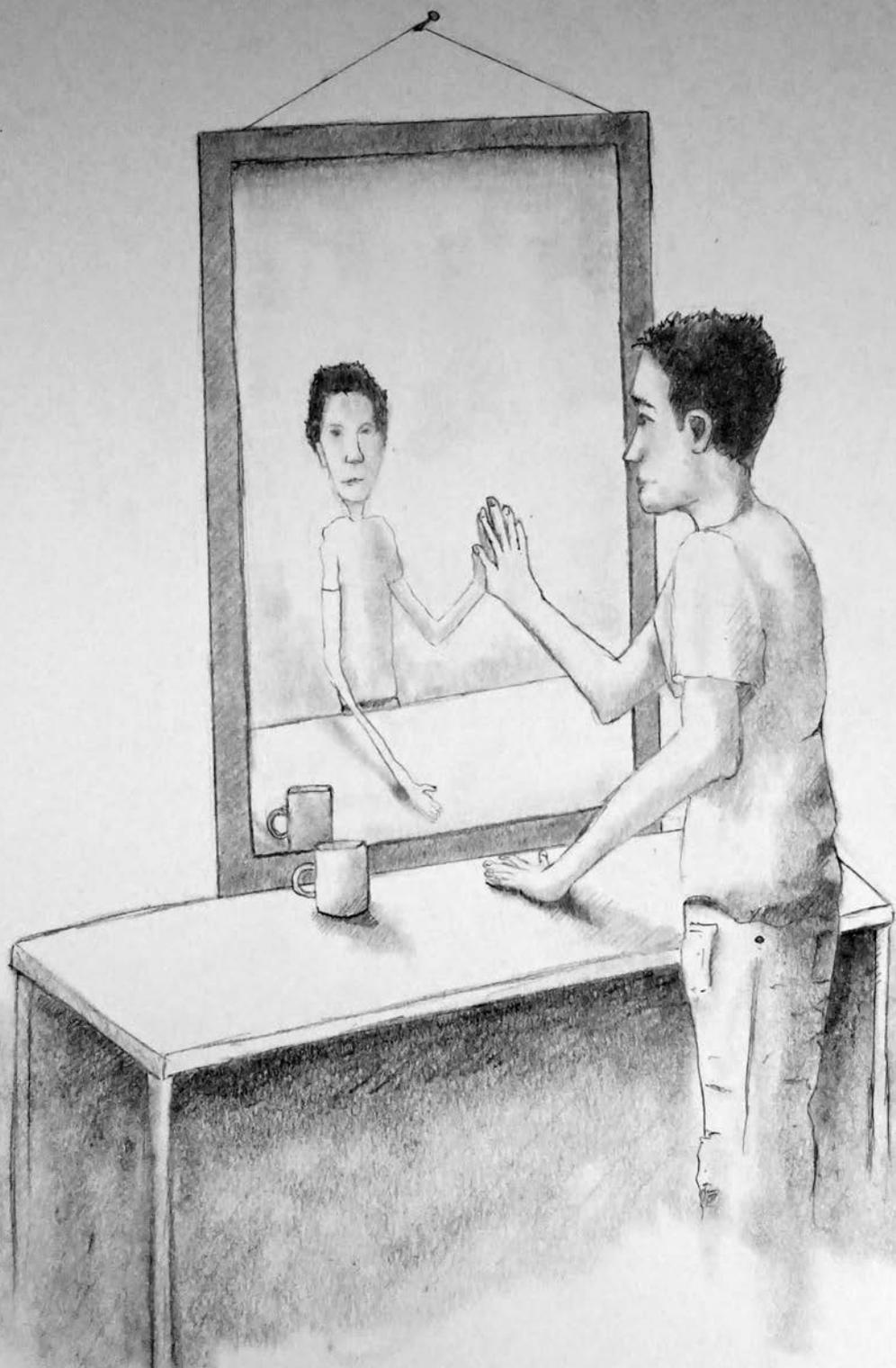
## 94. Heart of Gold

Hello! Yes, I'm talking to you.  
The fading man in the mirror.  
Tell me, how are you feeling today?  
Have you lived from your heart?  
Have you danced with your soul?  
Have you seen the stars tonight?  
Have you howled at the Moon?

Heart of gold, you have to hold on.  
But you have to let go of all the things that you should have done.

Hello! Listen to me for a while.  
I want you to break free and finally leave your history behind.  
Can you live from your heart?  
Can you dance with your soul?  
Can you see the stars tonight?  
Can you howl at the Moon?

Heart of gold, you have to hold on.  
But you have to let go of all the things that you should have done.



## 95. Singing Souls

Look me in the eyes and tell me that you love me.  
You are walking fire, but you know that I like the heat.  
You see through my disguise and you always let me be me.  
The taste of your lips will always be pure and sweet.

Now look me in the eyes and tell me that you've had it.  
That you are done hiding and that it's time for you to live.  
You are indeed an angel and you are here to fly freely.  
Listen to the birds. They already know; they sing:

Hearts of gold cannot be sold.  
Singing souls live forever.

Now look me in the eyes and tell me that you no longer need me.  
That you are ready to fly now and to finally use your wings.  
We have travelled so far and we have been falling bit by bit.  
We are here to create and we are here to give.

Hearts of gold cannot be sold.  
Singing souls live forever.

Now look me in the eyes and tell me that you love me.  
You are walking fire and I'm covered in gasoline.  
But you see through my disguise and you always let me be me.  
The taste of your lips will always be pure and sweet.

## 96. My Echo into the Night

Dark times ahead. Choose someone else instead.  
Too tired to feel. Living dead.

Time passes by. Under a cloudy sky.  
There's too much noise to hear Nature's cry.

I would not be if it weren't for you.  
How can we do the things we do?

Dark times ahead. I'm smiling but feeling sad.  
Too tired to give. Living dead.

Life rushes by. Nowhere left to hide.  
There's way too much noise to hear Nature's cry.

I would not live if it weren't for you.  
How can we do all the things we do?

This is my cry. My echo into the night.  
May the Moon's lullabies bring me sight.

## 97. Tender Love

I cannot carry you. I cannot let you go.  
The wind blows. Through my bones.  
Sing with me. Love with me.  
The rest. Just let it be.

You cannot save me. Nor undo this tragedy.  
The wind blows. Hold me close.  
Sing with me. Love with me.  
The rest. It's not our destiny.

I cannot carry on. Although life has just begun.  
The wind blows. Heart heavy like stone.  
I will fly home, my dove. To the stars above.  
You will always be my tender love.

## 98. Farewell

Farewell, my love. I cannot walk the road with you.  
Be brave and free. Your life is yours to live.  
Our love will shine forever.  
Through the words. Through the music.  
I'm always there by your side.

Farewell, my love. But not goodbye. I will be there with you.  
In every step. Your life is yours – so live.  
Our love will grow like a flower.  
Through the words. Through the music.  
I'm always there by your side.

Farewell, my love. We'll meet again one day.  
My heart is yours beyond time and space.  
Our love will live forever.  
Through the words. Through the music.  
I'm always there by your side.

## 99. The Road I've Walked

The road I've walked has led me here.  
The sum of my crossroads is the sum of my crossroads.  
In some strange way, this was unavoidable.

For more than seven years, I've been living the life of the cave.  
Unwillingly isolated from the outside world.  
Bursting with life but imprisoned in a broken body.

Life is, and will always be, the greatest of gifts.  
A gift we can choose to be grateful for.  
It's so easy to take everything for granted.  
It's so easy to close our eyes to life.

The day I die, I'll die with sorrow in my heart over the life that could  
have been.  
But I'll die with respect towards myself.  
I have done my very best.  
I truly have.  
As long as I live, I will create and live from my heart.  
That's my promise.

I am grateful that I in this life have experienced true love.

I am grateful that I in this life have experienced true friendship.

I am grateful that I have taken time for silence, inner searching and  
to see through some of my human illusions about who I am and why  
I am here on this beautiful earth.

I am grateful that I have tried my wings, even though I have had a habit of flying too close to the Sun.

I am grateful that I have discovered and explored the music within me, as well as the limitless work of creativity.

I am grateful for EVERYTHING that I have experienced in my life, laughter as well as tears, for it has made me into who I am today.

I am grateful that I have had the chance to live life.

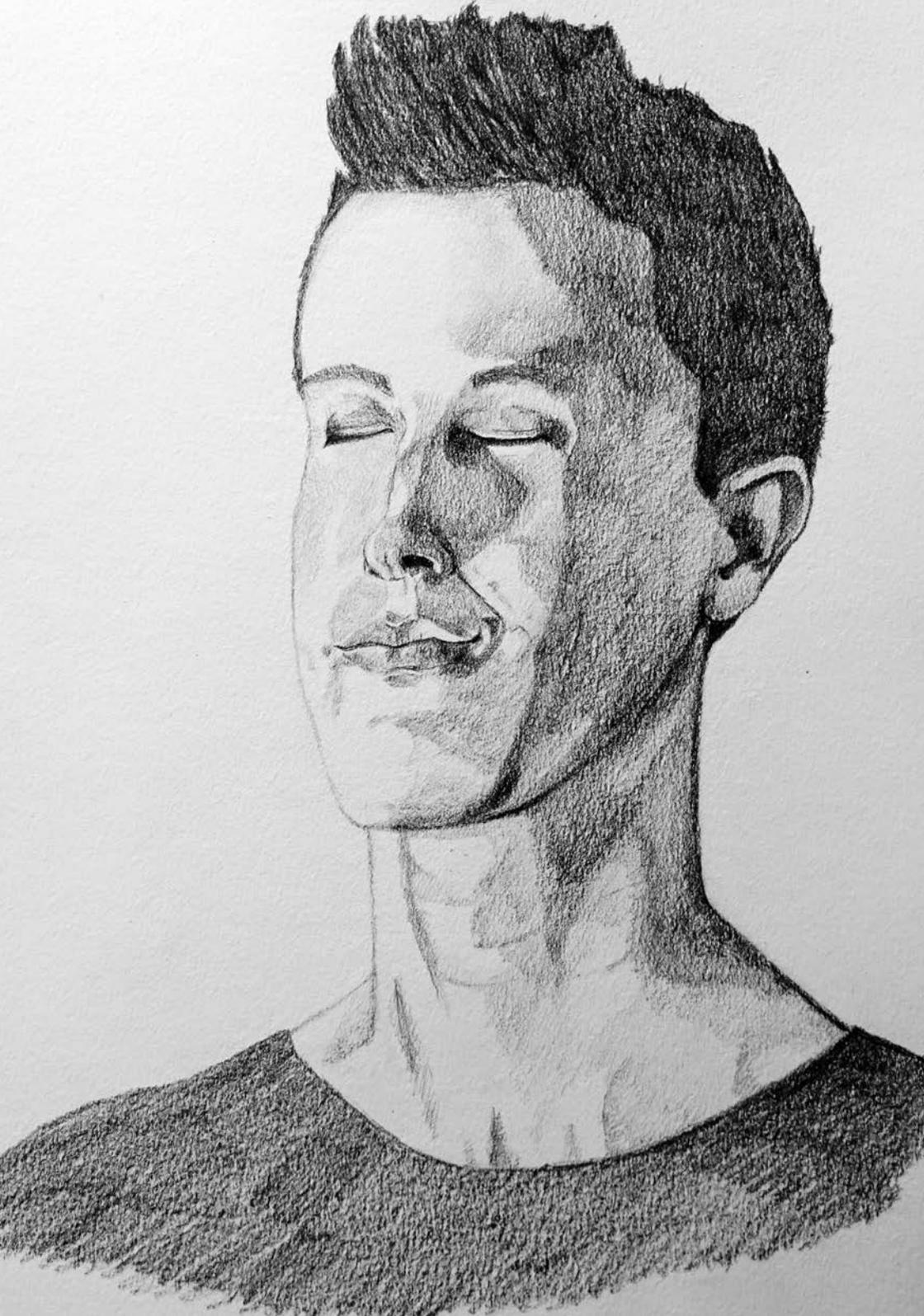
The road I've walked has led me here.

## 100. Now and Always

I stand here as if I were without clothes.  
Completely empty. Naked to the bone.  
Broken, yet whole.  
So lost, yet home.  
Life in a dying body.  
Despair mixed with hope.

Love me. Believe in me.  
Love yourself. Believe in yourself.  
We meet where the words end.  
We meet where the silence is alive.

Behind closed eyes, we are flourishing.  
I am there for you all the time.  
Somewhere between your thoughts.  
Now and always.



Thank you for reading this book!

If you have enjoyed the book and want to honour it in some way,  
feel free to make a donation and plant trees through:

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Together we can help the forests of the world flourish.

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Listen to his music at:

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Discover his poetry at:

**[www.soundcloud.com/richardgavette](https://www.soundcloud.com/richardgavette)**



Richard Gavette is a Swedish songwriter and author. Due to severe illness, he has been living isolated from the outside world since 2013.

Silence and rest are the laws of the cave.  
That's how it is. Every day.  
The music and the words.  
They're flying freely like birds.

The symphony of silence bounces against the walls of the cave.  
He is never alone.



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