

From My Heart



Richard Gavette

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Illustration, front cover: Arngrim Larsen

Photo, back cover: Emelie Harming

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Publisher: Richard Gavette

Produced by Vulkan.se, printed in Riga

ISBN 978-91-89462-75-5

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Preface

This book was written as a gift of love to a person who means the world to me. A person who has been there for me through both joy and sorrow.

I believe it is love that gives us life. When we embrace love, we grow and flourish like sunflowers under a blue sky. When we neglect love, we slowly wither and die.

This book is a humble, poetic attempt to describe the adventure of love that I have had the privilege to experience.

I wish you a pleasant reading!

With love,
Richard Gavette

*To you, my love.
Thank you for being you.*

1. The Mirror Shows

Before we met, I was someone else.
I was stressed out, yet alive.
I was chasing goals and feeding ambition.
I kept dancing on the edge of the knife.

But when I gazed into your eyes,
it was like a mirror to my world.
I asked myself questions that gave me answers
and I started listening to the birds.

I can shine now. This I know.
Just like the Sun that kisses my skin.
We always become whole from within.
This the mirror shows.

2. There's Only You

You are the one that my heart has been waiting for.

You are the one that I call my everything.

The stars are shining just like you.

I'm so happy to be by your side.

All the time, I'm thinking of you.

I want to give all my love to you.

I want to be in your arms all the time.

I can't stop thinking of you.

There's only you.

3. I'm in Love with You

I love how your eyelids kind of flutter when we kiss each other.

I have never told you this, but sometimes I sneak a peek.

I think it is cute.

I think you are cute.

I'm in love with you.

4. An Endless Ocean of Opportunities

There have been other girls in my life before I met you.
Flirts, romances and occasional relationships.

But I understood early in our relationship that what you and I have
between us is something else.

There is a depth that I have never experienced before.
I keep on discovering new dimensions of our love.

Our love is like an endless ocean of opportunities.
An ocean that I want to explore and swim freely in.
I cannot get enough.

It feels as if I'm in love for the very first time.
It bubbles in my entire body.
I know that you feel the same way.
How do I know that it's so?
Because your eyes tell me.

5. The Most Beautiful of Riddles

You stand before me like a goddess.
You are broken perfection in human shape.
Your beauty is greater than human words.

You have let down your long, beautiful hair and you look me in the eyes.
In your eyes, I see fire.
There is a dragon living inside of you.

You are a master of seeing the dark in the bright, but you are also a
master of seeing the bright in the dark.
I know that I will never understand you completely.
You are too complex.
You are a riddle.
You are the most beautiful of riddles.

6. My Angel of Music

Sing for me, my angel of music.
Sing from the bottom of your heart.

We are not here to be quiet.
We are here to spread our light.
We are not here to sit around hiding.
We are here to try to make things right.

Our human world sure is a crazy show.
Our wheels just keep on spinning and spinning.
This world needs more beauty – that's all I know.
So let's stop hiding and let's start singing.

Sing for me, my angel of music.
Sing like only you can sing.

7. Animals

I say:

‘We are nothing but animals.
You are so beautiful
that it’s almost criminal,
but above all it’s wonderful.’

We smile for a while.
We’ve got nothing to hide.
Let’s stay inside
and enjoy the ride.

I have given it my all tonight and I can feel that the temperature is rising.
So when you let your hair down and take off your dress, it is not surprising.
When I see your naked beauty, I’m reminded that I want it all.
I’m an animal.
We are animals.

8. Only for You

I love how you fill the room with your light.

I love how our love vibrates both day and night.

I love how you laugh and smile.

I love how we're flying high.

When you hold my hand, my soul sings.

All I know is that love will always win.

I love you for who you are and not for what you do.

I want you to know that my heart beats only for you.

9. I Miss You (Part 1)

We seem to be bound to the ground.
I feel the pounding beats of your heart.
Our love thrives without a sound.
Let us never drift apart.

We will always be the ones who try.
Every day until the day we die.
There's no need for us to hide. This we know.
We can make love both fast and slow.
We can be each other's dopamine when we are low.
We can grow and feel the flow. It is so:
When I'm not with you, I miss you.

10. Like the Angel You Are

We sit opposite each other with our eyes closed.
We are meditating.

It is a privilege to experience and feel your light up-close.
To be in the present moment with you.

I'm gazing inward.
You're floating upward.
In that way, we are very different from each other, but I admire you
for that.

I wish to stand with steady feet on the ground.
You are flying freely among the stars.

You are flying like the angel you are.

11. Everything Changed

Everything changed the day I hit my head
and I turned into a living dead –
slowly fading away in my bed
trying to accept that my freedom had fled.

In the traumatic period that followed
our flower of love almost died –
by fear we were both swallowed
and we quarrelled and we cried.

My body was broken and I was travelling
fast into the darkest of nights,
but we kept on fighting and quarrelling,
for we had both truly lost our sight.

My body, as well as our relationship's dynamic,
would never again be the same,
and we almost drowned in sorrow, frustration and panic
and we nearly choked from guilt and pain.

But thankfully we found our way out of the darkness
guided by the love in our hearts,
and we decided to try to embrace forgiveness
and to once again turn love into a living art.

Today, my bodily limitations are still the same
and from time to time, fear still knocks on our door,
but it seems as if time somehow has eased our pain
and our meaningless quarrels and wars are no more.

12. Naked to the Bone

Here I am again.
Far away from home.
Here I stand again.
With a heart as heavy as stone.

Here I am again.
All alone.
Here I stand again.
Naked to the bone.

Heart beats. Life is sweet.
Mind slips. The wind whips.
Burnt skin. Whole within.
Love wins. Yet my head spins.
Thoughts and feelings, everywhere.
It is true, I swear.

I take one step forward
and two steps back.
Every time I close my eyes,
fear attacks.
Thoughts and feelings, always there.
I'm crying out in despair.

Love me. Kiss me.
Heal me. Free me.
Love me. Kiss me.
Heal me. Free me.

Thoughts and feelings, running wild.
There's nowhere left to hide.

So love me. Kiss me.
Heal me. Free me.
Love me. Kiss me.
Heal me. Free me.
Thoughts and feelings, night and day.
Leading me astray.

Here I am again.
Far away from home.
Here I stand again.
With a heart as heavy as stone.

Here I am again.
All alone.
Here I stand again.
Naked to the bone.

13. A Fading Shadow

Whisper to me now, for I'm drowning here.
Calm my senses and help me see through fear.
Like inner demons, the thoughts are dancing.
I must do my best and keep on cleansing.

Hold me in your arms, for I'm falling apart.
Love me through the darkness and reignite my heart.
I'm a fading shadow of someone I used to be.
Can this really be my destiny?

14. Elixir of Life

I have been hurt before and so have you, my love.
But know that my wounds are not deeper than my love for you.
I sit here with an empty bottle of kombucha.
It is empty now. Just like me.
Before, it was full. Oh, elixir of life.

Time is something bigger than me, I know,
but it seems to move so fast and that makes me feel low.
It is so.
All I know is that time is something we borrow.

15. I Am Never Alone

Whenever I find myself lost in my ocean
and when I'm sinking and drowning in human illusions,
you are there by my side to guide me home.
Wherever I am, I am never alone.

Whenever I find myself lost in confusion
and when I've run out of hope as well as solutions,
you are there by my side to guide me home.
Wherever I am, I am never alone.

I know that you'd walk through both rain and fire
only to show me your endless desire.
I know that you'd walk through both heaven and hell.
Will I fly once again?
Only time will tell.

Whenever I find myself lost in my emotions
and when I've forgotten about my inner devotion,
you are there by my side to guide me home.
Wherever I am, I am never alone.

I know that you'd walk through both rain and fire
forever driven by your endless desire.
I know that you'd walk through both heaven and hell.
Will I fly once again?
Only time will tell.

16. We Love Each Other

My sorrow will always be your sorrow.
Your sorrow will always be my sorrow.
That's how it is for those who love each other.
And we love each other.
All the way to the Moon and back.

17. Hand in Hand

Hand in hand.

Let us walk the road together.

Till the end.

The road of love. The road of light.

Hand in hand.

Through both snow and stormy weather.

Till the end.

The road of love. The road of light.

Hand in hand.

Let us be and grow like flowers.

Till the end.

The road of love. The road of light.

Hand in hand.

Through the tears and the long hours.

Till the end.

The road of love. The road of light.

That's life.

18. Your Heavenly Songs

Kiss me, kiss me all over again
and light up my world like only you can –
let us clear the fog of our thinking minds
and once and for all leave history behind.

Sing, sing like the angel you are
and still the hunger in my heart,
for my heart has been waiting for so long
to be swept away by your heavenly songs.

19. Little Bird

Hold my hand tonight.

Let us sail away. Just you and I.

There's no need for us to hide.

The world is at our feet and life is oh so sweet.

So fly, little bird, fly!

Freely in a sky that is blue somewhere beyond the clouds.

All we have is time.

Keep on reaching for the sky.

There's no question why.

When I gaze into your eyes,

I see the thousand skies and the sparkling stars inside.

You are indeed your soul.

Born to be free. Born to be whole.

So fly, little bird, fly!

Freely in a sky that is blue somewhere beyond the clouds.

All we have is time.

Keep on reaching for the sky.

There's no question why.

20. In Your Arms, I Am Whole

When you hold me close.
God only knows.
The feeling in my heart.
I am falling.

And when I kiss your lips.
And feel your dancing fingertips.
On my hips.
Then I'm falling.

You rock my world –
this I promise you, baby.
In your arms, I am whole.
Yeah, you rock my world –
there's no maybe.
In your arms, I will always be whole.

21. Straight from My Heart

You shine like the Sun in the sky.
Your naked beauty makes me cry.
You are so authentic and wise.
You are a goddess sent from the thousand skies.

Know that these words come straight from my heart.
Straight from my heart.

You have a heart of solid gold.
You have so many stories yet untold.
Your freedom can never be sold.
It is your hand that I want to hold.

Know that these words come straight from my heart.
Straight from my heart.

22. May It Be Our Destiny

You know that I've always tried
to use my wings and fly.

I never thought that I would sit here and cry
and be drowning in the question: Why?

Life can sure hit you hard sometimes.
Before, I used to shine.
Now, I'm broken and slowly fading away.

You used to look yourself in the eyes
and always keep your head up high.
You didn't use to be this shy
and you never used to hide.

You've been loved right from the start,
but you got burned – they broke your heart.
You locked the door and threw away the key.

We are both caught somewhere between our lives
and we're dancing on the edge of our knives.
Tragedies and sorrows have made us blind
and peace and happiness have left us behind.

We have both crashed to the ground.
We have lost and we have found.
Now it's time for us to fly once again.

You and I are both too young
to be swallowed by this world.
We have both grown tired of today's society,
for it can never set us free.

Yes, you and I are both too young
to be swallowed by this world.
All we want is to love our way to Eternity.
May it be our destiny.

23. We Are Climbing up Our Walls

We are climbing up our walls.

It hurts when we fall.

We cry when we fall.

And we keep on falling down.

You say that it's okay.

That it's part of our way.

24. The Perfect Day to Start

My love, there is nothing we need to sacrifice
to walk the path to our sacred paradise –
all we have to do is open up our hearts
and today is always the perfect day to start.

25. The Mirror of Your Eyes

Sometimes we trip and fall.
Sometimes we're feeling small.
The mirror of your eyes says it all.

All we have is trust.
All we have is trust.
The mirror of your eyes says it all.

May we love and shine.
Our souls are intertwined.
The mirror of your eyes says it all.

All we have is trust.
All we'll ever have is trust.
The mirror of your eyes says it all.

26. Take Me to Your Heart

Take me to your heart now.

Take me to your heart now, my love.

I will hold you in my arms
and I will whisper all the words you need to hear,
but I won't lie to you.

I promise you this: I will speak from my heart.

I want to tell you that you're beautiful
and that you've always been that way.
Right from the start.

And I will gaze into your eyes
and I will see the eternal light inside,
and I will never lie to you, I swear.

The words I'm going to say come straight from my heart.
I want to tell you that you're meaningful
and that you've always been that way.
Right from the start.

Take me to your heart now.

Take me to your heart now, my love.

27. I'm Always by Your Side

Hand in hand through so many lifetimes.
Through so many dances.
Through so many songs.

And it all began from nothing –
only to become something bigger than us.

Oh, may you shine.
Like the sun you have inside.
I'm always by your side.
Somewhere among the stars.
All the time.

28. Snippis

Destiny seems to want to keep us apart,
but I know that we live in each other's hearts,
and our love is greater than time and space,
but how I'm longing to see the smile on your face.

29. Sexy Mama

By the look of your beauty, you'll be a sexy mama.

But I can see that in your eyes, there also lives a lot of drama.

You come a bit closer and you nibble my ear.

You take off my shirt and you kiss me here, there and everywhere.

You and I

will reach the sky –

tonight.

30. Oh, Yoni

Oh, Yoni. Sacred goddess of love.
You're sent from heaven above.
When I'm with you, I fly freely like a dove.
Your existence makes me whole.
Oh, the way you caress my soul.
When you're near, I never feel cold.

Oh, Yoni. Mother of joyful tears.
You love away my fears.
You're wise like a flower and you're forever sincere.
You illuminate my heart.
You are my guiding star.
All I know is that we will never drift apart.

Oh, Yoni.

31. September Rain

Every little step we take.
Every little choice we make.
Let us dance again.
Down falls the September rain.

Hold me tight.
I need you tonight.
Let us love again.
Down falls the September rain.

The butterflies are always flying
and the Sun will rise, so let's keep on trying.
Yes, the wind is blowing and fear is dancing,
but love is always flowing, so let's keep on cleansing.

Hearts of gold and singing souls
cannot be sold and will always be whole.
Let us be who we want to be –
we are always free to choose our destiny.

Every little step we take.
Every little choice we make.
Let us sing again.
Down falls the September rain.

Hold me tight.
I want you tonight.
Let us love again.
Down falls the September rain.

32. Just You and I

Let us rest here for a while.
Just you and I.
Free from all the pain
that's been driving us insane.

May the silence bring us sight
in this endless night.
The wind blows cold like ice
and the Moon sings lullabies.

We're caught somewhere between our lives
and we're too tired to rise.
Months and years pass us by
and our souls cry.

Fading memories
of a life that used to be.
We're waiting for the wind to turn,
but we seem to be left here to burn.

But our love is shining still
and I know that it always will.
No matter what fear might say
when trying to lead us astray.

So let us rest here for a while.
Just you and I.
Free from all the pain
that's been driving us insane.

33. Home

Like a sun in a cloudy sky,
I shall light up, I shall light up your world,
and like a guide through the darkest of nights,
I shall lead you, I shall lead you home.

Back home.

Back home.

Home.

Like a wind of love, I shall clear the fog
that's been making it hard for you to see,
and like an angel, you shall once again fly,
for you are forever free.

Always free.

Always free.

Free.

Like an enduring flower in a desert,
our love shall grow stronger and stronger,
and like a tear just as salty as the seven seas,
I shall fall, I shall fall for you.

Again.

Again.

And again.

Yes, like a sun in a cloudy sky,
I shall light up, I shall light up your world,
and like a guide through the darkest of nights,
I shall lead you, I shall lead you home.

Back home.

Back home.

Home.

34. Our Flower of Love

Our love will always be a beautiful flower
and it was born to be forever free –
we sure have tasted both sweet and sour,
but now it's time to embrace harmony.

35. Born to Fly

You call me yours. I call you mine.
Like the stars in the sky, we shine.
Eternal light. Both day and night.
Our hearts will always align.

How I wish that you were here right now
to look me in the eyes.

Let us fly high tonight.
Let us reach for the sky.
You and I were born to fly.
There's no question why.

My heart rests safely in your hands.
From the beginning to the end.
Let us make love into a living art.
Let us be who we really are.

How I wish that you were here right now
to hold me in your arms.

Let us fly away tonight.
Just you and I.
Let us leave the past behind.
There's no question why.

So let us spread our wings and fly.
Let us reach for the sky.
You and I were born to fly.
There's no question why.

36. Thank You for Being You

Love is a gift. Love is a treasure.
A miracle beyond words and measure.
Yesterday, today and tomorrow.
Through the laughter and through the sorrow.

Let us breathe. Our time is here and now.
May we set ourselves free. As long as we love, we'll find home again
somehow.
With you, the sky is blue. I love you no matter what you do.
May love carry us through. Thank you for being you.

When I touch your skin, I'm almost crying.
You make me whole within. The butterflies are flying.
Yesterday, today and tomorrow.
Through the laughter and through the sorrow.

Let us just be. Our time is here and now.
May we set ourselves free. As long as we love, we'll be whole again
somehow.
With you, the sky is blue. I love you no matter what you do.
May love carry us through. Thank you for being you.

37. Romance

It's a wonderful night for romance.
Are you ready to take a chance?
Whether I'm ready or not, I won't tell you to stop.
Tell me, would you care to dance?

Tell me, when you look me straight in the eyes,
can you see through my disguise?
Somewhere beyond our lies, we are the thousand skies
and the Moon is singing lullabies.

It's a wonderful night for romance.
Are you ready to take a chance on me?
Whether I'm ready or not, I won't tell you to stop.
Tell me, would you care to dance?

38. All the Stories Yet Untold

Tell me, do you still believe in miracles?
Do you take time to see the magical sides of life?
And what do you see when you close your eyes?
When there is nowhere left to hide?

Tell me, my love: Who are you now?
Somewhere beyond all the clouds.
You will always be a mystery.
You are an echo from Eternity.

It's time to fly high, high, up towards the sky.
It's time to leave history behind.
May we go for the dreams that take us home.
May we sing for all the stories yet untold.

It's time to fly high, high, there's no question why.
It's time to leave history behind.
May we go for the dreams that make us whole.
And may we sing for all the stories yet untold.

39. Our Love

Our love works through you.
Our love works through me.
It helps and carries us through
both joy and misery.

Its essence makes me cry.
Its essence makes me whole.
There's no question why.
Oh, how it caresses my soul.

40. You Are Never Alone

Whenever you find yourself lost in your ocean
and when you're sinking and drowning in human illusions,
I am there by your side to guide you home.
Wherever you are, you are never alone.

Whenever you find yourself lost in confusion
and when you've run out of hope as well as solutions,
I am there by your side to guide you home.
Wherever you are, you are never alone.

You know that I'd walk through both rain and fire
only to show you my endless desire.
You know that I'd walk through both heaven and hell.
Will you smile once again?
Only time will tell.

Whenever you find yourself lost in your emotions
and when you've forgotten about your inner devotion,
I am there by your side to guide you home.
Wherever you are, you are never alone.

You know that I'd walk through both rain and fire
forever driven by my endless desire.
You know that I'd walk through both heaven and hell.
Will you smile once again?
Only time will tell.

41. Fly, My Angel

Fly, my angel.

Fly home.

Look me in the eyes and tell me who you are now.

You say that you don't know.

Why don't you know?

We are not here to hide

and we are not here to fight.

So let us take one step at a time

guided by the light.

I've told you so many times how lovely you are.

You're so beautiful and I don't care about your old scars.

So stop this show, before it's too late.

Now stop this show.

It's time to let go.

Fly, my angel.

Fly home.

42. I Miss You (Part 2)

What goes up must come down.
And we were smashed to the ground.
I guess that we drowned in our past.
And we who believed joy would last.

We never used to fight.
We used to stay up and dance naked all night.
Our future was so bright, but it was then.
We used to make love both fast and slow.
We used to be each other's dopamine when we were low.
We used to grow and feel the flow. It was so.
Now we're fading away and I miss you.

43. I'm Feeling Sad Now

I'm sorry for the things that I did not say.
I should have treated you so much better than that way.
We keep on dancing with our fears and we're drowning in our tears.
I'm feeling sad now.

Somewhere beyond our sorrow, we will always be whole.
We are indeed the thousand skies, full of purpose and soul.
But it's hard to be sincere when we're blinded by our tears.
I'm feeling sad now.

Do you remember when we met? Oh, the fire inside.
We were free from all regret and we left history behind.
Now we're holding on to blame – covered up in shame.
I'm feeling sad now.

You know that I would walk through fire
and I would walk through rain.
But my heart is getting tired.
This situation drives us both insane.

And I'm sorry for the things that I did say.
I really should have treated you better than that way.
We have truly lost our sight and we're running blind into the night.
I'm feeling sad now.

It didn't use to be like this. We didn't use to fight.
Do you remember our first kiss? Oh, the bliss that night.
Lovers underneath the stars. Now drifting apart.
I'm feeling sad now.

But know that I was yours right from the start.
Love was our way. Open minds and hearts.
We still have the future in our hands, but it slips away like sand.
I'm feeling sad now.

You know that I would walk through fire
and I would walk through rain.
But my heart is getting tired.
This situation drives us both insane.

So here I am with my desire.
I love you, but I don't love the pain.
No, my heart is getting really tired.
This situation drives us both insane.

44. Let Us Embrace Love

Let us wipe away our tears
and once again dance, my dear.
There's no need to complicate.
Our future cannot wait.

We are still lovers under the Sun
and our lives have just begun.
Let us close our eyes and breathe.
Let us think, speak, act and be.

Let us embrace love.

45. As Long as We Love

When I see myself in the mirror of your eyes,
I am without defence as well as disguise –
completely naked and completely free
to be whoever I want to be.

We sure have had our share of sorrow and guilt
and spent way too much time in the prison we've built,
but we will always be free as long as we love
just like the angels in heaven above.

46. Lovely Love

Can you hold my hand?
Be there till the end.
When you look me in the eyes,
can you see the thousand skies?

The taste of your lips.
Your dancing fingertips.
On my hips.
The wind whips my skin.

Echoes into the night.
Darkness dances with light.
May the silence bring me sight.
There's no need for me to fight it.

My heart is in your hands.
From the beginning to the end.
All we have is time.
Have you seen the stars tonight?
Oh, they shine.

I love the taste of your lips.
I love your dancing fingertips.
On my hips.
Hold me, for the wind whips my skin.

Echoes into the night.
Darkness dances with light.
May the silence bring me sight.
I know that there's no need for me to fight it.
I love you.
How I love you.

47. **Everything Is Going to Be All Right**

We are broken, but our love is whole.
I am yours with my heart and soul.
Let us shine like the stars tonight.
Everything is going to be all right.

Hand in hand. Till the end.
In your eyes, I see the thousand skies.
I love you beyond time and space.
Nothing compares to the smile on your face.

So let us dance. Let us take the chance.
Let us live. Let us give.
I am always there by your side.
No matter what you do. Both day and night.

Yes, we are broken, but our love is whole.
I am yours with my heart and soul.
Let us shine like the stars tonight.
Everything is going to be all right.

48. All I Need Is You

Our love will never die
no matter how much fear tries.
As long as we're guided by our souls,
we will somehow heal and become whole.

We will always be the ones who try.
Every day until the day we die.
There's really no need for us to hide. Of this I'm sure.
We can still make love both fast and slow.
We can still be each other's dopamine when we are low.
We can still grow and feel the flow. It is true:
All I need is you.

49. It Will Always Be You

It has always been you.

It will always be you.

You are the mother of my unborn children.

You are the one that I want to grow old with.

You are the one that I want to dance with in both sunshine and rain.

You are the one that I love all the way to the Moon and back.

It has always been you.

It will always be you.

50. Till the End

Where love is born,
miracles are real.
Where mine is yours.
Oh, the way you make me feel.

Hold my hand as we walk.
Your road is my road.
Here we are. Here we stand.
I am yours. Till the end.

Where love is born,
stars align.
For a thousand years and more,
our love will shine.

Hold my hand as we walk.
Your road is my road.
Here we are. Here we stand.
I am yours. Till the end.

Loving you makes me whole.
Such a heart. Such a soul.
Here we are. Here we stand.
I am yours. Till the end.

Thank you for reading this book!

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Discover his poetry at:

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This book was written as a gift of love to a person who means the world to me. A person who has been there for me through both joy and sorrow.

I believe it is love that gives us life. When we embrace love, we grow and flourish like sunflowers under a blue sky. When we neglect love, we slowly wither and die.

This book is a humble, poetic attempt to describe the adventure of love that I have had the privilege to experience.



Richard Gavette is a Swedish entrepreneur, songwriter and author. He writes and creates in collaboration with the silence.

