

Behind Closed Eyes



Richard Gavette

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About the Author

Richard Gavette is a Swedish songwriter and author. Due to severe illness, he has been living isolated from the outside world since 2013. The disease forces him to spend 22 hours each day resting in total 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 an existence, not a human life.

But after some time, something happened. The silence began whispering! And Richard, curious as always, began listening. He heard words. He heard music. Since then, the symphony of silence has kept him company through the long hours of rest. He is never alone. Music and poetry have become his medicine. They give him life.

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

www.richardgavette.se

The songs and poems in this book revealed themselves to me as a consequence of living behind closed eyes. They are children of the silence – born to be forever free.

1. The Newborn

The Sun shines. Like a newborn.
A new day begins.
Shadows of the night, goodbye.
Like a flower, I will grow under the sky.

We are timeless energy.
Breathe in. Breathe out.
Be free.

I live only to give.
So I give and therefore I live.
And I will fly through the air with my broken wings.
I will fall and crash, but trust me, I will sing.
And I will play and dance till my legs no longer carry me.
I will laugh and love my way back through history.
Back to the time when there was no yours or mine.
All was one. All was one.
All was one.

Oh, the Sun shines. Like a newborn.
A new day begins.
Shadows of the night, goodbye.
Like flowers, we grow under the sky.

2. Nothing to Fear

Harmony gives birth to chaos.

Chaos gives birth to harmony.

The circle is always whole.

There's nothing to fear.

3. Headless

All I have is time.
Living are my words.
I wonder: What was my crime?
Will my dreams ever be heard?

Echoes into the night.
Music makes me whole.
Thoughts are running wild.
Life has been put on hold.

What happened to my wings?
Before, I used to fly.
Dancing like the wind.
No mountain was too high.

Lost inside the cave.
Living my life.
Born only to be brave.
On the edge of the knife.

Restless feet on the ground.
Energy is getting low.
What is lost can be found.
It must be so.

Time rushes by.
Months have become years.
The Moon is singing lullabies.
Love dances with fear.

Yet beating is my heart.
Yet breathing are my lungs.
I'm gazing up towards the stars.
Oh, all the roads that I have run.

Somewhere deep inside.
In the dark within the dark.
Never-ending light.
Where we all start.

All I have is time.
Living are my words.
I'm leaving history behind.
With all the bridges that I've burned.

4. Reborn

I have seen this world through eyes.
I have cried.
And I have tried to listen to what I've heard.
I have tried.

Words and music fill my body now.
I am no more.
Someone became no one.
Naked to the core.

I have spoken words through lips.
I have lied.
And I have tried to live as I learn.
I have tried.

Words and music are my body now.
I am no more.
But no one will become someone again.
Reborn.

5. Born to Have Them All

Life.

Love.

Death.

We are born to have them all.

6. The Wind Blows

The wind blows. Cold as snow.
I know that I need to let things go.
This winter has got me in its claws.

But in my heart, I feel a fire.
Burning.
The wind blows. Through my bones.
Shadows as heavy as stone.

The Moon cries for me tonight.
May the darkness bring me sight.
For I am lost in this endless fight.

But in my heart, I feel desires.
Burning. Always burning.
The wind blows. Through my bones.
Shadows as heavy as stone.

7. The Origin of Everything

The origin of everything can never be fully described with human words. It can only be experienced.

What has no name will always be free.

Where life and death unite, miracles take place.

8. Somewhere Deep Inside

When you look into my eyes.
See through my disguise.
Somewhere deep inside,
I still know how to fly.

Like an echo into the night.
Hear my lonesome cry.
I'm longing for my sky.
Drowning in the question: Why?

Hold me for a while.
There's nowhere left to hide.
Somewhere deep inside,
I still know how to fly.

9. When the Morning Comes

Be the heart of your enemy.
Love his soul.
Watch over him while he sleeps.
His existence makes you whole.

Dive deep into yourself.
Find out where you are from.
Despite your findings, your longing is still strong.
When the morning comes.

Walk the roads that lead you home.
Guided by the stars.
Know that you are not alone.
Singing is your heart.

Let yourself be swept away
by the music of daughters and sons.
You hear the echoes from their drums.
When the morning comes.

Beyond the riddles of your mind,
you will find what is true.
You are indeed one of a kind.
Let honesty be you.

Have trust in yourself.
You are both right and wrong.
But you are still trying to belong.
When the morning comes.

10. Beyond Our Perception

Darkness is not dark.
It is full of light.

Silence is not silent.
It is full of sounds.

What your eyes cannot see is just as real as you and me.

What your ears cannot hear is music to your soul.

11. Love Is All

Love is all. All is love.

I see it now.

The stars shine. Both day and night.

And I'm still here somehow.

When you hold my hand,

I am whole.

I am yours till the end.

With my heart and soul.

Love is all. All is love.

There's no question why.

The Moon sings. Whispering.

With the stars tonight.

When you hold my hand,

I am whole.

I am yours till the end.

With my heart and soul.

12. One Step at a Time

Hold me, for I'm having trouble seeing who I am.
There's so much to understand.
I'm so lost in my ocean, longing to find the shore.
There's always more to restore.

Hold my hand, for I'm trembling. I'm feeling the nerve.
Yet every day we learn.
Oh, the mountains we climb to discover who we really are.
It's written in the stars.

I'm getting there, one step at a time.
How I wonder what's behind.
Behind closed eyes.
This is going to take a long time.
And I'm feeling so wild.
Under a blue sky.

13. Flowing Rivers

Flowing rivers bring me back to where I've always been.
They carry me every step on my journey within.
How I'm wishing, longing and waiting for happy days to stay.
Flowing rivers guide me home when night leads me astray.

Flowing rivers cry for me and they cry for you.
They don't care about who we are or what we might do.
Mother Nature, I am sorry that we're killing you every day.
Flowing rivers, heal her wounds, for we have lost our way.

14. Lover under the Sun

We are born out of eternal space.
Eternal space we are from.
Oh, lover under the Sun,
your journey has just begun.

Tired are your golden wings.
Living are your dreams.
Oh, lover under the Sun,
your heart will always be free.

Somewhere among the stars,
you will find your home.
Oh, lover under the Sun,
you are never alone.

15. A New Life

This afternoon seems to last forever.
The night will last for an eternity.
Tomorrow morning I will be born again.
A new day. A new life.

I will fall.
I will fall. Again.

I will rise.
I will rise. Again.

I will fall.
Feeling small. Again.

I will live.
Try to live. Again.

A new day. A new life.

16. Boulevard

Hold me close tonight.
Let us be the light
that we've been waiting for.
Somewhere along the Boulevard,
we find who we really are.
There's no mine, no yours.

Love will bring us sight.
There's no need for us to fight.
It's time to end our wars.
Somewhere along the Boulevard,
we find who we really are.
At least of that I'm sure.

All we have is time.
Let that be our guide in every step we take.
It doesn't really matter how many rules we break.
The answers to our questions will always be there,
somewhere among the stars.
Just keep on walking down the Boulevard.

17. Follow Your Heart

It's raining now. I feel for you.
You are somewhere in between. Not where you want to be.
Stay close to me, but find your own way.
Let go of history. It leads you astray.

Where we start. Where we go.
No one knows.
Follow your heart.
Who we are. Who we can be.
It's a mystery.
Follow your heart.

The Sun is shining now. And so are you.
You are the light here in between. Oh, how I love you.
Stay close to me, but find your own way.
Let go of history. It leads you astray.

Where we start. Where we go.
No one knows.
Follow your heart.
Who we are. Who we can be.
It's a mystery.
Follow your heart.

18. Let It Be You

Being by yourself doesn't mean loneliness.
Thinking in different ways doesn't mean craziness.
Silence speaks the truth.
Let it be you.

It takes a fool to be brave.
The Sun sets outside the cave.
Silence speaks the truth.
Let it be you.

19. In the Darkest of Nights

I am looking out into the night.
All I see is me.
A fading shadow of someone I used to be.

Gone is the blue sky.
Gone is the great and glorious why.

But there, somewhere in the darkest of nights,
you might find what you call insight.

Try to catch it and it will slip away.
Try to follow it and it will lead you astray.

No need for blue skies.
No need for great and glorious whys.

Keep on searching.
Keep on searching.
In the darkest of nights.

20. Burning

My garden is burning down.
Down to the ground.
Once upon a time, birds used to fly
freely in my sky.
Where are they now?

I guess that I set my dragon free.
The rest is history.
In my eyes, I see a fire.

What goes up will come down.
What is lost can be found.
In my eyes, I see a fire.
Burning, burning is my desire.

My garden is burning down.
Down to the ground.
Once upon a time, trees used to grow.
Now ashes lie like snow.
I miss them so.

I know that I set my dragon free.
The rest is history.
In my eyes, I see a fire.
Burning. Burning.

21. Being Alive

Your heart was pure at the start.
Your mind was free.
Like the birds flying in the sky.
Feel the Sun.
It shines.

The soul will always be whole.
Like a newborn child.
Forever free. Forever wild.
Feel the Sun.
How it shines.

We are all born from the stars.
Maybe life is about
finding who we really are?
You are the Sun.
You shine.

One day, we will all fade away.
Your body will die.
No matter how hard you try.
So feel the Sun.
Oh, it shines.

22. Whispering

For my still beating heart.
For my still singing soul.
For all the shining stars.
For all the stories yet untold.
Somewhere in between.
You find me.
Whispering.
And my head spins.

For all our swallowed lies.
For all our empty words.
For all our silent cries.
For all the bridges that we burn.
Somewhere in between.
You find me.
Whispering.
And my head spins.

For all my living dreams.
For all my energy.
We all vanish like steam.
Into Eternity.
Somewhere in between.
You find me.
Whispering.
And my head spins.

23. Fallen Angel

Hello there, fallen angel.
I know that you're longing for your sky.
But your wings have melted and you know why.
You're so lost in the desert that is you.
And the Sun burns your skin, but what can you do?

You cannot fly.
I know that you try.
But you cannot fly.
Anymore.

Hello there, fallen angel.
I know that you're bleeding inside.
You're drowning in tears of sorrow. Your memories make you cry.
The nights in the desert sure can be cold.
And the Moon cries for you. He cries for all the freedom you have sold.

You cannot fly.
I know that you try.
But you cannot fly.
Anymore.

24. Everything Is Music

Everything is music.

Always vibrating.

Timeless.

Eternal.

We do not create music.

Music creates us.

25. Stars Are Falling

Steady in the boat.

May we float.

For the storm is coming – the wind is blowing through our clothes.

Somewhere in between.

Fading memories.

One step at a time.

Peace and harmony.

Be all the change you wish to see.

Feel the heart of your enemy.

Love is the only thing that can make us whole.

Listen to the Moon.

He whispers about you.

We are born from eternal space – no matter what we do.

Somewhere in between.

Fading destiny.

One step at a time.

Joy and honesty.

Be all the change you wish to see.

Feel the heart of your enemy.

Love is the only thing that can make us whole.

Every night stars are falling.

Just like you and I.

Close your eyes and hear their calling.

There's no question why.

26. In the Valley of Shadows

Thoughts spin.
The wind whips my skin.
I'm falling slowly from within.
Golden tears.
Dancing with fear.
Fading away but still here.

I'm in the Valley of Shadows.

Time passes by.
Under a cloudy sky.
Here I am, singing lullabies.
Stuck on the ground.
Chained and bound.
You'll find me in the lost and found.

Here in the Valley of Shadows.

What about my destiny?
What about harmony?
Trust me, I do my best to live peacefully.
But my soul cries.
Both day and night.
May the lullabies bring me sight.

I'm in the Valley of Shadows.

27. Gordumon

Silence speaks all languages. This poem is written in one of them.

Ari sui, aru eate lu maties.

Saqina.

Ter saqina.

Ea roqan aru naivan.

Maqina.

Ter maqina.

Safi, ari sui.

Kasui eate abi sea éneo.

Aru eite rhan keen.

Translated into English:

My friend, you are a beautiful flower.

Meditate.

Be present.

When your heart is broken.

Sing.

Be music.

Have comfort, my friend.

Love is greater than us.

You are never alone.

28. Co-existence

We are unknowingly self-created.
Animals born from the shadows within ourselves.
But there cannot be shadows without light.
They must co-exist.
Now and always.

Love will always dance with fear
just as joy dances with sorrow.
They need each other.
Today and tomorrow.

Your soul sings.
Like angels, it sings.
Don't let the shadows swallow you,
nor let the light blind you.
For they will try to.

And you must co-exist.
With yourself.
Now and always.

29. Walk into the Fire

How I wish that I could look into your eyes right now.
Then I would see it all.
Your eyes are just like the thousand skies.
They make me whole.

You know that I listen to the wind.
Oh, how it sings.
And the Moon whispers to me both day and night.
He tells me so many things.

Walk into the fire. Walk into the rain.
I can see it in your eyes. I feel all your pain.
You have travelled so far. Travelled so far.
Only to forget who you really are.

Now walk into the fire and say welcome to the Sun.
You have merely started. You have just begun.
Stop putting a thousand weights upon your shoulders,
for they are wearing you down.

They are wearing you down.

30. Unbreakable

I know you have been through both heaven and hell.
But your eyes tell the truth between the words.
Know that you are born free.
To be whoever you want to be.
Choose your destiny.
You echo of Eternity.

I know the wind can whip your skin.
But you are whole within. Free from shame and free from sin.
Remember that you are born free.
To be whatever you want to be.
Embrace your destiny.
You echo of Eternity.

You're unbreakable.
Look into your eyes, you're a miracle.
And you're unstoppable.
Keep on reaching for the sky, you are here to fly.

You're unbreakable.
Nothing in this world can hold you back.
For you're unstoppable.
Keep on reaching for the sky, you are here to fly high!

You are unbreakable.

31. Here We Stand

Here we are. Here we stand.
Naked under the Sun again.
The grass grows freely under our feet.
Time to let go. Time to retreat.

We will fall and we will rise again.
We will love our way through both night and day.
We will laugh and we will dance under a blue sky.
We will sing. We will live. We will try.

32. Expanding

Don't be afraid.
The darkness is only in your head.
I've heard all that you've said.
Now embrace life. You are not dead.

Dreams can be lived.
Reality is ever-changing.
Expanding. Always expanding.
So dream big.

It is never too late.
To walk your path.
It is dawning. Every morning.
Let it be a brand new start.

I have seen the light in your eyes.
It is there, inside.
Doubt is in your past.
Now choose to walk your path.

33. Play and Learn

Life is truly both a playground and a library.

Life is a wonderful opportunity for us to play and to learn.

The problem, when it comes to us humans, is that we spend way too much time at the office.

When we grow up, we seem to stop playing.

We seem to stop learning.

And that makes us sad. In our hearts.

So ask yourself:

How do I want to play today?

How can I learn from life today?

And please, my friend, choose to act on your answers.

34. On Your Way to Eternity

You're my friend. This I know.
Till the end. Through both fire and snow.
May love be all you ever need.
Feel the ground underneath your feet.

May peace be with you
in every step that you take.
May peace be your guide
on your way to Eternity.

I love you and I always will.
No matter what you do, I love you still.
May your heart sing and calm your mind.
Leave history behind.

May peace be with you
in every step that you take.
May peace be your guide
on your way to Eternity.

35. Divine

Endless light. Shining stars.
Day and night. What we really are.

Fathomless. No yours, no mine.
Bottomless. You are divine.

Heart of gold. Inner space.
Every story told. Leaves its trace.

Be the light. May you shine.
Day and night. You are divine.

36. Love Is a Tender Thing

Love is a tender thing.
Let it flow like it wants to flow.
Fear is always near.
Around the next corner. This I know.

Feel your heart. It's where you begin.
Be who it wants you to be.
Your mind will not take you there.
Meet this day with honesty.

Love is a tender thing.
Let it be your guide and you will grow.
Fear will always be there.
Somewhere inside your thoughts. It is so.

Now feel your heart. It's where you begin.
Dare to be who it wants you to be.
Your mind will not take you there.
Tear down the walls called humanity.

37. I Am Dreaming

I am dreaming.

Only dreaming.

About a world where mothers hold their children really close.

And where fathers dare to be more like mothers.

I sometimes cry when I think of our world.

All the things we do to this earth. It hurts.

Hold me close and whisper in my ear

that it's going to be okay. Someway.

I am dreaming.

Always dreaming.

About a world where we are one with Nature.

Free from hatred.

In harmony.

Living peacefully and freely.

I tremble when I think of our world.

All the things we do to this earth. It hurts.

Hold me close and whisper in my ear

that it's going to be okay. Someday.

38. Who Are You Now?

Living entity.

Timeless energy.

Tell me, who are you now?

Who are you now?

Between your words.

Beyond what you have learned.

The truth burns.

Like the Sun, it burns.

Walking mystery.

Timeless energy.

You are transforming.

Into something bigger.

Into something smaller.

Into something new.

But you will still be you.

So tell me, who are you now?

Who are you now?

Right now.

39. Like Stars and Leaves

This one is about me.

This one is about you.

Oh, how we try to be.

Like actors in a show.

We will all fall like stars one day.

We cannot stay.

These words are like the wind.

These words are like fire.

They come from within.

Taking us higher.

We will all fall like leaves in the autumn.

Where do we come from?

40. We Travel into the Future

We travel into the future with our hands full of history.
All the things we do to Nature. It cannot be our destiny.
We make the journey by ourselves, but we are in need of help.
But from whom?
May silence lead the way to a place where we can belong.

We travel into the future like echoes from Eternity.
But we are blinded by fear and hatred. One heart, one mind.
Walking insanity.
We make the journey within and our heads spin. Thoughts are
dancing like the wind.
May silence lead the way to a place where we can belong.

41. Blind Suicide

What have we done?

What have we forsaken by fighting over glory, gold and land?

And when is it enough?

How many lives must be spilled before we understand?

That our world is burning up.

We are killing it softly every time we choose not to choose.

It's sad that we're faking it.

It's like a blind suicide and we're committing it.

I wish you a happy ride.

42. The Song of the Moon

The Moon shines over the world tonight.
The streets are empty now.
All that is heard is the Song of the Moon.
Where am I? Where are you?

We were self-creating energy.
With the potential to be exactly what we wanted to be.
But time passed us by. Of that I am sure.
Why did we choose fear? Why did we choose war?

Bombs fell, for no one's well.
The world as we knew it, turned into hell.
And Nature said: 'Just let everything be.'
But we continued with our self-treachery.

We depleted the land. We killed all the seas.
We destroyed the rainforests and all their beautiful trees.
And the ice melted. It was the beginning of the end.
And the wars escalated. Trust slipped away like sand.

Africa fell first. Total starvation and thirst.
The rest of us looked away with guilt in our chests.
And the ocean began to swallow the land.
But we kept on looking away. With guns in our hands.

So we closed our borders and we locked our doors.
We dreamt of a time when we were free from remorse.
And then someone pushed the button to nuclear war.
And humankind was no more.

The Moon shines over the world tonight.
The streets are silent now.
All that is heard is the Song of the Moon.
There's no more me or you.

43. Summer Rain

Nothing compares to Nature's beauty.
The only thing that's Holy.
Nature is both our Mother and Father.
Tell me, what's the purpose of humankind?
We're making ourselves blind.
Still, we are Nature's sons and daughters.

Open hearts sing
like wild flowers during spring.
We have lost our way.
We fall like the summer rain.
The Sun sleeps tonight.
The silence sings its lullabies.
May we love again.
Down falls the summer rain.

I tell you this:
Peace before glory.
Be the writer of your story.
Love your Mother and Father.
Be the light you wish for this world.
Be your heart. Be your words.
Be brave enough to bother.

Open hearts sing
like wild flowers during spring.
We are all insane.
We fall like the summer rain.
The Moon cries tonight.
The silence sings its lullabies.
May we love again.
Down falls the summer rain.

44. Hold My Hand

Heartless beings rule this world.
It seems as if they always will.
I feel the shivers now.

We are all born from nothing
as a part of something bigger than ourselves.
All is one. One is all.

Hold my hand tonight.
Let us sail away towards the moonlight.
All we have is time.
Oh, the stars, they shine.
They're forever bright.

45. Hold On to Trust

Life and death. Dancing, dancing.
Burning chest. Keep on cleansing.
Singing souls live forever.
Take me home, flowing rivers.

Steady now. Don't stop believing.
Fly somehow. Find your meaning.
Singing souls live forever.
Take me home, flowing rivers.

What is lost can be found.
Hold on to trust. Feet on the ground.

Heart and mind. Colliding.
Humankind. I'm done hiding.
Singing souls live forever.
Take me home, flowing rivers.

Love and fear. Screaming, screaming.
I'm still here. Dreaming, dreaming.
Singing souls live forever.
Take me home, flowing rivers.

What is lost can be found.
Hold on to trust. Feet on the ground.

46. As Long as You Live

Cloud-chasers will never see the Sun.

The road takes us places, no matter how fast we run.

As long as you live, dream.

As long as you live, try.

As long as you live, feel.

As long as you live, laugh and cry.

Soul-killers will never fly high.

We all leave our traces. There's no question why.

As long as you live, dance.

As long as you live, play.

As long as you live, take the chance.

Every minute, every hour, every day.

As long as you live.

47. Laws

Believe in miracles and miracles will begin to happen.

Think happy thoughts and you will become happy.

The Law of Attraction is real.

Cause and effect is truly a gift from the Universe.

Embody love and the people around you will feel secure.

Establish inner peace and put an end to the wars of the outside world.

Nourish your garden within and see the people around you flourish.

Choose to follow the Sun and you will grow like a flower under the sky.

Give from your heart and you will always be rich.

48. Beyond the Horizon

I almost cry when I gaze into your eyes.
I see the light of sparkling stars inside.
Somewhere beyond the horizon,
we will find ourselves.

Yes, I know that the wind can whip our skin
and the fear inside tries to make our heads spin.
Somewhere between the words,
we will find honesty.

It is true what the birds sing:
As long as we love, we will always win.
Somewhere in our dreams,
we will find what's real.

Raindrops fall just like you and I.
The Moon whispers to us every night.
The leaves are dancing in the wind.
Open hearts sing.

Yes, I almost cry when I gaze into your eyes.
I see the light of sparkling stars inside.
Somewhere beyond the horizon,
we will find ourselves.

49. Fast into the Night

May the darkness bring me sight.
For I am travelling
fast into the night.
The silence is calling me.

All I see is light.
My soul is shining.
I've let go of my fight.
The stars align tonight.

Now look into my eyes.
Tell me what you find.
Can you see the thousand skies?
Let us leave history behind.

All we have is trust.
The wind is changing.
Love is greater than us.
Oh, the stars. How they shine.

Hold me for a while.
For I am travelling
fast into the night.
The silence is calling me home.

50. Traveller of Life

This one is for you, traveller of life.
When heart rules mind, you will be free.
Lost in confusion, somewhere between your lives.
Longing for a solution, you dance on the edge of the knife.
You are just like a flower. You grow under the sky.
Traveller of life, I know that you will try.

This one is yours, traveller of life.
When heart rules mind, you will be whole.
Let go of all and have it all.
Stay in the centre of the circle. It's where you are born.
You are indeed a flower. You grow, you die.
Traveller of life, I know that you will try.

51. May Love

Love is all we need to be whole.
We know that it's so.
The stars will always shine.
No matter what we do.

Gold cannot make us whole.
We all know that it's so.
The Moon will always sing.
No matter what we do.

May love be your shelter.
May the Sun kiss your skin.
Just be.
Be the change you wish for this world.

Love flows straight from the soul.
Deep down, we are always whole.
The wind will always dance.
No matter what we do.
No matter what we do...

May love be your shelter.
May the Sun forever kiss your skin.
Now be.
Be the change you wish for this world.

52. The Dance of Life

Sometimes we trip. Sometimes we fall.
Sometimes we crawl.

Sometimes we dream. Sometimes we fly.
High, high towards the sky.

Sometimes we seek. Sometimes we find.
Our destiny calls us.

Sometimes we laugh. Sometimes we cry.
Running from the question: Why?

I wonder if you ever see how the stars shine breathtakingly?
Miracles everywhere. Always there.
And I wonder if you feel your soul? How it gives you life and makes
you whole?
Eternal light will always live forever.

We know that we need to let go.
But we keep on dancing on the edge of the knife.
It's called the dance of life.

53. Tell Me Your Story

Tell me your story.
From the bottom of your heart.
There's no need to worry.
Every day is a brand new start.

I see raindrops
falling from the treetops.
We're running in circles.
Maintaining this circus.

I see raindrops
falling just like teardrops.
Tell me, what's our purpose?
We're just living on the surface.

So, tell me your story.
From the bottom of your heart.
There's no need to worry.
Every day is a brand new start.

54. A Brave Human Being

What do I feel when I see myself in the mirror?

What do I find when I gaze deep into my own eyes?

What do I want to create with my time on this beautiful planet?

Who am I beyond my thoughts and feelings?

The one who dares to answer these questions is a brave human being.

55. One Day

One day underneath the stars,
you and I will be who we really are.

But until that day, I cry my rivers.
Until that day, I feel the shivers.
Now put your hands on your beating heart.
It always tries to reach your mind.

Yes, the roads that we walk sure are slippery.
It is easy to get blinded by misery.
And the fear inside tries to make you blind.
Always let your heart guide your mind.

56. Time to Turn the Tide

It is time to turn the tide.
It is time to change our lives.
Time to leave the past behind.
May we search. May we find.

It is time to turn the tide.
Time to see through our lies.
I can feel you, my friend. I hear your silent cries.
Alone. Awake at night.

It is time to turn the tide.
Time to let go of both shame and pride.
Time to dive deep into the question: Why?
May we reach for our sky.

It is time to turn the tide.
Time to find those answers inside.
We are not born into this world blind.
We are born whole. We are born kind.

Yes, it is time to turn the tide.
It is time to change our lives.
Time to leave the past behind.
May we search. May we find.

57. Wrong and Right

Welcome to the show where everyone could grow. Peacefully.
But we seem to get blinded by both dreams and reality.
We have truly lost our sight.
So we keep on stumbling somewhere in between.
But we all know that there's so much left to be seen.
What's the difference between wrong and right?

We have sure had our share of insanity.
Now tell me, what's left for humanity?
Is there any end to this night?
We seem to take one step forward and two steps back.
Every time we close our eyes, thoughts attack.
What's the difference between wrong and right?

Yes, this is all a show, so go ahead and take your seat.
We are fading shadows going on repeat.
Made up of darkness and light.
We're too busy to choose our destiny.
Now let us pretend that we are free.
What's the difference between wrong and right?

58. The Waves

The flower knows.
The flower shows.
All we need. Love and honesty.
We're running after illusions.
Confusion. We call it humanity.

We're twisting and turning
and our hearts are burning.
We're blindly denying.
May it all be swept away.

We've forgotten about learning,
yet our minds are yearning.
We're unknowingly lying.
May it all be swept away.

The flower knows.
The flower shows.
All we need. Peace and harmony.
We're running from solutions.
Delusion. We call it society.

So we're twisting and turning
and our hearts are burning.
We're silently crying.
May it all be swept away.

We have no time for giving
and no time for living.
Our bodies are dying.
May it all be swept away.
By the waves.

59. Advice from the Heart

Let the music of the soul make you whole.

Let the wind of love clear the fog.

Walk the road that leads you home.

Don't think. Just be.

60. May We Set Ourselves Free

Such a heart. Such a soul.
You take me home. You make me whole.
May we choose our destiny.
May we set ourselves free.

No matter who you are. Here's my hand.
I'm your friend. Till the end.
May we live in harmony.
May we set ourselves free.

Living art. Living dreams.
Mysteries. So it seems.
May we live in honesty.
May we set ourselves free.

Such a heart. Such a soul.
You take me home. You make me whole.
May we choose our destiny.
May we set ourselves free.

61. A Different World

What would our world look like if all wealthy people really started giving of what they have to those in need?
Poverty and hunger would be no more.

What would our world look like if all soldiers dropped their weapons and instead started planting trees?
Nature and peace would truly flourish.

What would our world look like if all politicians allowed themselves to be guided by the child in their hearts?
Politics would finally be honest and sincere.

It would be a different world.
It would be a better world.
It sure would.

62. Without Boundaries

You are life.

Life is a miracle.

A miracle is without boundaries.

63. A New Chance

Today I died. Only to get a new life.
A new chance. A new dance.
Alive and feeling. Full of meaning.
Goodbye to you, fear and blame.

The road of love is the road of light.
The road of peace without a fight.
I close my eyes. I hear the Moon.
I've let go of my guns. Not a minute too soon.
Not a minute too soon.

64. Experience

Feel the taste of the food you're eating.

Truly see what you have in front of you.

Hear the tones of the music you're listening to.

Feel the beat of your own heart.

Let the smell of the summer rain fill your entire body.

We cannot catch the moment.

We can only experience it.

65. The Mermaids

The mermaids are calling me home.
I am never alone.
Never alone.

Once upon a time, I was born free.
What happened to my destiny?
Trust me, I do my best to live in harmony.
But a broken, worn-out body makes it hard to be.

Bound to the ground, somewhere inside the cave.
Searching for my meaning, only love can make me brave.
But my wings are gone since I flew too close to the Sun.
I fell and crashed down although my journey had just begun.

The wolves inside. The wolves inside.
They are fighting over me. There's nowhere left to hide.
Thoughts and feelings, everywhere.
My soul is crying out in despair.

The mermaids are calling me home.
I may be lost in my sea, but I'm never alone.
I can hear their songs, even when the wind blows.
I am still alive and the mirror shows:
A fading body with a beating heart.
Someone who's trying to turn love into a living art.
My eyes are still burning. My mind is still yearning.
As long as I live, I will be learning.

The mermaids are calling me home.
I am never alone.
Never alone.

66. Humble Statements

Those who let go of their power are truly powerful.

Those who dare to show themselves weak are strong.

Those who embrace silence will never be alone.

An open mind is a flourishing mind.

An open heart is a brave heart.

Love would not be love if fear were not fear.

They create each other.

They need each other.

Those who see and accept both sides of the coin are wise human beings.

67. Walking Stars

What happened to the world of peace and harmony?
All the bridges that we burn. It cannot be our destiny.
What happened to the hearts beating full of life?
We are walking stars, but we're running out of light.

I feel for you, my friend. You have travelled so far.
I know that you still remember who you really are.
And somewhere in the confusion, you will find the solution.
Swim, my friend, swim freely in your ocean.

It sure is hard to remember that we are all born free.
It is easy to become imprisoned by our memories.
They can eat you whole and drain your soul.
Search, my friend, and you will find your role.

You were born from the stars – full of love in your heart.
Let today be a fresh start.
And to be the ignition, you must make the decision
and make the transition towards your inner vision.

What happened to the world of love and honesty?
There's so much left for us to learn. This cannot be our destiny.
What happened to the hearts beating full of life?
We are walking stars, but we're running out of light.

We're running out of light...

68. Wild Flowers

Wild flowers grow where they want to grow.

We humans seem to choose the difficult roads to freedom.
The treacherous paths.

Yet we are all born free. Just like the flowers.

Plant seeds of freedom regularly and let the tears of your soul fall.

The tears will give the seeds all the nutrition they need in order to
grow and blossom into the most beautiful of flowers.

Remember that the flowers are you.
Let them be free.

Wild flowers grow where they want to grow.

69. I'm a Dreamer

I'm a dreamer.
As free as a dreamer can be.
I'm a dreamer.
I appear and vanish like steam.
But what can I do?

I'm a dreamer.
Dreaming about dreams non-stop.
I'm a dreamer.
Maybe it's time to wake up?
But what can I do?

When you're feeling like shit, you're talking shit.
There's no need to deny it.
Be who you want to be and forget about the rest that you know.
When you're feeling like shit, you're acting like shit.
There's really no need to fake it.
Be who you want to be and forget about the rest that you know.

Oh, all the things you can do.

70. Totally Lost

I could have seen. I could have been.
I could have given. I could have lived.
I could have walked. I could have talked.
I could have grown. I could have flown.
So much higher than this.
So much higher than this.

I am totally lost.
I have nothing without trust.
I am totally lost.
I am totally lost.

71. Feel Your Beating Heart

'Lover under the Sun,
how beautiful you are.
There's no need for you to run.
Feel your beating heart.'

I would rather be a fish.
I would rather be a bird.
I would rather swim or fly freely
than being blinded by my words.

I'm stuck in my human thinking.
I'm like a ship slowly sinking.
Too stressed out to see
through the illusion I call reality.

No, I would rather be a snake.
I would rather be a homeless dog.
I would rather be a peaceful lake.
I would rather be a mountain fog.

But I am city smog.
I am a poisoned lake.
Trying to be real.
Trying not to be fake.

'Lover under the Sun,
such a miracle you are.
You've been waiting for so long.
Now feel your beating heart.'

72. The Raven

I close my eyes and I count to seven.
One count for every sin that I am.
Is there a way for me to heaven?
The raven guides me home.
To a place where I'm never alone.
A sacred haven of my own.
Although the wind blows through my bones.

I want to walk everywhere, but my body won't take me there.
I'm stuck in this dungeon so it seems.
Thoughts appear and vanish like steam.
I want to fly everywhere, but my wings won't carry me there.
I'm chained to the ground so it seems.
What happened to my dreams?

So, I close my eyes and I count to seven.
One count for every sin that I am.
Is there room for me in heaven?
The raven calls me home.
To a place where I'm never alone.
A sacred haven of my own.
I hope to be there one day soon.

73. Bring It All Back to Me

Sinking, sinking. Deeper, deeper.
I wish I were a believer.
I do my best to live my life.
Dancing on the edge of the knife.
Trying, trying to be brave.
Lost somewhere inside the cave.
Longing, longing for my sky.
But my wings are gone and I know why.

Bring it all back to me.
Bring it all back to me. Please.

Searching, searching for my meaning.
With eyes up towards the ceiling.
Waiting for the wind to turn.
Why am I left here to burn?
Trying, trying to be brave.
Lost somewhere inside the cave.
Longing, longing for my sky.
But my wings are gone and I know why.

Bring it all back to me.
Bring it all back to me. Now!

74. For Love

I will trip and fall.
I will be feeling small.
Somewhere behind my walls.
But I will always try
to live my life.
Till the day I die.

Lover under the Sun,
your life has just begun.
Let go of your guns.
Flowers are growing still.
I hope they always will.
I hope they always will.

I would give it all away.
For love.
I choose to live today.
For love.
It's true, I would give it all away.
For love.
I choose to live today.
For love.

75. The Birthplace

Never-ending space.

Eternal darkness.

Made up of eternal light.

The birthplace of everything.

Right now. Everywhere.

Always there.

76. Still

I will once again rise from the ashes of someone that used to be me.
I will once again take my first steps on my way to Eternity.
I will once again try my wings and fly too close to the Sun.
I will once again crash down although my journey had just begun.

But my heart is still beating.
And my lungs are still breathing.
And I am still feeling.
And I am still believing.

I will once again grow like a flower under the sky.
I will once again taste sweet and sour, and I will laugh and cry.
I will once again be a child – playful, pure and wild.
I will once again grow up and unknowingly become blind.

But my mind is still yearning.
And my fire inside is still burning.
And I am still learning.
And I am still awake, twisting and turning.

Yes, my heart is still beating.
And my lungs are still breathing.
And I am still feeling.
And I am still believing.

And I am still living.
And I am still giving.

77. Gaze into the Night

Your tears are raining down on your shoes.
You're wondering where you're from. My friend, nobody knows.
I see it now. It's crystal clear.
It's time to let go of all your fears.

You are scared of the night.
It's all right.
Just gaze into the night
and you'll find what's inside.

Now sing and be who you really are.
You are everything and you are born from the stars.
You understand it now. You were blinded by your tears.
Continue to let go of all your fears.

You are scared of the night.
It's all right.
Just gaze into the night
and you'll find what's inside.

78. Fading Light

Listen to the silence now.

Somewhere between the words, something whispers about the truth.

No, I don't know what my purpose is here.

I'm counting my days. My youth is over.

But once upon a time, we were nothing but space.

Eternal beings whispering about the truth.

Now we don't know why we're here.

We're running so fast. Running away is what we do.

Yes, we will try. We will try.

To survive. Not to die.

I hear your cries and I feel your fight.

Awake at night. Oh, fading light.

Hold on.

Hold on.

Oh, fading light.

79. Somewhere Deep Within

Can what's done ever be undone?
I really need to sleep.
You see, my life had just begun.
And now I'm feeling sorrow so deep.

But I still feel the Sun.
It's dancing on my skin.
And I still feel my sun.
Somewhere deep within.

Can what's done ever be undone?
Now my body needs to rest.
Oh, all the roads that I have run.
Fuelled by the endless fire in my chest.

Yes, I still feel the Sun.
How it's dancing on my skin.
And I still feel my sun.
Somewhere deep within.

80. To the Moon We Sail

You and I will vanish like steam.
To the Moon we sail.
You and I are nothing but dreams.
To the Moon we sail.

You and I were born to fly.
To the Moon we sail.
You and I, let us reach for the sky.
To the Moon we sail.

You and I, once again endless space.
To the Moon we sail.
You and I, full of purpose and place.
To the Moon we sail.

You and I, who we really are.
To the Moon we sail.
You and I, somewhere among the stars.
To the Moon we sail.
To the Moon we sail.

81. Every Newborn Child

The newborn child knows what freedom is.

When you are free from memories, you are truly free.

The child is free from the illusion of separation.

All is one.

There is only here and now.

The eyes of the newborn child teach us adults all we need to know.

Every newborn child is a master of life.

82. Behind Closed Eyes

When you're lost in your ocean.
When you're too blind to see.
When you cannot find a solution.
When you've forgotten that you're free.

Then, try to be who you want to be.
Find yourself behind closed eyes.
Embrace your feelings. Accept them for what they are.
Break free from your old scars.

When your whole world is shaking.
When you're falling apart.
When you're having trouble finding
the hidden paths to your mind and to your heart.

Then, choose to be who you want to be.
Love yourself behind closed eyes.
Embrace the magic. You are indeed born from the stars.
Break free and be who you really are.

83. I Will Try

The wind is free. Forever free. It is free.

The flowers sing for both you and me.

Feel free to fall. Feel free to rise.

The stars shine in the thousand skies.

I won't die until every word has been spoken.

I will try even though my body is broken.

I won't die as long as music runs through me.

I will try to create my destiny.

84. The Roads We Walk

For all the rules I must have been breaking.
For all the dreams I have been forsaking.
For every word and song I have been running from.
All the roads that I've walked they have led me here.
Here I am naked, dancing with fear.
Far away from home. Heart heavy like stone.

Oh, all the roads we walk.
We don't hear Nature's call. Due to all the shit we talk.
Hold on to your boat.
For the storm is coming. May we float.

It is true that I have had it with our kind of humankind.
We're running so fast that we're making ourselves blind.
No time for inner peace = no time for outer peace.
We build destructive systems. This planet is dying.
We aren't really trying as long as we're busy denying.
When driven by our fears, it's hard to be sincere.

Oh, it's all a big show.
That's all I know. We're acting high, feeling low.
Hold on to your boat.
For the storm is coming. May we float.

The wind is blowing and my knees are shaking.
Still, it's all a miracle. Always in the making.
The Sun will shine. And the Moon will sing.
Yes, the roads that we walk sure are slippery.

It is easy to get blinded by history.
It can make your head spin.
It makes you tremble from within.

Oh, all the roads we walk.
We trip and we fall. But that's just part of it all.
Hold on to your boat.
For the storm is coming. May we float.

85. Broken Lullabies

Every fallen tear, every word, every song.
They have all led me here. What is done, is done.
Broken lullabies. My echoes into the night.
I choose to live. I choose the road of light.

Every tasted tear, every right, every wrong.
I try to see through fear. I will find my ways to belong.
Broken lullabies. My echoes into the night.
I choose to give. I choose the road of light.

Every golden tear, every word, every song.
Love is always near. It shines just like Sun.
Broken lullabies. My echoes into the night.
I choose to sing. I choose the road of light.

86. Where Your Answers Reside

When reality hits you like a hammer between your eyes.

When you're sinking and drowning in swallowed lies.

Then, swim yourself free, my friend. Dive deep into the question:
Why?

Behind closed eyes is where your answers reside.

87. Welcome the Blue Sky

Close your eyes.
You are always there inside.
Far beyond shame and pride.
Welcome the blue sky.

Close your eyes.
Leave history behind.
Just be your inner light.
Shine.

Now close your eyes.
Always feel free to cry.
There's no need for you to hide.
Spread your wings and fly.

Now do like the birds, fly!
High, high!
Welcome the blue sky.

88. The Answers

Who am I?

What is my purpose in this life?

What is the sum of all feelings?

What is a dream and what is reality?

I don't believe that life is about finding the answers.

I believe that life is about trying to find the answers.

You are here to explore.

You are here to live.

You are here to grow.

That's all I know.

89. Away

Why don't we take time to think about time?
When time is all we have.
Peace of heart gives peace of mind.
I know that you know.

What's the meaning of our meaning if we don't choose our meaning?
What's the purpose of feeling if we don't feel what we're feeling?
We are dreamers dreaming about a dream that is not a dream.
Maybe it's time to wake up?

We are extensions of Nature.
Why are we killing Nature?
We are born from Nature.
Why are we killing Nature?
We are self-created illusions.
Embodied confusion.
Maybe it's time to say: STOP!

I love you. I hate you.
I love you. I hate you.
I love you. I hate you.
Must I not hate you to love you?
But I love you. I love you.
Know that I love you.
I love you. I hate you.
Must I not hate you to love you?

There's no yours. There's no mine.
Has never been.
The Sun shines. The Moon cries.
They have been for a long time.

But we all fade away. We fade away. Away.
We all fade away.
We fade away.
Away.

90. Somewhere

I can see it in your eyes. You've had it with your pain.
All this time in your prison has nearly driven you insane.
You have travelled so far, but now you've reached the end of the road.
To be who we really are, we have to break free and explode.

Somewhere among the stars.
Somewhere in outer space.
We find who we really are.
Along with our purpose and place.

Somewhere in our hearts.
Somewhere in our dreams.
We find who we really are.
And what is our destiny.

Yeah, somewhere beyond the clouds, you will find a blue sky.
Know that you are not alone. The silence hears your cry.
May you be free, my friend. Dare to question society.
May you dance like the wind, you echo of Eternity.

Somewhere among the stars.
Somewhere in outer space.
We find who we really are.
Along with our purpose and place.

Somewhere in our hearts.
Somewhere in our dreams.
We find who we really are.
And what is our destiny.

91. Crossroads

So many crossroads.
The mirror shows
someone else now.
I'm drowning in memories.
Neglecting my destiny.
Open wounds they bleed.

Then, I hear it:
'Don't let go.
Don't you throw your life away.
Flowers can still grow.
If you choose to walk that way.'

So many crossroads.
But the mirror shows
all I need now.
I look deep into my eyes.
Beyond the fog of lies.
There I see the thousand skies.

The words echo:
'Don't let go.
Don't you throw your life away.
Flowers can still grow.
If you choose to walk that way.'

92. When the Angels Come to Cry

Our human world. It's all a big show.
We're running fast, but we're sinking slowly.
Oh, lovers under the Sun.
It's time to let go of our guns.

The Sun will shine.
And the Moon will sing his lullabies.
And the wind will always dance.
They will be there till the end.

So I gaze up towards the sky
and I see the light from billions of souls.
Today will be the day
when the angels come to cry.

We are born free. We are born whole.
Living mysteries. With hearts of gold.
Feel the love, for it is you.
No matter what you do.

So I gaze up towards the sky
and I see the light from billions of souls.
Today will be the day
when the angels come to cry.

Yes, today will be the day
when the angels come to cry.

93. Into Eternity

Maybe there's no beginning.

Maybe there's no end.

Maybe it's all about the time and energy we've got in our hands.

Born as no one. Only to become someone.

We live, we try.

Like birds, we fly.

One life. One last breath.

Maybe there's no beginning.

Maybe there's no end.

Maybe it's all about the time and energy we spend.

On someone. Only to become no one.

We live, we try.

We age, we die.

One life. One last breath.

Into Eternity.

94. Friendly Whispers

The weak overcomes the strong.
Right creates wrong.

No yours, no mine.
All we'll ever have is time.

Chasing illusions will always lead to confusion.
Take time to breathe and explore your ocean.

Embrace your inner child.
Embody its wisdom and light.

Stay open and sincere.
Accept both love and fear.

It's our thinking minds that make us blind.
So live from your heart, one step at a time.

Let go of yourself and find yourself.
Be brave enough to ask for help.

Live from the essence of your core.
Only love can end our endless wars.

Dare to see through your lies.
Choose to be the thousand skies.

95. Not Goodbye

Entity of life, it's time for you to let go.
Darkness dances with light. Your soul is longing so.
Where one journey ends, another journey starts.
You have done all you can. Singing is your heart.

You hold me close and you look deep into my eyes.
All I know is that there is nowhere left to hide.
You kiss my neck and you whisper in my ear:
'Fly home, my love. There's nothing for you to fear.'

Golden feathers are falling through the air.
Open up your mind and take me there.

Golden feathers are falling through the air.
Open up your heart and take me there.

I will fly. Up towards the sky.
This is not goodbye.
We'll meet again one day.

We will find. We will find our ways.
To communicate.
Beyond time and space.

This is not goodbye.

96. Flower under the Sky

I will trip, I will fall.
I will laugh, I will cry.
But trust me, I will always try.
I will grow like a flower under the sky.
Like a flower under the sky.

I will live, I will die.
I will be born again.
Free from shame, free from blame,
the same, yet not the same.
I will grow like a flower under the sky.
Like a flower under the sky.

Goodbye Mother.
Goodbye Father.
Forever in my heart.

Somewhere in the silence.
Somewhere on the horizon.
Somewhere among the stars.

Goodbye Mother.
Goodbye Father.
Forever in my heart.

97. Where We All Start

I'll find my way through the darkness.
Forever guided by my heart.
Back to a place where stars are born.
Where we all start.

There's no need to chase the future.
All we have is here and now.
Feel the ground underneath your feet
and you'll find yourself somehow.

Let us dance under the moonlight.
Let us howl towards the sky.
May we embrace the light inside.
There's no question why.

Love sure is a treasure.
The only thing we really need.
But we keep on running for our gold.
It will never set us free.

Tell me, what's our purpose?
We don't take time for inner peace.
Still, we're longing for harmony.
Humankind, you're a crazy breed.

So, I love my way through the darkness.
Forever guided by my heart.
Back to a place where stars are born.
Where we all start.

98. Endless Space

You will find
more than humankind.
Endless space is calling you.

Once upon a time,
there was no yours or mine.
All was one.

Stars they fell
only to tell: The truth before the words.
It lingers still.

You will find
more than humankind.
Endless space is calling you.

Now leave behind
what has been making you blind.
Endless space is calling you.

99. Timeless Energy

Life gives death. Death gives life.
All over, all over again.

Timeless energy. Always transforming.
Somehow it will be there till the end.

100. Circle of Something

Echoes from within.
Every song I sing.
Oh you. Oh you. Circle of something.

Since the day you were born, you've been loved by the Sun.
Many aeons ago, before this life of yours began.
You were nothing. Yet something.
Eternal. Essential.
Ever-changing energy of endless potential.

I will always be your friend. I will always be a stranger.
Know this: In the end, there's no danger.

So live.
Be free.
May you fly.

Give.
Receive.
Always try.

Thank you for reading this book!

If you have enjoyed the book and want to honour it in some way,
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