

**1. IT'S ALL RIGHT IN HERE** OCTOBER 19, 2010

Seven ways to get yourself forgiven  
Seven days to get yourself all right  
Several ways to safely shake your shivers  
Several ways you can deny your life

There's some fighting here  
There's some fighting here

Everywhere you look there is a signal  
Everywhere you look there is a sign  
Everywhere you look there is a signal  
Everywhere you go you can just hide

It's all right in here, it's all right in here

So never dream, never talk  
Never speak out loud  
Never spin, never dance  
Just sit tight don't breath, don't breath

It's all right in here, I'm not alive  
It's all right in here, I won't die

**2. BOXES** JUNE 4, 2009

All those boxes in the hall  
They just arrived here in the fall  
Now I can't catch you when you fall  
And as I call... you won't be hearing me at all

And I miss your smile... & your footsteps on the stairs  
(and down the hall)  
And I miss your scent & the way you called my name  
And I miss your hips & the touching of your fingertips  
And I miss our... aahhh

You lift me up and then you turn me down  
You make my smile change into a frown  
Now I can't hear you anymore  
And inside of me everything seems sore  
Yeah now I am feeling like a clone  
Tell myself I'm better off alone...

(refrain)

And I miss the way you kiss my kiss...  
And I miss the way you kiss my kiss...

**3. AND THEN...** JUNE 7, 2010

Never felt like you were there  
Never knew I had a friend  
It felt like dying

Never felt I had the strength  
Never knew the night could end  
My heart was crying

Didn't see how I could be  
Didn't feel I could be free  
Still I was trying, trying

Then suddenly something appeared  
And suddenly some darkness cleared  
My heart was sighing

And then... some light came in  
A new begin... for you and me  
And yeah... I feel you're there  
Somewhere near... but can I touch you

Never felt like you where there  
Never knew I had a friend  
It felt like dying

Never felt I had the strength  
Never knew the night could end  
But I was trying

And then... some light came in  
A new begin... for you and me  
And yeah... I feel you're there  
Somewhere near...  
now I can touch you... still scared to touch you

**4. YOU'LL SEE** FEBRUARY 11, 2010

And it's there for all to see  
Whatever's there to feel or be  
What I think just isn't real  
It only seems truth is concealed

You'll see You'll see  
You'll see... eventually

I can't define just what I am  
Or what's a foe or what's a friend  
I don't now just where I stand  
But it's clear it's not the end

For me  
For me  
For me, it seems just a dream

And I never dreamt to meet you  
And I never felt this good  
I would really wanna kiss you  
And hold you in my arms  
All day long

**5. FOR A WHILE** JUNE 9, 2010

She wakes up when the day is done  
Wakes up on her own  
She never felt this way before  
Now everybody's gone

For a while - It all seemed wonderful  
For a while - She wore a smile  
For a while - Life seemed nice somehow  
And now it's just a trial

She used to care about too much  
Now she doesn't care at all  
The days all seem so empty now  
Now she is all on her own

(refrain)

And then this morning  
The sadness fades  
She's done mourning  
And radiates  
She reaches out  
And finds her way  
Says to the phone  
I'm coming... Home

'Cos for a while - It all seemed wonderful  
For a while - I wore a smile  
For a while - Life seemed nice somehow  
Now I know... it was all mind  
Now I know it was all mine

**6. A BOYS TALE...** AUGUST 2, 2009

Oh I know it's a little late now  
And I never quite broke through  
But I was really trying  
To be close to you

And the trail you could't show me  
Cos' your feelings were a mess  
Even as I felt like dying  
You could not confess

Oh, Father  
where have you been  
I needed direction  
Some strength to begin

It seemed like you were standing  
With the world right at your feet  
But the fact was you were trembling  
And sought to die just down the street

And your mom a fucking martyr  
And your work it was your shield  
But inside dad you were hiding  
And you just couldn't yield

Oh, Daddy  
where have you been  
I was lost in the darkness  
In need of a king

Oh, Daddy  
What have you done  
Cos' of wavering guidance  
I became a lost son

But you see I'll always love you  
Cos' you did what you could do  
And I'm aware you had a father  
Who never could love you

And I've seen the pain inside  
Yet I attacked you in the night  
But I still feel our connection  
And I really hope you are all right

Oh, Daddy  
What have I done  
I understand what you've been through  
But now you are gone

Oh, Daddy  
So sad it all went wrong  
And I'll try to be a man now  
And heal it with a song...

**7. COULD IT BE...?** JULY 20, 2009

Could it be  
That life's forever?  
Or would that seem  
Too cruel?

Can I state  
'I am alive now'  
Do you know  
For sure?

Could it be  
That love don't matter?  
Really sounds  
Insane

Can one be  
Without restrictions  
And yet not be  
A plague?

Are you dreaming?  
Are you awake now?  
Or is it all the same?  
And as your fears meet your desires  
Your mind is just playing games

Are you dreaming?  
Are you awake now?  
Do you really comprehend?  
And your heart, it might be showing  
What your mind can't understand  
(so, are you dreaming...?)

**8. PRELUDE TO YOU**

INSTRUMENTAL

**9. YOU**

february 3, 2010

I touch the ground, in your embrace  
 You bring me summer  
 I live this life and wish to see you shine  
 Among the stars  
 I walk this earth in wonder and amazement  
 And see you come, and go... and come again

The feeling's strong, the longing makes it richer  
 The feeling's strong, by god I love you so  
 There's nothing wrong as your smile will travel with me  
 I wait and long, by god I love you so

There's nothing else which makes me smile more often  
 Those sparkling eyes, the roundness of your hips  
 I kiss your mouth and heaven starts unfolding  
 To be alone means nothing... Nothing till your gone

(refrain)

**10. SHINE**

july 11, 2009

For quite some time, it all seemed fine  
 Though something vague said 'you be careful'  
 And then one night, a dark grim night  
 The tables turned, as I went crazy

So she said to me 'I have to leave'  
 ... still I don't blame you  
 'I'll sort it out' she promised me  
 'I'll have to see what's false or true'

And now the days all seem so empty  
 And the nights are cold and long  
 And as many things round here are tempting me  
 This might just make me feel much stronger than before

So shine, shine, it's fine  
 This really ain't no crime  
 So shine, just take your time  
 Still hope one day, you will be mine

She makes me see I am still hiding  
 Although I seem so strong and free  
 And I believe somewhere I started fighting  
 Despite my love for peace

So here I sit and breathe in silence  
 As I watch spring, winter, fall  
 Inside my mind there's sometimes violence  
 Still I am waiting for your call

And now the days seem a little empty  
 And the nights are... well you know  
 Not much left round here to tempt me  
 This might just make me feel much stronger than before

So shine, shine, it's fine  
 This really ain't no crime  
 You shine, shine, take your time  
 There's some hope left, you might be mine, one day...

**11. TAKE MY HAND**

july 17, 2009

I've been around a thousand years  
 Though I never took the time  
 To really see what brings the tears  
 And the questions in my mind

Sensing different galaxies  
 Watching people going wrong  
 Seeing through the maze of things  
 But I've been... waiting here too long

Sometimes the gods are witnessing  
 All the turmoil in my head  
 As I walk as openness  
 Nothing makes me sad  
 At other times I'm listening  
 To the birds, the wind, the rain  
 But as I think of you my love  
 My heart... still feels the same

So take my hand, walk with me  
 Be a friend, and show to me  
 What you can, to make me understand  
 Take my hand, walk with me  
 Be a friend, make love with me  
 Take my hand, and never let me go  
 so wrong again... so long again

**12. STAY INSIDE TODAY**

july 16-31, 2010

Sit staring from the window  
 Gonna stay inside all day  
 Got this eery feeling  
 Like nothing's right today

Just try to remain sane you know  
 'Cos every one is lame

So I'll just be here waiting  
 Until it's time to change  
 The walls still need repainting  
 And you seem out of range

Just try to remain sane you know  
 'Cos every one's afraid

So I'm gazing from the window  
 Until it's much too late  
 And let everybody crumble  
 And sell their souls just to get paid

'Cos they always want the same you know  
 So let them meet their fate  
 Just wanna remain sane you know  
 So I gotta get away

Yeah I'm aware this isn't pretty  
 But I'm tired of greed & hate  
 So I dream up your naked body  
 And I wish I just got laid

Think it helps to remain sane you know  
 But you're so goddamn late

**13. LIKE I SHOULD**

july 10, 2010

There are so many ways to share my sense of grace  
 Sometimes I try, I don't know why  
 I see the light of days and sing a song of praise  
 And tell no lie, you told me why

Funny you're so close to me now  
 And guide me all the way  
 Now I know I'm really able  
 To love you like I should, to love you like I should

Standing by your grave, the sadness dissipates  
 No need to cry and I know why  
 I knew your every way and think of you each day  
 And see your smile, once every while

Funny you're so close to me now  
 And share my every thought  
 Now I feel I'm really able  
 To love you like I should, to love like I should

And be someone who understood  
 And give myself to something good

**14. SMILE**

february 23, 2011

As I awake I am forgiven  
 While awake I can be true  
 Awake I can start living  
 Beside or without you

And I dream I am a giver  
 As I dream I can create  
 Dreaming sounds like seemingly  
 So everything seems great

For you I can start leaving  
 For you I could just stay  
 For you I should believe me  
 When I say the world baby is great  
 When I say the world baby is great

The world is great when you are laughing  
 It's great when your eyes smile  
 It's grey and flat and saddening  
 When I do something to make you cry  
 I always do something to make you cry

But everyone's a winner  
 Everyone seems safe  
 Everyone is dying  
 And nobody seems brave  
 Enough  
 To really start to question  
 And inquire into greed  
 To be means you can share, my love  
 And you're not afraid of need

For you I could start leaving  
 For you I could just stay  
 For you I can believe it  
 When you say the world baby is great  
 When you say the world baby is great

The world is great when you are laughing  
 It's great when your soul shines  
 It's great whatever happens  
 We always seem to care enough to cry  
 As we always seem to care enough to smile

**15. GONE**

august 23, 2010

Tender smile, a light along the way  
 I sit alone, wish I knew what to say  
 But words can't mend  
 What acts have washed away

Asked you why, I cannot not stay  
 'Cos here I feel at home  
 But you can't believe, I'd change my ways  
 Before all love is gone

Love is gone  
 Love is gone

Watch the cars, go by me in the rain  
 Mind is numbed, as I sit down  
 Observe a finch, here underneath the bridge  
 Share my bread, gives me some relief

Asked you why I couldn't stay  
 Beside you I felt at home  
 But it's too late to change my ways  
 Because all love seems gone

Love seems gone  
 Love seems gone  
 Love seems gone  
 Love seems gone

After watching the movie CRAZY HEART feat. Jeff Bridges