

# THE LIGHT YOU NEED EXISTS

## 01. DANCE

(Helge Torvund & Randi Tytingvåg)

Dance with your heart  
And your body will follow  
Everything else is  
Useless and hollow

There's a gift  
That I get when I give it  
Life is a caress  
When I just start to live it

The blackbird is singing  
I can hear every part  
The morning is living

Dance with your heart  
And your body will follow  
Everything else is  
Useless and hollow

There's a light  
That gets lit when I see it  
Hope is not a wish  
But my feelings can free it

Our love is a power  
But it's also an art  
Reflect on it now or

Dance with your heart  
And your body will follow  
Everything else is  
Useless and hollow

## 02. YOU GOTTA GET OUT

(Helge Torvund & Randi Tytingvåg)

You gotta get away from this place  
Before it closes your heart  
You gotta get out of this room  
Before your mind goes dark

When you're walking in the alleyway  
And the rain is everywhere  
You're suddenly so wide awake  
The afternoon is wet and clear

It will soon be too late  
but you can do it right now  
They will never change,  
but you know how

You gotta get away from this place  
Before it closes your heart  
You gotta get out of this room  
Before your mind goes dark

When you're standing by the beach  
And the wind is all there is  
Your whole body is alive  
So please remember this:

It will soon be too late  
but you can do it right now  
They will never change,  
but you know how

You gotta get away from this place  
Before it closes your heart  
You gotta get out of this room  
Before your mind goes dark

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### 03. UNDER A TALL TREE

(Helge Torvund & Randi Tytingvåg)

Sometimes when I am standing  
Under a tall, majestic tree  
I forget my name, I'm not alone  
My soul is free

I have come through withered grass  
With heavy thoughts  
I've wondered if I'd lose myself  
Or if I'd get across

But under this old majestic oak  
my wounds are starting to heal  
Nothing can hurt me here, I believe this is for real  
Nature will mend what broke

I have felt the wind come  
hurling down my way  
In times of trouble  
I'm glad that someone else could pray

I'm lifted a little higher  
Although I'm standing on the ground  
My thoughts forever different  
I'll always keep what I have found

Under this old majestic oak  
my wounds are starting to heal  
Nothing can hurt me here, I believe this is for real  
Nature will mend what broke

I feel the red joy of a squirrel  
grip the branches of my breath  
An unusual energy  
that seems stronger than death

Under this old majestic oak  
my wounds are starting to heal  
Nothing can hurt me here, I believe this is for real  
Nature will mend what broke

### 04. LOOK UP

(Helge Torvund & Randi Tytingvåg)

It's better to look up, look up  
Reach for balloons in the sky  
No one can hold you down  
Don't ever let go of your crown  
Look up  
Look up

It's better to look up, look up  
Right to the top of the trees  
Spreading its branches out  
Embracing what life's all about  
Look up  
Look up

I have found a visual calm  
A luxury for free  
Shutting out the noise and looking up  
I discover I'm free

It's better to look up, look up  
Gaze at the stars in the sky  
When the perspective's right  
The answer will soon be in sight  
Look up  
Look up

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### 05. HOVERING GREEN

(Helge Torvund & Randi Tytingvåg)

I'll play you a song on my summertime strings,  
a song that can fill you with joy  
It will tell you a tale of these wonderful things  
in a tune that is playful and coy

A melody hiding in buds and in seed  
and in bulbs that await in the dark  
A tune that is trapped, but soon will be free  
It will rise to the sky with the lark

It is the season of love  
It brings light to the words  
and eggs in the nests  
of all kinds of birds

I'll sing you a song of the life-giving light  
that will wake in the fields of my dream  
Over the meadows so soft and so bright  
comes a new shade of hovering green

The river will run with a glimmering flow  
and a song with the strength of a stream  
And we'll all be part of the shimmering show  
as the world becomes one with our dream

It is the season of love  
It brings light to the words  
and eggs in the nests  
of all kinds of birds

### 06. HELIOTROPIC

(Helge Torvund & Randi Tytingvåg)

I am heliotropic  
I am leaning towards the sun  
I don't remember exactly  
when all this began  
But I am heliotropic  
I am leaning towards the sun

How can we manage to light a fire  
in the deepest, darkest eyes?  
How can we possibly lift the burden  
of destruction and slippery lies?

I am heliotropic  
I am leaning towards the sun  
I don't remember exactly  
when all this began  
But I am heliotropic  
I am leaning towards the sun

Where the path is winding into the forest  
the shadows are casting their spell  
Proving the light is present  
and part of the picture as well

In every leaf, the light is working  
The sunflower's turning its flower  
We are all depending  
on the light in our darkest hour

I am heliotropic  
I am leaning towards the sun  
I don't remember exactly  
when all this began  
But I am heliotropic  
I am leaning towards the sun

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### 07. MISERY LOVES BAD COMPANY

(Helge Torvund & Randi Tytingvåg)

Misery loves bad company  
It somehow keeps hope in custody  
The upside of things is hidden away  
It's dark whether it's night or day

He lost his mum at a young age  
She was his all, and when he needed her  
he could always call  
Now there's nowhere to turn  
His dad is a drunk and a big concern

Misery loves bad company  
It somehow keeps hope in custody  
The upside of things is hidden away  
It's dark whether it's night or day

His sister waited too long  
Before she cried out for help  
there was so much wrong  
Therapy seems to be a blur  
And now she says that it's not for her

Misery loves bad company  
It somehow keeps hope in custody  
The upside of things is hidden away  
It's dark whether it's night or day

The oldest knows that she must sit still  
This boat will not rock ,  
she knows the drill  
Her house, her kids and her man  
She is doing her best with her own plan

She tries to break out, she fights her doubt  
This is what every day life's about  
And she will take back what she has lost  
Hope, at any cost

### 08. THE LIGHT YOU NEED EXISTS

(Helge Torvund & Randi Tytingvåg)

You asked me once in a worried voice  
Do I have a choice?  
You asked me once in a tone so strange  
Do I have to change?  
Or can I just accept  
that I am the way I am?

If you accept that you are you  
You have made the most important change  
That you can do

And when another day of trouble is coming up the  
hill  
And something in your mind still resists  
I just hope that you always will remember this:  
The light you need exists

A question mark in your dark eyes  
Put there by too many lies  
Your worried voice is getting wise  
And so you asked me twice  
Can I just accept  
that I am the way I am?

If you accept that you are you  
You'll be gaining insights  
Only known by a lucky few

And when another day of trouble is coming up the  
hill  
And something in your mind still resists  
I just hope that you always will remember this:  
The light you need exists

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### 09. WHAT WILL KISS YOUR SECOND THOUGHT?

(Helge Torvund & Randi Tytingvåg)

Is there anything you really know?  
What in your heart is true?  
Does anybody have a clue  
what is the right thing to do?

Someone you know quite well  
might get very ill  
Could you hold the light up still?  
What words of comfort would you tell?

Soon there will be snow  
What will kiss your second thought?  
The sky is falling, perhaps we ought  
to keep our heads down low?

What can hold a fragile bridge  
over the windy stream?  
Sometimes it seems  
like we're on the ridge.

Soon there will be snow  
What will kiss your second thought?  
The sky is falling, perhaps we ought  
to keep our heads down low?

In the dark and frosty night  
I can sense a quiet smile  
I haven't seen it for a while  
I hope that things will turn out right

### 10. BUTTERFLY

(Helge Torvund & Randi Tytingvåg)

Butterfly, butterfly  
I'll understand it better by and by  
Butterfly, butterfly  
Softer than a human sigh

You knew that it was time  
So you stayed in your cocoon  
No one really understood  
That it would happen quite so soon

It was hard to watch you disappear  
You didn't get to hear the birds  
We listened to your favourite songs  
When we couldn't really find the words

Butterfly, butterfly  
I'll understand it better by and by  
Butterfly, butterfly  
Softer than a human sigh

You always dreamt that you would fly  
Though your grounding was so sound  
A hungry soul and an open mind  
You took care of what you found

Will we meet again?  
I hope, I wish, I dream, I miss  
But I don't know, and no one knows  
Just what comes after this

Butterfly, butterfly  
I'll understand it better by and by  
Butterfly, butterfly  
Softer than a human sigh

Memories  
Sorrow's grace  
I will always keep you in my heart  
Although you've left for another place

Butterfly, butterfly  
I'll understand it better by and by  
Butterfly, butterfly  
Softer than a human sigh

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### 11. **BACK IN LOVE**

(Helge Torvund & Randi Tytingvåg)

I was walking through the galleries  
Inside my visual joy,  
When I came upon a painting  
Of an ancient farmer boy  
His hair so clear in the sunshine  
And his eyes so innocent blue  
And suddenly, my darling  
I was back in love with you

I was hiding from the rain  
In a little coffee shop  
Watching the glittering window  
I followed every single drop  
As they melted into one another  
The music was turning blue  
And suddenly, my darling  
I was back in love with you

I was working for some years  
In another busy town,  
I thought it would distract me  
So I wouldn't feel so down  
But it didn't work that way  
It was all in vain, the smog was just too grey  
And as I was heading back  
It felt like a heavenly attack

Now I am walking through the galleries  
where we so often walked  
We were laughing secretly  
And whispered when we talked  
Sometimes a certain picture  
has this special Persian blue  
And suddenly, my darling  
I am back in love with you