

# Somewhere Between The Miles

Poems Into Songs

50 Songs About Connection,  
Courage & Inner Truth

Lyrics • Reflections • Travel Photography  
• Listen via QR Codes

by René Roldão



First Edition 2026

Copyright © René Roldão, 2026

All rights reserved.

Pictures: René Roldão

This book and all its contents, including text and images, are protected by copyright. No part of this book may be reproduced, distributed, or used in any other way without the prior written consent of the author, except as permitted by law. The experiences and wisdom shared in this manual are based on the author's personal experiences and beliefs. They are intended as inspiration and do not constitute professional advice.

I am a writer who believes that words carry something long before they are ever spoken out loud.

Most of what you will read here didn't start as songs.

They started as moments.

Small observations.

Quiet realizations.

Things I couldn't ignore once I noticed them.

Many of these lines were written while moving - through places, through conversations, through phases of my life that didn't always make sense at the time.

Some of them later became music.

Not to complete them, but to give them another way to exist.

This book is not a collection of songs.

It's a record of change.

Not all of it is loud.

Not all of it is clear.

But all of it is real.

The songs are here to be listened to.

The words are here to stay.

All rights reserved.

Listening to the songs on YouTube: [PoemsIntoSongsTAOH](#)



# About This Book

This book is a collection of song lyrics that began as poetry.

Many of these texts were first written as reflections during travels, quiet moments, and personal transitions. Over time, some of them found their way into music, while others remain simply as words on a page.

Each song in this book holds a moment of honesty - a question, a feeling, or an experience that asked to be expressed.

Some songs exist as recordings and can be listened to online. Others live only here, waiting for their sound.

This book is not meant to be rushed.

It is an invitation to read slowly, to pause, and perhaps to recognize something of your own story between the lines.

# Introduction

Music has always been a bridge between inner experience and something shared.

Sometimes a few lines written in solitude begin to carry more than the moment they came from.

They stay.  
They grow.  
And at some point, they reach beyond you.

This book brings together songs that were written across different phases of my life.

Some came from movement -  
from time on the road, changing places, changing perspectives.

Others came from stillness -  
from relationships, questions, and moments that didn't resolve themselves right away.

The words are simple on purpose.

Not to reduce what they hold, but to leave space for what they might mean to someone else.

Because these songs are not only about specific situations or people.

They are about patterns.  
About change.  
About the quiet process of understanding something only after you've lived through it.  
If you move through these pages slowly,  
you may notice that the songs don't stand alone.

They follow a certain line.  
Not a perfect one.  
But a real one.

And somewhere along that line,  
you may recognize parts of your own.

Some of the texts that later became songs also exist in  
their original form as poetry.

A selection of those can be found in my collection  
*Between Worlds*, available as a printed book. For those  
who prefer words in their simplest form, that is another  
way to experience where many of these songs began.

# How to use this book

The songs in this book can be experienced in different ways.

You can read the lyrics as they are,  
like poetry on a page.

Or you can listen to the music connected to many of the songs.

Throughout the book, you will occasionally find QR codes.

Scanning them with your phone will take you directly to the corresponding song online. An internet connection and a compatible device are required. All links were active at the time of publication, though online content and platforms may change over time.

Some song sections also include short reflections.

These are not explanations or interpretations.

They are simply fragments of context -  
moments around the song that remained.

There is no correct way to move through this book.

You may read it from beginning to end,  
open it at random,  
or return to certain songs over time.

Take what resonates.

Leave the rest.

# Content

About This Book	3
Introduction	4
How to use this book	6
Content	7
Awakening / Realisation	9
1. I walk my way	10
2. Something better	14
3. Letter to My Younger Self	18
4. When pain opens your eyes	22
Love, Loss & Letting Go	27
5. Would you walk with me	28
6. Almost us	32
7. Under different stars	36
8. If Love Is Easy	40
9. Let love breathe	44
10. No rush between us	48
11. I walk away clean	52
12. I don't chase anymore	57
13. Hold the line	61
Pain, Depth & Inner Strength	66
14. Born in the storm	67
15. Tired of being strong	71
16. Scars from the ones I loved	76
17. Every scar remembers my name	80
18. Still here standing	85
19. This is where it begins	89
Identity & Truth	94
20. Be the light	95
21. The soul of a man	99
22. The man I'm meeting now	103
23. Not your enemy	107
24. The stories we carry	112
25. Step back and watch	116

26. Stay in my lane	120
27. What time had to teach	124
28. What remains	128
Freedom & Movement	133
29. Something's pulling me	134
30. Dust in my lungs	139
31. Collecting Sunsets	144
32. Dance with me	148
33. Where the road gets quiet	152
34. Where I return	156
35. Somewhere between the miles	161
Connection, Presence & Lightness	166
36. Just one smile	167
37. Light Heart	171
38. High enough to stay	175
39. The loud world and the quiet ones	179
40. Between the Shadows	183
41. Sons of the second sunrise	187
42. We stand beside you	191
Legacy, Meaning & Life Perspective	196
43. What we leave behind	197
44. Warrior of the light	202
For My Children	207
45. Walk your line	208
46. Where you stand	212
47. Beyond the ocean line	215
Integration & Continuation	220
48. Where roots remember	221
49. Whisper of Freedom	225
50. Two steps forward	229
Bonus	233
51. Adventure Is Calling	234
Beginning	238

# Awakening / Realisation

There is no clear beginning to change.

It rarely starts with a decision.

More often, it begins with a quiet discomfort - something that doesn't quite sit right anymore, even if nothing on the surface seems wrong.

You move through familiar routines, familiar conversations, familiar places. But somewhere in between, a thought lingers longer than it used to. A feeling doesn't pass as quickly. A question forms, without asking for permission.

At first, it's easy to ignore.

To keep going. To explain it away.

But the more you notice, the harder it becomes to pretend that everything is still aligned.

This chapter lives in that subtle shift.

The moment where awareness begins, not loudly, but persistently. Where you start to see that what once felt certain might only have been unquestioned.

Nothing has changed yet.

And yet, something already has.

# 1. I walk my way

## Verse 1

I asked myself a thousand times  
Which road is mine to choose  
How do you listen to your heart  
When fear is talking too  
It's not a moment, not a spark  
No lightning in the rain  
It's patience learned in silent nights  
Where nothing stays the same

## Pre-Chorus

I had to stand alone sometimes  
Without losing who I am  
To see the signs along the way  
And finally understand

## Chorus

I walk my way  
I don't run, I don't escape  
I fall, I rise, I learn, I change  
I walk my way  
Through doubt, through loss, through open doors  
I'm not who I was before  
I walk my way

## Verse 2

Life speaks in whispers every day  
If you're willing just to hear  
When you stop running from the pain  
And let yourself stay near  
Knowledge grows from what we've seen  
But wisdom needs the move  
Only when you dare to act  
Do you become the truth

### Pre-Chorus 2

Growing means to let things break  
To question what you knew  
To let go of what held you back  
And still keep walking through

### Chorus

I walk my way  
I don't run, I don't escape  
I fall, I rise, I learn, I change  
I walk my way  
Through doubt, through loss, through open doors  
I'm not who I was before  
I walk my way

### Bridge

Trust is built in broken plans  
In nights that test your core  
Stay true when everything feels wrong  
That's how you grow much more

### Final Chorus

I walk my way  
With open eyes, with honest scars  
I've come this far, I know who I am  
I walk my way  
And when I finally reach the end  
I'll know I stayed my closest friend  
I walk my way

### Outro

I walk my way  
And I arrive  
In me

## Reflection

This song grew out of many years of questioning my own path.

For a long time I wondered how people actually know which direction in life is truly theirs. There is rarely a clear moment of certainty. More often, it is a slow process of listening, doubting, trying, failing, and continuing anyway.

Some of the most important lessons did not come through success, but through mistakes, endings, and moments where I had to stand alone and make my own decisions.


Over time I realized that finding your path is less about discovering a perfect direction and more about learning to stay honest with yourself while you walk.

The road changes. We change. What felt right once may no longer fit later.

But if we keep listening carefully, life has a quiet way of guiding us forward.

This song is about that ongoing journey - not running away, not forcing certainty, but continuing to walk with open eyes and an honest heart.

Sometimes the most important destination is simply becoming someone you can stand beside.

 Listen to the Song



## 2. Something better

### Verse 1

I landed somewhere unfamiliar  
Trying to start again  
Left behind what kept me small  
Let the quiet in

### Pre-Chorus

Some things shine when you look once  
Others ask you to stay  
To face what's real beneath the skin  
And not turn away

### Chorus

I want something better  
Not louder, not faster, not fake  
I want something better  
Something real I can stand in and take

### Verse 2

I'm done with masks and measured lives  
With worth defined by gain  
Every heart breaks in the same dark  
Every fear feels the same

### Chorus

I want something better  
Not built on fear or control  
I want something better  
Where we don't lose our soul

### Bridge

I touched the ground  
Felt where I stand  
This is the line  
I won't cross back again

Final Chorus

I want something better  
Not alone, but side by side  
Something better  
Where we don't have to hide

## Reflection

This song came after a moment of clarity.

Not during the relationship.  
Not even in the middle of the pain.  
But after it.

When everything got quiet.

After the emotions settled, I started to see things more clearly - not just what went wrong, but what I had been accepting for too long.

Patterns.  
Compromises.  
Ways of losing myself without noticing it.

And with that clarity came a simple but powerful realization:  
I don't want to go back to that.

Not to something louder.  
Not to something more intense.  
But to something more honest.


This song is about that shift.

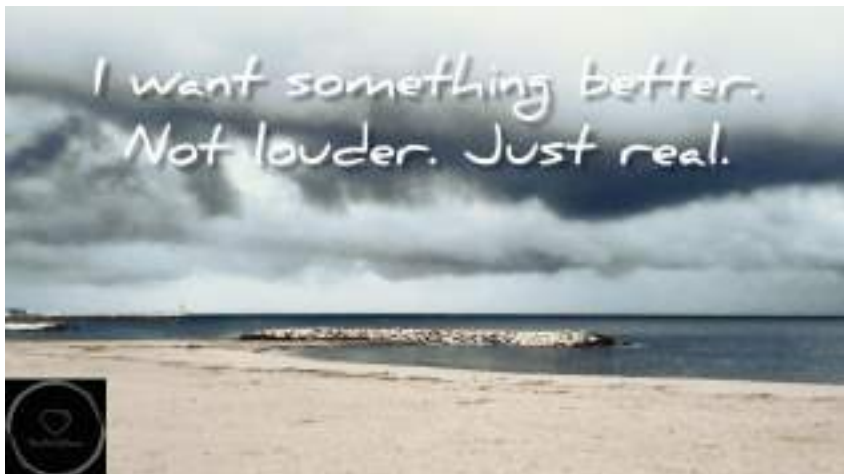
About raising your standard - not out of ego, but out of self-respect.

About understanding that real connection doesn't require you to shrink, to perform, or to adapt in ways that cost you who you are.

It's not about rejecting the past.  
It's about learning from it.

And choosing, consciously, to move toward something better.

 Listen to the Song



### 3. Letter to My Younger Self

#### Verse 1

We thought we had it figured out  
Knew what life was all about  
Young and loud, invincible  
Running fast, unstoppable

#### Pre-Chorus

Was it pride or innocence  
That made us miss what mattered then?

#### Chorus

If I could talk to my younger self  
I'd say: slow down, don't lose yourself  
Let love lead, let truth be felt  
If I could talk to my younger self

#### Verse 2

So many scars we couldn't see  
Lessons learned painfully  
They say you fall to learn to rise  
I say depth is born inside

#### Pre-Chorus

Every wound, every fight  
Turns into a guiding light

#### Chorus

If I could talk to my younger self  
I'd say: slow down, don't lose yourself  
Let love lead, let truth be felt  
If I could talk to my younger self

#### Bridge

Put your ego down tonight  
Trust your heart, it knows what's right  
Be the light for someone else  
You don't walk this road by yourself

Final Chorus

If I could talk to my younger self

I'd say: stand tall, don't hide yourself

Let love lead, let truth be felt

If I could talk to my younger self

## Reflection

At some point in life, many of us begin to look back and wonder who we once were.

We remember the certainty, the speed, the belief that we understood how life would unfold. There was a kind of confidence in those early years - sometimes grounded, sometimes naive, but always moving forward.

With time, experience adds new layers.

Mistakes, losses, and unexpected turns reshape the way we see the world and ourselves. Things that once seemed clear become more complex. And things we overlooked begin to reveal their importance.

This song came from asking a simple question:  
What would I say to my younger self, knowing what I know now?


Not to change the past, but to offer perspective.

The answer was not about avoiding mistakes or choosing a different path. Most of those experiences were necessary to become who I am today.

It was more about small reminders:  
To slow down.  
To stay connected to what feels true.  
To not lose yourself while trying to find your place in the world.

In the end, we cannot go back and speak to who we once were.

But we can carry that awareness forward - and perhaps live today with a little more clarity than we had back then.

 Listen to the Song



## 4. When pain opens your eyes

### Verse 1

Some moments cut deeper  
Than words can explain  
They strip every layer  
And leave you in pain  
But right in that breaking  
You start to see clear  
Who stayed in the darkness  
And who disappeared

### Pre-Chorus

Life pulls the curtain  
No mercy, no disguise  
Not to punish your heart  
But to open your eyes

### Chorus

When pain opens your eyes  
You see what was real  
Love can be beautiful  
But blind you as well  
It wasn't the fall  
That broke me inside  
It was finally seeing  
The truth I denied

### Verse 2

Love felt like shelter  
Like warmth in the cold  
But comfort can lie  
And silence can hold  
What was always there  
In plain, open sight  
I just needed the hurt  
To step into the light

Pre-Chorus 2

It comes without warning  
No reason, no sign  
But it shows you the cost  
Of leaving yourself behind

Chorus

When pain opens your eyes  
You see what was real  
What cuts the deepest  
Is what helps you heal  
It wasn't the loss  
Or the tears I cried  
It was finally seeing  
The truth I denied

Bridge

Pain was never my enemy  
Just a voice I wouldn't hear

Final Chorus

When pain opens your eyes  
You don't turn away  
You thank every scar  
That taught you to stay  
It didn't come to break me  
Or end my way  
It came to show me  
Why I had to change

## Reflection

Some lessons in life arrive quietly.  
Others arrive through pain.

This song was written after a relationship in which love and hope had slowly blurred my ability to see certain truths. When we care deeply about someone, it is easy to overlook the small signs that something is not aligned. We explain things away, we stay patient, we try harder.

For a long time, I believed that perseverance and understanding were enough to carry the relationship forward.


But sometimes the moment of clarity comes only when the situation finally breaks apart.

What hurt most was not simply the ending.  
It was realizing that parts of the truth had been visible all along - I just was not ready to see them.

With time, I began to understand that pain itself was not the enemy. It was a signal, a voice asking me to return to my own honesty.

The experience changed the way I look at relationships and at myself.

In the end, the pain did not come to destroy something.  
It came to open my eyes to what had always been there.

 Listen to the Song



Once you begin to see differently,  
you can't move through relationships the same way  
anymore.

# Love, Loss & Letting Go

Once you begin to see more clearly, you also begin to feel more honestly - especially in the places where you are closest to others.

Connection has a way of revealing what we don't notice when we stand alone. It brings warmth, meaning, and depth, but it also exposes expectation, imbalance, and the quiet ways we adapt to be accepted.

Not everything breaks at once.  
More often, things shift slowly.

A distance that wasn't there before.  
Silence where there used to be ease.  
Moments where you begin to sense that something is being held together, rather than naturally held.

In this chapter, relationships are not idealized.  
They are experienced.

You begin to understand that not every connection is meant to stay, and that letting go is not a failure, but a form of honesty. Not every ending is dramatic. Some simply become clear.

And in that clarity, something changes.

You stop chasing.  
You stop convincing.  
You stop holding on where there is nothing left to hold.

Not out of bitterness.  
But out of recognition.

## 5. Would you walk with me

### Verse 1

Would you walk with me, just once, right now,  
same direction, no more detours, no how.  
No pretending, no disguise,  
no heavy coats, no practiced lies.  
No rules we didn't choose ourselves,  
no living life for someone else.

### Pre-Chorus

Just breathing in what's real and true,  
letting wants and needs come through.

### Chorus

Would you walk with me, no mask, no fear,  
from this moment on, right here?  
Not perfect, no, but honestly,  
just you, just me - who we can be.  
My heart is loud, I won't deny,  
I'm asking now... would you try?

### Verse 2

Learning slowly how to stay,  
to hold on tight, then give some space.  
Giving warmth, but room to breathe,  
trusting what we both believe.  
Growing roots and growing wide,  
standing strong, side by side.

### Pre-Chorus

No promises we can't keep,  
just a future we can meet.

### Chorus

Would you walk with me, no mask, no fear,  
from this moment on, right here?  
Not perfect, no, but honestly,  
just you, just me - who we can be.

My heart beats fast, I won't deny,  
I'm asking now... would you try?

Bridge

Maybe we could build something new,  
a world that feels like truth.  
Not planned, not safe, but real somehow,  
not someday - only now.

Final Chorus

So would you walk with me, hand in hand,  
no scripts to read, no shifting sand?  
I'm not sure how this road will bend,  
but I know where I stand.  
I'm here, I'm open, this is me -  
tell me now...  
would you walk with me?

## Reflection

This song began as a simple question.

Not about plans, security, or promises -  
but about the courage to walk in the same direction for  
a while.

At the time, I wrote these lines as a poem for someone I  
loved. It was my way of asking whether she could imagine  
a life that felt more honest and less performed. A life  
without masks, without roles, without the quiet  
pressure to become someone else.

When she read the poem, her answer was simple:

“Yes.”


For a moment, the possibility of such a life felt real.

Looking back, I realize the song is less about a  
relationship and more about a deeper invitation:  
the willingness to meet another person without hiding.

To walk together not because the road is certain,  
but because the moment feels true.

Sometimes the most important step in life begins with a  
quiet question:

*Would you walk with me?*

 Listen to the Song

