



Alan Jarvis

The Passion Box

1. Take Me For A Slow Dance
2. I Know How Lovely You Are
3. Through The Years
4. When It's Cold Outside
5. Bells Are Ringing
6. Every Time It Rains
7. Make You Feel My Love
8. Shifting The World
9. (This Lullaby Is) Just For You
10. Too Late To Wait
11. Going Home
12. Footprints On The Path
13. Kicking Off My Shoes
14. Somewhere Over There



Produced, recorded and mixed by Alan Jarvis ©2023 // Mastered at Joao Carvalho Mastering // ©2023 Squishy Music Publishing for Canada, the U.S.A. and for the world outside Canada and the U.S.A. // Unauthorized copying, hiring, lending, public performance and broadcasting of this recording prohibited // Manufactured in Canada.

Take Me For A Slow Dance

Words and music by Alan Jarvis ©2023

Take me for a slow dance
So time can stand still for a while

Every star in the world is above us
The people are gone, the night stretches on
You're with me and the world's at our feet
There's nobody here to disturb us tonight
Write our names in the sky on clouds blowing by
Let's go outside and dance in the street

Take me for a slow dance
So time can stand still for a while
Two bodies touching as close as can be
When you're taking a slow dance with me

Someone once said that romance is dying
But that can't be true when I'm dancing with you
I can see the love in your eyes
I'm holding you close as we turn round and round
I'm feeling you breathe when you're so close to me
Let's just stay here and watch the sun rise

I Know How Lovely You Are

Words and music by Alan Jarvis ©2023

Way in the corner, alone in a chair
You were looking at me from afar
We'd never spoken but I could still see your smile
I know how lovely you are

Getting to know you was such a big deal
Like trying to rope in a star
You kept giving signals then slowly you pulled me in
I know how lovely you are

So many times I tried to open that door
When I moved in close to you, you walked away
You were playing games with me
But not anymore

So tough on the outside, it was hard to break through
I needed my whole repertoire
It took me forever but it was all worthwhile
I know how lovely you are

Through The Years

Words and music by Steve Dorff & Marty Panzer (©1980)

I can't remember when you weren't there
When I didn't care for anyone but you
I swear we've been through everything there is
Can't imagine anything we've missed
Can't imagine anything the two of us can't do

Through the years you've never let me down
You turned my life around
The sweetest days I've found I found with you
Through the years I've never been afraid
I've loved the life we've made and I'm so glad I stayed
Right here with you through the years

I can't remember what I used to do
Or who I trusted, who I listened to before
I swear you taught me everything I know
Can't imagine needing someone so
But through the years it seems to me I need you more and more

Through the years through all the good and bad
I know how much we had
I've always been so glad to be with you
Through the years it's better every day
You kissed my tears away, as long as it's okay
I'll stay with you through the years

Through the years when everything went wrong
Together we were strong
I know that I belong right here with you
Through the years I never had a doubt
We'd always work things out, I've learned what life's about
By loving you through the years

When It's Cold Outside

Words and music by Alan Jarvis ©2023

The fire's burning bright as we watch the fading light
And the moon begins to glow
Come and sit right here, I need to have you near
So time can move so slow

It's my wish that's coming true, to be sitting close to you
Two hearts beating side by side
Underneath the nighttime sky with the cold air blowing by
Watch two shooting stars collide

Safe in your arms, I am here to stay
It's the place where I've wanted to be
Watching the flurries of snow rolling by us
We'll stay here right by the fireside
When it's cold outside

The twinkling lights appear through the valley dark and clear
In the distance street life flows
In a blanket wrapped up tight we can sit here half the night
While the cold wind curls and blows

It's my wish that's coming true, to be here now holding you
We can stay forever squeezed together by the fireside
When it's cold outside

Bells Are Ringing

Words and music by Alan Jarvis ©2023

I was patient while you were far away
Counting hours of each and every day
Nearly over and there'll be no more nights without you

Getting closer and almost time to go
Clock is ticking but going way too slow
You're heading my way, coming down the highway
One sound is all I hear

Bells are ringing, the sun is out today
Bells are ringing, she's coming home to stay
Bells are ringing. I know she's on her way

I've been wondering how different things might be
But I'm feeling it's gonna be up to me
To make it happen, make up for all the nights without you

So I've been thinking 'bout what I'm gonna do
When I see you and when I'm holding you
No pretending, it's only happy endings
One sound is all I hear

Every Time It Rains

Words and music by Alan Jarvis ©2023

Staring at the sky, clouds are dark and grey
Watching all the raindrops slide and run away
Happens every time
I see rain start to fall down from the trees
I grab memories as it rains on me

Sitting on the wall and looking down the street
Watching as the people stop and talk and meet
Peering through the mist
And I'm waiting to see your face in the crowds
While the thunder rolls through the clouds

Every time it rains all those feelings come again
And I'm floating back to when you were still with me

Every time it rains there's a moment unexplained
When the rush of the rain seems to wash you away

I should be doing well but I'm staring at the sky
Watching for the signs of rain coming by
I need to make it through just one storm
And then I'll be moving on
But I need the rain to be gone

Some days I'm fine, I don't even look outside
But when lightning is calling and water is falling
You'll find me outside, I'll be standing in the rain

Will it ever be rainclouds never bother me
After all, it's only rain

Make You Feel My Love

Words and music by Bob Dylan ©1997

When the rain is blowing in your face
And the whole world is on your case
I could offer you a warm embrace
To make you feel my love

When the evening shadows and the stars appear
And there is no one there to dry your tears
I could hold you for a million years
To make you feel my love

I know you haven't made your mind up yet
But I would never do you wrong
I've known it from the moment that we met
There's no doubt in my mind where you belong

I'd go hungry, I'd go black and blue
I'd go crawling down the avenue
There is nothing that I wouldn't do
To make you feel my love

The storms are raging on a rolling sea
And on the highway of regret
The winds of change are blowing wild and free
But you ain't seen nothing like me yet

I could make you happy, make your dreams come true
There is nothing that I wouldn't do
Go to the ends of the earth for you
To make you feel my love

Shifting The World

Words and music by Alan Jarvis ©2023

Day after day as the sun comes up
We're here to start our journey
Can't count the ways we've been down
But we're here to stay

When we're standing together
All the walls fall down and we're dancing free
We are riding on the stars round the universe
And the planets agree, we're shifting the world
We're shifting the world, wait and see

Night after night as the moon appears
We're already flying up there
Like a satellite out in space
We are shining bright

Feel the power of love
Move the world under our feet
Stay side by side forever
Watch the glow of one heartbeat

And the planets agree, we're shifting the world
We're shifting the world, just you and me
When we're standing together all the walls fall down
When we're standing together, we're dancing free
When we're standing together, we're riding on the stars

(This Lullaby Is) Just For You

Words and music by Alan Jarvis ©2023

The sun says goodbye with its shadow creeping closer
And the noises of the world seem to scatter in the wind
And now it's time to rest
There's a million stars

Everything is calm, all the birds have stopped their singing
And we look over shoulders at the closing of a day
We'll never see again
There's a million stars to help your dreams come true
This lullaby is just for you

Hold on tight and we'll float away together
Go places in the world that we've never seen before
And when you close your eyes the magic can do wonders
And push your cares away
There's a million stars to help your dreams come true
This lullaby is just for you

One thing left for me is to see you calm and cosy
With a smile on your face as you snuggle in your bed

Are you ready for the ride?
There's a million stars to help your dreams come true
This lullaby is just for you

Hold on tight and we'll both take off together
Go flying through the sky, with the moonlight as our guide
And when you close your eyes the magic can do wonders
But you'll be safe and warm
There's a million stars to help your dreams come true
This lullaby is just for you

Too Late To Wait

Words and music by Alan Jarvis ©2023

Too late to wait, I'm on a roll
I'm tempting fate, it's under control
My chance to rise, fly through the skies
And land on my feet still standing
Too late to wait, no looking back
No driving straight, go way off the track
Don't hang around, never slow down
Making a soft crash landing

Run so fast down a road that never ends
I feel the moment is closer, I sense the answer is near
I know the doubts will disappear

Courage fades whenever you let doubt take hold
I won't let setbacks define me, falling won't be the end
I'll be ready to start again

No second thoughts, don't fear the unknown
Or the dark
I'm gonna go on, I'm gonna be strong
And I'm gonna make it on my own

Going Home

Based on Largo from Symphony No. 9 "From The New World" by Antonin Dvořák (1893), words by William Arms Fisher (© 1922)

Going home, going home, I am going home
Quiet like some still day, I am going home
It's not far, just close by, through an open door
Work all done, care laid by, never fear no more
Mother's there expecting me, father's waiting too
Lots of faces gathered there, all the friends I knew
I'm just going home

Morning star lights the way, restless dreams all gone
Shadows gone, break of day, real life has begun
There's no break, there's no end, I'm just living on
Wide awake, with a smile, going on and on

Going home, going home, I am going home
Shadows gone, break of day, real life has begun

Going home, going home, I am going home
Quiet like some still day, I am going home
No more fear, no more pain, no more stumbling by
No more longing for the day, going to run no more
Going home, going home, I am going home
Lots of faces gathered there, all the friends I knew
I'm just going home, I am going home

Footprints On The Path

Words and music by Alan Jarvis ©2023

Standing on the street where I once lived
Staring at the tree I used to climb
Everything is different but I shouldn't be surprised
That nothing stayed the same through all this time
Wondering what would happen when I got here
Would I see the younger me alive again?
Find one more chance for me to run and jump and play
And walk the footprints on the path, pulling back on yesterdays

I came to realize it's an illusion
No more likely to be real than a ghost
The past is dark and cloudy and not clear to me at all
It's just a fantasy I needed to keep close
In my heart I hoped that I would see things
Exactly as remembered in my mind
Like photographs with colours made brand new
Walking in footprints on the path, photographs are fading too

Why is it that I keep trying to go back?
What is waiting there for me?
I keep saying no, but something won't let go
Why won't it set me free? (Maybe one day)

In my heart I hoped that I would see things
Exactly as remembered in my mind
Like photographs with colours made brand new
Walking in footprints on the path, photographs are fading too
And they're never coming back
Footprints fading on the path, life has happened way too fast
But the past won't let me go

Kicking Off My Shoes

Words and music by Alan Jarvis ©2023

I'm driving home and I'm getting close
So I'm switching off my mind and floating away
Letting imagination play
She'll open the door and reach out to me
To kiss away the worries and the blues
And I'm kicking off my shoes, worry-free

Sunset, it's the end of the day
I'm chilling out, taking my time
Leaving the traffic behind
To be back home with my baby

Everyone's in a rush, it's been a long day
I need to focus on the road and not slow down
Keep on driving out of town
When the house lights appear, I'm nearly there
She'll kiss away my worries and my blues
And I'll be kicking off my shoes, and I don't care

Somewhere Over There

Words and music by Alan Jarvis ©2023

I'm standing on the shoreline and looking out to sea
And wondering where you're living now so far away from me
I can't remember how I held you and I'm not sure if I care
It's up to me to let you go now you're somewhere over there

At first I thought I'd wait around until you came back home
But people change and I have too after living on my own
Yet somehow I still feel you and I see you everywhere
It's up to me to let you go now you're somewhere over there

It's funny how life has carried on despite how I may feel
Moments, days and seasons pass for a broken heart to heal

I'm staring out the window, what am I looking for?
Will I ever see your face again? Will you walk back through the door?
I thought it would be simple to wake up and declare
I've made the choice to let you go now you're somewhere over there

Moments, days and seasons pass for a broken heart to heal
I've made the choice to finally let you go
Cause you're somewhere over there

Little Lullaby

Music by Alan Jarvis ©2023

For those who are wondering...

We were on the phone, catching up with our elder daughter, Paula. She'd had to do something at work that we've all faced – completing a task you really don't enjoy but you have to do it because it's part of the job. After finishing the work she said, “Doing that sure didn't tick the passion box”.

That's what gave me the title for this CD. For me, creating music certainly, definitely, surely, and without a doubt, ticks the passion box.

All instruments and vocals by Alan Jarvis
For more music, news and photos, visit Alan's website at:
squishymusic.com

