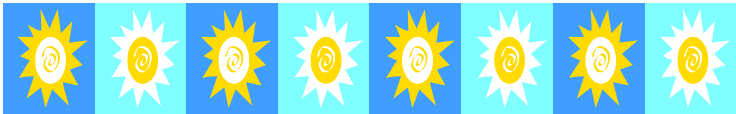


BE YOU

**A guide to living with
your soul so you really
can BE YOU always**

With love from Ruth



I wish to convey my heartfelt thanks
To everyone I know
For sharing their 'whiffs of wisdom'
Helping me to grow

For though these words have been written by me
Many have played their part
Those who have shared their soul with me
As well as their head and heart

Their gifts of inspiration
Their heroic deeds
Quietly without fuss
Tending to my needs

Now it brings such pleasure
To share what I know
That as well as our head and heart
It's our soul that helps us to grow

How can you really BE YOU?

By *consciously living with your soul*

But who or what is your soul?

There have been many who have tried to answer this question by trying to pin point the physical location of the soul, there have been many more who have tried to identify it in other ways – this book is not about trying to give a logical definition as to who or what the soul is – or who or what the soul in turn may be connected to.

What this book hopes to do is to share with you the results of the experiences I have encountered since becoming aware of the existence of my soul and making that choice to start *consciously living with my soul* every day.

My late husband was an example of someone who ‘unconsciously lived with his soul’. My love for him allowed me to accept and for the most part enjoy his somewhat ‘different’ way of living – and through his passing I have come to discover what it was that enabled him to live with such a joy, despite facing many challenges and difficult circumstances throughout his life.

Whilst he was physically alive he did not have the words to express how he was able to live in such a way – I believe that he has now found a way to express himself – through me and so it is my honour and privilege to share these words with you.

The day I met Steve Gilmore
He took my breath away
Not by how he looked
Or what he had to say

Something deep within him
Opened up my core
Now I know it was his soul
Of that I am quite sure

And that soul connection
Is still here today
Even though his physical
Has long since passed away

Something intangible
Lives within my core
Loving unconditionally
Now and evermore

And even though you may not
Experience this way
Unconditional love
Is with you every day

Something intangible
Lives within your core
Your soul is a part of you
Loving evermore

And if you find that someone
Takes your breath away
Remember it's not how they look
Or even what they say

For what they're really doing
Is opening up your core
Revealing your soul to you
Now and evermore

Introduction - Consciously living with your soul

Why bother – what is so good about *consciously living with your soul*? Your soul can't cook, it can't clean, it can't be touched, it's unseen. Treated as an identity I suppose there isn't much going for this option. No obvious source of income, recognition or appreciation – so why do it for very long, if at all?

We choose different identities which we believe will do one or more of these things because these are the things that we believe will make us feel better and enjoy life more. In fact these identities always have conditions attached to them so the income, recognition and appreciation will only follow as a result of you doing things in a pre-determined way – and they may actually make you feel worse rather than better. So there's the dilemma – you have created another identity – got married, taken a job, bought a company, had a child, joined a club and whilst you initially might feel better, the chances are that the stresses of performing within that identity before too long start to make you feel worse. At least they will do if you have

any desire for personal freedom, the need to be creative and/or to be a free spirit.

That is when ***consciously living with your soul*** starts to become attractive. Even as an identity it will start to have its appeal at least sometimes, since as soon as you have an experience of how good you feel when you are connected, all that free flowing energy inspiring you in many different ways – you will want to have those feelings again. That's where the challenge then starts.

Consciously living with your soul is NOT about gaining another identity. Your soul does not work like that. It does not have a rule book you can buy in the shop or get taught by others on how to live in that identity – though some may try and convince you otherwise. It does not have conditions which have been determined by man already – ***your soul is your soul*** – your connection with the divine – a unique channel which has a flow of 'unconditional love' – no man made conditions attached.

Your purpose will flow through if you connect for long enough to allow it to – this may be something that already exists in some form already, but it may be something totally new and

unheard of – that is when it gets even more challenging for how can you gain income, recognition and appreciation for something that no-one else has ever heard of or is even aware of? The key is that you won't – or at least that is not what living on 'purpose' is all about.

Consciously living with your soul is a different way of living. When you become aware that living any other way leaves you feeling empty, even if your bank account and your recognition and appreciation tanks may be full, you may start to understand that 'full' in the physical is not enough.

Consciously living with your soul means being continually connected to the divine – not just on Sundays or on 'high days and holy days'. You need to be connected for the non-physical energy, which is ready to support you all day, every day, to flow through. Not in a way pre-determined by you or any other man, but in the way of opening you up to noticing the gifts which are around you all the time – an abundant life is already there, just waiting to be shared with you. But if we are not connected, we will not get that 'feeling' to go out for a walk (and bump in to someone or something which will be just the help we need in that moment) we will

not gain the inspiration to be or do that which will best support the enhancement of who we are. If we rely on our identities to see us through each day or even to see us through most of it first, then so many opportunities will have passed us by and the feelings of disappointment that the day hasn't brought what was hoped for will be genuine – it won't have – but not because they weren't there – we just weren't tuned in to them.

What's going on in the inside?
Do we really know?
What's going on in the inside?
How can our insides show?

Feelings are there to guide us
Sensations are there to show
What's going on in the inside
Helping us to know

For when we notice each feeling
And then allow it to pass
We'll become aware of its truth
We'll be top of our class

The class within the school of life
The class where we're all alone
Learning all about ourself
Not becoming a clone

For we are all individual
With our own energy
Flowing in its unique way
Our own reality

And whilst others out there can help us
Sharing what they know
Only by going within ourselves
Can we ever be in full flow

It really is quite simple, but to make that conscious choice of surrender to all ways currently known is not always an easy one to make without any form of guarantee, especially if you have lots of ‘responsibilities’ as a result of the various identities you have created in the past.

I have developed a series of **‘vibrational remedies’** which can help you connect to your inner world. The **‘vibrational remedies’** are a collection of ‘power’ songs and rhymes which I have channelled whilst journeying through my inner world. They can provide nourishment and support for you and they can help you gain more personal understanding about ***consciously living with your soul***. They will not be able to tell you how it will be exactly – nothing can do that for you, but the **‘vibrational remedies’** will support your choice to go within and start living your life on ‘purpose’ for until that ‘purpose’ flows through it can be a very uncertain, wobbly time.

The **‘vibrational remedies’** can help with those wobbles – reminding you that you are not alone – that support is always there for you – just not in the way you might think you need it.

An open heart and mind are a continual necessity if you do make that choice to start ***consciously living with your soul***. Reading or singing ‘**vibrational remedies**’ can help to keep your heart and mind open despite what is happening around you.

For those you are currently close to may not understand the changes that will take place within you – it may seem that they don’t know you anymore. If they are still choosing to live with their identities rather than with their soul then they will want you to remain in the identity that they know you for and any change to that will create a disturbance within their life that they may not know how to deal with and they may not want to.

The releasing of identity attachment can be one of the hardest things when choosing to ***consciously live with your soul***. You will need to release the attachment to any certain income, recognition, status and appreciation. Again ‘**vibrational remedies**’ can help you with this process.

If any other relationship with someone or something in your life takes precedence over the

relationship with your soul, then it will not work, your soul relationship needs to come first. This does not mean that you are offering yourself as a living sacrifice or that you will endure a life of scarcity and suffering – it will actually be the exact opposite.

Consciously living with your soul, living on ‘purpose’ will mean that every day you live will be in support of who you are, that the abundance of life that you are naturally entitled to, as we all are, will flow much more easily – there will be no scarcity or suffering when you are truly living with your soul – what you truly need or want will be available to you always and all your tanks will be overflowing, sourced by the most natural, abundant source of all which never runs dry.

The beauty of ***consciously living with your soul*** is that you will be creating abundance in your life which will never be at the expense of anyone else’s life, no one has to suffer for you to enrich your life and as you start to be an example of this way of living, others will come to experience that ***consciously living with your soul*** - living on ‘purpose’ is the best way that anyone could live their life – the way that life was meant to be lived – always.

Everything is perfect, I know that now
Everything is perfect, though I know not how
Everything is perfect, day by day
Everything is perfect in every way

Everything is perfect, that is what I know
Everything is perfect, helping me to grow
Everything is perfect, day by day
Everything is perfect in its own way

Everything is perfect, nothing needs to change
Everything is perfect, no need to re-arrange
Everything is perfect, day by day
Everything is perfect in its own way

Everything is perfect, I know that now
Everything is perfect, somewhere, somehow
Everything is perfect, day by day
Everything is perfect in every way

One and one makes two not three
So why do so many of you want it to be?
What you think and what you feel
Is not the total of what's real

What you know is important too
The inner wisdom at the core of you
It's not just about your head and heart
Your soul plays an equal, vital part

And if you leave this part out
You will find you often doubt
For without the guidance of your soul
Your life will never achieve its goal

Of becoming more every day
Enjoying life in your own way
Thinking and feeling and knowing too
That this is the life you're here to see through

Chapter 1 – In the beginning

When you first start *consciously living with your soul* it is a bit like being a child again with a loving, but very observant parent, watching your every move. It's not that your soul is judging you – it's more like a constant reminder that you have a choice, in every moment to be aware of what you are thinking and feeling and until you get this, your soul or inner parent may need to remind you on a very regular basis!

Eventually you will 'grow up' and the relationship with your soul will be more like that of a very best friend, except it will be better than that because your soul has no ego at all, so it will always be offering the wisest counsel, unconditional love will always be flowing and you will always be forgiven.

For it is just as much through what we get 'wrong' that we learn about ourselves until we realise there is no 'wrong' – this does not mean you can do anything at the expense or regardless of what affect it has on others – that is the work of the ego – a soul driven you will dance through life making choices of which steps to take, which although not meaning to, may tread on the toes of others or they us, or cause us to bump or

fall, but, with soul awareness we are able to
‘pick ourselves up, dust ourselves down and start
all over again’. We can ‘soften’ any hard
feelings towards anyone else or towards
ourselves by using ‘ffe’ techniques –
consciously living with your soul enables you to
feel all your feelings in your body – not just in
your head – i.e without needing to label them
(emotions) any sensations can be felt and
flowed, felt and flowed, let the energy have its
say and then allow it to flow away.

Looking at life from the inside out
Was a very different way for me
Starting each day by going within
Is now what matters to me

For when I start by going within
Then the real enjoyment of life can begin
All the energy within me can flow
Into each moment, helping me to grow

Living my life from the inside out
Was a very different way for me
Living each day from that place within
Is now what matters to me

For when I live life from within
Then the real enjoyment of life can begin
Sharing with others my best each day
Allows me to live in a '**chiki**' way

With an open heart and mind
Love can flow both pure and kind
Lots of vital energy
Flowing for you and flowing for me

Which 3 Rs do you want to use?
Do you want the chance to choose?
A school where you follow where others have
been
Or a school where you discover the unseen?

Read, repeat and remember each day?
Or rejoice, release and reveal your own way?
The choice you make will dictate to you
The path in life that's right for you

And it's not up to me to say
Which school for you is the right way
It all depends what you want from the course
Are you looking to find your Source?

If you are then the Chiki School
Will provide you with the right tool
To understand yourself more and more
In a fast track programme that reaches your core

Unfolding who you really are
Unlocking the energy of your star
Then all your energy can flow free
And you can be who you're meant to be

This is not for the faint of heart
Chikiness is bold from the start
No feelings are spared, no subject taboo
Nowhere to hide, we bring out the You

In all its glory, for better and worse
For you to rid yourself of the curse
That stops you from being who you really are
That blocks the energy of your star

Rejoicing in life every day
Releasing anything that is not your way
Then you can start to reveal some more
Of what you want, what you want to explore

Chapter 2 – ‘The honeymoon period’

As with any relationship – the ‘honeymoon period’ is often a roller coaster of emotional highs and lows. The strong desire fuels many wonderful episodes of complete togetherness and there can be an amazing sense of unity and fulfilment. Then a thoughtless moment can cause an abrupt down turn – with the recovery often dependent on the willingness of both parties to let go of the need to be right in favour of being happy. That is a statement that I personally struggled with for quite a while. How can I possibly be happy if I let something that is ‘wrong’ carry on in this relationship? I know I am right – that is when I am happy – when all is right with the world. And that is the key – ‘all being right with the world’

There is no one world – no one answer to most everything. Some plants need acid soil to survive, others need an alkaline environment – we are no different – one earth but many different worlds are needed to achieve the best from all of us – to allow us all to grow and release our potential. So the way that any honeymoon can survive and continue through to a long and sustainable relationship is where there is an ongoing commitment to the

development of awareness of both individuals and what needs they have for all to be right in their world. With that awareness there can be a chance for harmony to be maintained – for the emotional highs and lows to be supported with an ongoing, underlying strength of peace and love that comes with true energetic mutual respect.

I'm an Anamchara, what does that mean?
I bring messages from the unseen
I am a Soul friend here for you
Bringing you messages, pure and true

Whether it's a poem or whether it's a song
Whether I think you're right or wrong
I'm not here to judge or care
I am here to simply share

Unseen messages for your Soul
Helping you achieve your goal
Helping you to live your own life
Helping you overcome your strife

Whether you listen to what I say
That is up to you each day
I am the messenger that is all
What I do is connect your call

The cry for help that comes from within
Asking for some help to begin
Connecting to what's in your heart
That's the place you need to start

When you can listen to your inner voice
You will discover you have the choice
You have a Soul that's there inside
To help you as soon as you decide

Connecting with your Soul each day
Helps your life in every way
You'll no longer need my connection
(Though you'll always have my affection)
You will have the strength without me
To be whoever you are here to be

Tastes of truth, like all good food
Need to be cherished, savoured and wooed
And as your tastebuds start to increase
So will you be able to release

More of your wisdom, more of your gift
More of your talents, so you can uplift
Others around you with what you know
Helping lots of tastebuds grow

So settle down, enjoy your meal
Tastes of truth, forever real
Take the time to fully digest
Then you will always be your best

Chapter 3 – When the going gets tough

Who can we turn to when the ‘going gets tough?’ For the external world we have created thus far in our life, based on the perceptions and attitudes we have been conditioned with, will be full of people who mostly agree with those perceptions and attitudes – so when we are in the process of letting these go and discovering what our truth is – then who can we turn to for support? In truth there will be no one person or group that can fulfil this role for you – learning to live *with your soul* is simply that – *with your soul*. Just as it may be tempting to call Mum every time you and your spouse have a disagreement – it is only when the two of you can accept that there will be differences of opinion and ultimately it is only the two of you that can determine what is right for you, rather than what is right for your Mum, that you will be able to flourish and grow as a couple. Yes *consciously living with your soul* takes courage and commitment, but unlike a physical marriage where both parties are struggling with their perceptions and attitudes being in conflict from time to time, your *soul* has no such issues to deal with so it can be strong and steadfast with a love for you that is totally unconditional, always.

Are you shining or are you whining?
Unless you let your energy flow
Misery will continue to grow

Nothing will ever turn out right
If you reject your inner light
We're not here to be disconnected
We're not here to be unaffected

Everything that happens in life
Presents us with a choice
To respond with only conscious thought
Or that of our inner voice

The voice that has the benefit
Of all that's gone before
The voice that's at the heart of You
Now and evermore

It's time to let go of the past
None of that energy was meant to last
If it stays, it impedes the flow
Of today's energy, of what you need to know

For if today's energy can't have its say
It will have to try again another day
Repeating life's lessons until you let go
You only truly learn when you let the past flow

Chapter 4 – Enjoying the ride

Knowing that it will be tough sometimes, knowing that there will be periods of conflict which will prevent the truth from emerging but also knowing that your *soul* will never leave you, will never try to undermine you and will always have your best interests at heart can give you the confidence to enjoy the ride. Having a ‘bad hair day’ will be ok. ‘Messing up’ will be ok. Getting angry will be ok. Allowing any emotion to surface will be ok. With that feeling of being loved unconditionally underlying every day – nothing will ever be as bad again.

Consciously living with your soul allows all these supposedly ‘bad’ moments to actually be an opportunity to experience something different in our lives. What is ‘bad’ anyway? Simply something that we think we don’t want. When we can release the need for everything to have to be in a certain way all the time, then those ‘bad’ moments can be the gateway to a wonderfully different hairstyle we would not have dreamed of before, or to transform our lethargy into a spurt of action producing amazing results in our life. The difference is that when you are ***consciously living with your soul***, then the connection with your soul will prevent any

emotion from controlling you which would prevent the real wisdom and joy and truth of that moment from emerging.

In your heart of hearts, why do you drink?
Does it nourish you, what do you think?
Your energy of life, wanting to flow free
Why do you drink, what's your reality?

It does not matter what others may say
It's up to you to determine your way
Whether you choose to drink or not
Are you able to give life all you've got?

If you feel that you have no choice
It's time to find your inner voice
For when you connect to the strength of your
Soul
You'll be able to achieve your goal

I am here to help with that connection
Someone who will hold you in deepest affection
Not to judge or force you to be
Merely helping your energy flow free

An Anamchara, a Soul friend for you
Always there to help you through
Reminding you to have your say
To live your life in your own way

Bringing you messages of unconditional love
From the unseen world above
The world that's there to strengthen you
To help each day, your whole life through

Not with any specific prescription
Not with any form of restriction
Just connecting you to your Soul
That is the limit of my role

The rest of it is up to you
I may never have a clue
For when your own Soul connection is strong
You'll no longer need my poems or song

Are you a sucker for a suit
Worn with a shirt and tie?
I can be a sucker for a suit
Though I often wonder why

What does a suit represent?
For me it's intellect
To me a suit demonstrates
Mental self respect

Silly, I know for anyone
Can possess this ability
Why do I need to see a suit
Before I believe this to be?

Maybe it's the benefits
Wearing a suit can achieve
For dressing up more formally
Can help others to believe

That what is being said is true
The best there is to hear
Coming from a suit
What should be done seems clear

Can we have the same power
Dressed in a different way?
Can we impart our wisdom
With confidence each day?

Maybe it depends on whether
Our wisdom comes from a book
If it does then maybe its best
To stick with the formal look

Yet if what we want to say
Comes from our heart and soul
We can wear whatever we like
And still achieve our goal

Chapter 5 – Peace at last

There will come a time when you are aware that those momentary glimpses of peace you had been experiencing have developed into an ongoing, underlying feeling – the stronger your relationship with your soul, the stronger this feeling will be. There will be less need to consciously become aware of every thought, deed or emotion – the clarity will be coming through quicker and harmony will be a constant friend. For when you are ***consciously living with your soul*** there will be less and less ongoing conflict with others around you – what they think, feel or do will be of less and less importance to you. The more you can live your truth, the more you will be able to let go of the need to change other people's perception or attitude. You will be able to be in the company of those who do not necessarily have the same opinions as you – they may or may not be living their truth – but either way, how they live will not disturb your peace. For peace is not about everyone thinking, feeling and doing the same thing – peace is about everyone being able to be part of this collective whole whilst respecting ***all*** individuality.

Your Soul is the **Source Of Unifying Love**
Given to you from the Energy above
Your uniqueness, within you
The part of you that's always true

Without a connection with your Soul
There is no direction for your goal
Aimless and shameless Ego will rule you
You need your Soul to guide you through

When you accept the presence of your Soul
It will provide you with your role
Your part to play in life's grand plan
The gift for you to share with your fellow man

Until that day you'll never be clear
Your Ego will dominate, worry and fear
So why not seize the moment now
Connect with your Soul and enjoy your WOW

Connection with your Soul you will find
When you start to rest your mind
Allow it to relax, let your thoughts flow
Then the inner you, you'll come to know

Watching others may be the place to start
To help you find the way in to your heart
When you can feel your energy within
Then your Soul connection will begin

When you and your soul are connected
You really start to thrive
When you and your soul are connected
Your senses come alive
Then you start to realise
That there are more than five
Senses to appreciate
To help the world survive

When you understand this
You will come to know
How to live your life
How to really grow
It becomes so simple
As soon as you let go
Of everything that's been before
And start to be the flow

Being the flow
Each and every day
Continually observing
What you do and say
Letting it all go
In its own way
Feeding the world
Is easy when you pray

Praying brings you guidance
From your Soul within
Praying brings the wisdom
That nothing is a sin
Nothing must be done
There are no battles to win
As soon as you accept this
Your true life can begin

Chapter 6 - What next?

Once you are ok with *consciously living with your soul* the question which is often then asked is “How can I share my aliveness with others, how can my aliveness be of service to others – we all have our unique aliveness which can support others – the limitations that some fear enable others to share their aliveness in return for support of some nature – often a monetary nature since money is the normal form of exchange currently used for goods and services – that’s the cycle of life. Some have realised that the more fear they expose, the more they can profit themselves, this is a shame because that is not in accordance with the natural laws of living and re-adjustment will be brought to bear in some form or another to compensate and I would not want to be one of these people when it does.

When you are *consciously living with your soul* some words will start to take on a new meaning. Two examples are ‘attitude’ and ‘perception’. If you are *consciously living with your soul* then your ‘perception’ is your ‘truth’ and things just are – if you look at a ladder against a tree and it looks wrong – then it is wrong – there’s no perception to change – that is your truth. If you aren’t *consciously living with your soul* then the

ladder will only be perceived to be wrong and your perception can be changed either by others or by yourself. The same with attitude – if you are ***consciously living with your soul*** then your attitude is your attitude – clear and responsive energy. If you aren't ***consciously living with your soul*** then your attitude will waver, it will be confused and resistant energy – constantly changing according to other energies, other thoughts, experiences etc.

Just because your attitude is clear and responsive does not mean it will always be accepted comfortably by others – if they are living with their soul then it will be, but if they aren't then it could well disturb them – they may try and get you to change your attitude, but if you are truly living with your soul then your attitude will be constant, loving, kind, appreciative, but also clear, direct and unwavering. There will be no need for you to change anyone else's attitude or perception but at the same time you will be able to maintain yours with integrity and by living your truth others can witness an example of a life being lived in that way. ***Consciously living with your soul*** really matters not just to you but to others for you can act as a beacon for those who are ready to discover this way of living.

The vibration of your thought is revealed in what
you're feeling
Until you feel the thought, you won't know what
cards you're dealing
What is the hand being offered by you?
What is the energy flowing through?

When you think a thought what sensation are
you feeling?
Until you feel the thought you won't know the
thought's true meaning
How is your body reacting to You?
Feel the sensation flowing through

Every thought has its own feeling
Every thought has its own meaning
Before you label the feeling too
Feel the sensation inside you

Don't be tempted to think what you're feeling
Allow your body to reveal its true meaning
Let it show you your energetic state
Then you'll know before it's too late

Where you need to do some energetic healing
Before it turns physical, you can flow that
feeling
Make sure the energy flows through your heart
So it can nourish you and then it can depart

Now if any thoughts ever start to bother you
You will know exactly what you need to do
Feel the sensation then let it flow away
Release your feelings everyday

Then you'll discover who you really are
You will shine as bright as any star
All your energy flowing free
Flowing from you so chikily

How to thrive when nothing seems right
How to thrive in the middle of a fight
How to thrive - find your inner light
Always burning bright

Not dressed up in fancy speak
Simple truths for those who seek
A form of wisdom that will give
Clear understanding on how to live

Not in any directed way
Simple truths are offered each day
To help you find what's right for you
To help you discover what for you is true

Chapter 7 – A never ending story

Your soul has no beginning or end. It may seem that it had a beginning – either the day of your birth or the day of your ‘awakening’ but your soul was there before and it will continue to be thereafter. This is not something that I can prove, I do not need or want to – it is simply a reminder to you that the physical life we are currently experiencing is part of a never ending story. So we really don’t have to get stressed if our soufflé isn’t always perfectly risen, or if what we do or say isn’t always the right action or statement.

Consciously living with your soul provides a wonderful opportunity to discover more about yourself and the world you live in, with a faith and trust in the unknown that allows all that is known to be treated lightly – appreciating that what is currently known will often change and develop with time.

With more and more conflicting information being made available to us it is now more vital than ever to recognise the valuable contribution your soul can make to the enjoyment of your life here on earth.

When it may seem that there's no way to turn
Remember your rocket is ready to burn
Ready to launch in to the unknown
Ready to fly where no-one has flown

Discovering new places, learning new ways
Enjoying new feelings, enjoying your days
Enjoying your life connected to You
The everlasting life that is true

Whether you're straight or
Whether you're gay
Whether you're happy to be that way
Will determine whether you play
By life's natural laws

Natural laws which always exist
Whether you choose to accept or resist
Natural laws which will always persist
For that's the way it is

Only the You at your very core
Will know your truth for evermore
So make your peace, settle any score
So you can live Your life
Not any life you've been told is right
Not any life which involves a fight
Live a life that makes you feel bright
For then you will be YOU

Recommended resources

Connecting with your soul

The connection is already there – always has been always will be – whether you can sense that connection and then be able to ‘hear’ it will depend on how free flowing your emotions are. Emotions are useful in the moment – and then like the name suggests – they need to flow or be in motion – they are not designed to stay with us. If we do hold onto them, e.g. anger from a previous incident or worry about a future event then it will prevent the soul from being heard and our truth will not be able to emerge – so the best possible course of action for that moment will be denied to us. So it is vital that we are able to release any emotional attachment to anything – past, present or future.

‘ffe’ (free flowing energy techniques)

We have at our fingertips (literally) very simple and effective techniques which can help us flow any previously held emotions away.

More information about these can be found by visiting my website:

www.withlovefromruth.com

‘Vibrational Remedies’

A unique provision of ‘power’ songs and rhymes to help support your natural vibration and your connection with your soul. These are available from my website:

www.withlovefromruth.com

‘Chiki’

‘Chiki’ comes from the word ‘Chikiness’ which is a word I have created to describe the state of all energy being in harmony.

More information about Chikiness can be found by visiting my website and also from a website totally dedicated to this concept:

www.thechikibistro.com

