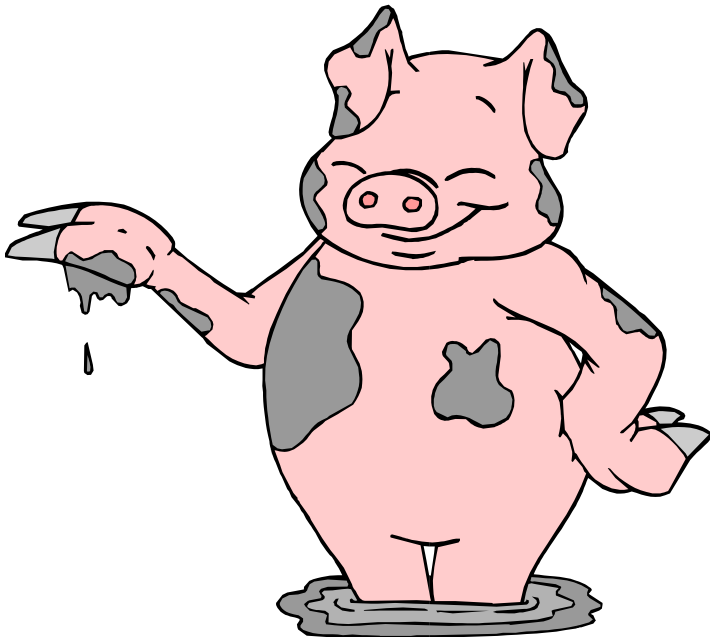


Chikiness...

Is ignorance really bliss?



What is Chikiness?

Chikiness is what you experience when you are allowing your life to be a free flowing energetic experience. This can be done as soon as you acknowledge that there is an energy in everything and that you are always experiencing a relationship with that energy. Whether that energy is physically in the room or on the other side of the world you and ‘it’ are always connected.

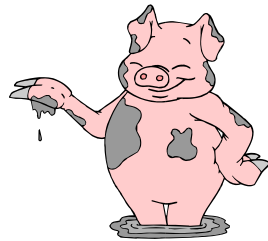
The quality of that energetic flow between you and any other energy will depend partly on what you are thinking but mostly on what you are feeling about that ‘other’ energy. The relationship between you and your thoughts and feelings dictates the quality of your ‘**chi**’; the relationship between you any other ‘**ki**’ dictates the quality of your **chikiness**.

To help you become more consciously aware of what you are feeling or even to acknowledge that you are feeling – something that is not often highlighted except in times of trouble. Being aware of how you are feeling in every moment of your life is vital. Whether you are thinking of the past, present or future you are feeling it NOW.

By acknowledging what you are feeling now, irrespective of what thought it relates to (past, present or future) you can then change the feeling to one that is more in harmony with how you want to feel. Changing how you feel inside will then enable the outer conditions of your life to transform.

You cannot manifest lasting changes in your outer world if you have not changed how you are feeling inside. You may provide a temporary mask of a better or different life but this will soon crumble away and reveal the true reflection of how you are feeling.

Is ignorance really bliss?



Tall or short, fat or thin
Where on earth do I begin?
How am I supposed to know
In which direction I should grow?

If you give yourself the time
You'll find the answer in a chiki rhyme
Becoming aware of who you are
Fires up the energy of your star

What size or shape no-one else can say
It's up to you to discover your way
There may be times when life will seem
More of a nightmare than a dream

Yet in the darkness there is a gift
An opportunity for you to lift
More of a sense of who you are
More of the energy to shine your star

So now's the time to make your choice
Nourish yourself, feed your voice
Discover the truth within your core
Enjoy your life for evermore

Chikiness

Welcome to the world of Chikiness
Energy flowing free
The energy of you and the energy of it
Flowing in harmony

Chi means energy or life-force
Ki means the same thing too
The energy of you and the energy of it
Is the energy running through you

Chi-Ki life force is in us all
Flowing in and out every day
Increase your level of Chikiness
And your world will feel better right away

The difference it will make may be subtle
Hard to notice at first
Yet the difference it will make will be lasting
It will really start to quench your thirst

For a naturally, simple answer
To reduce your levels of stress
Come and learn an easy way
To gain more Chikiness

The power of rhyme

Choose a rhyme and read to your 'Self'
Let the words flow through
Every cell of who you are
Let your dreams come true

Repeat each day until you find
The words flow easily
Then you'll know it's time to enjoy
Your reality

No-one else may understand
This newer version of you
Yet being 'chiki', sharing your love
Will enable you to be true

And living your truth without the fear
Will help you every day
To become aware that no-one else
Need understand your way

For living with self understanding
Compassion flows ever more
Whatever others may do or say
Will never hurt your core

No longer will you need armour
To protect you from what you feel
Pick a rhyme, flow it through
Let your truth be real

Whatever feelings surface
You can always release
Allowing life to have its say
Knowing your core is at peace

A peaceful life

Are you troubled, is there something that you fear?

Choose a 'chiki' rhyme and all will be clear
Living in a 'chiki' way
Helps you enjoy life every day

When you choose a 'chiki' rhyme
It will work each and every time
How this can be I do not know
All I can say is that you will grow

Using these rhymes to soothe your strife
Helps you understand your life
When this occurs then you can release
Troubles and fears and live in peace

Even if you are feeling fine
A 'chiki' rhyme will help you shine
However good you think you feel
There is always more of you to reveal

So make it a daily ritual to choose
A 'chiki' rhyme – for you to use
In your own unique way
Chikiness is here to support your day

Knowing

Knowing the 'now' won't last
Knowing that you can choose
How to feel about your life
Is a knowing that you can use

To help yourself recover
As long as you allow
Your feelings to flow freely
To enjoy life here and now

How to let your feelings flow
Without them getting stuck
A regular dose of chikiness
Will help get rid of the muck

Chikiness is a simple way
An effective way to start
Allowing the channels of love
To open up your heart

The more you allow them in
The more your energy will grow
And as your awareness expands
The more you'll begin to know

Feeling ‘chiki’

When you’re feeling ‘chiki’ you know just what to say

When you’re feeling ‘chiki’ you’ll find life goes your way

Others may call it lucky though you’ll know that isn’t all

As well as luck your chikiness means life will be a ball

When you’re feeling ‘chiki’, fears just come and go

Not needing to hold on to them their energy can flow

Leaving you feeling ‘chiki’, allowing you to know

What to say or what to do to help yourself to grow

Chikiness isn’t magic, chikiness is real

When you allow your fears to flow ‘chiki’ is what you feel

How do you get your fears to flow when they
seem to want to stay?

By developing your chikiness each and every
day

Feeding your mind and spirit with ‘chiki’ songs
and rhymes

Exercising your body with ‘chiki’ moves
sometimes

Using ‘Emotional Freedom Techinques’ in any
circumstance

Learning to move your energy, learning to let it
dance

For when you can feel that energy move you
know you can make a start

To flow those fears right out of you and open up
your heart

To all life has to offer, knowing if you ever feel
stuck

That now you have your chikiness you don’t
need to wait for luck

Being chiki

Truly not minding where you live
Truly not minding how you give
Truly not caring what others say
Truly believing another way

Being chiki allows you the chance
To open your heart and let energy dance
Finding a balance in all that you do
Allowing energy to flow right through

Discovering daily who you are
Gaining energy to shine your star
The beauty of chikiness letting you see
The true joys of life and letting you be

So how can you be chiki??

To be chiki you need to feel chiki

How do you feel chiki?

Step 1) Become aware of and feel your chi (your energy)

Step 2) Become aware of and feel the ki (the energy of anything in your life)

Step 3) Become aware of and feel the combination of the two

When the combination of the two flows freely then you are being chiki

What is the main benefit of being chiki?

You can be **yourself** and you can allow others to be **themselves** - honestly

The Chiki Bistro

A m-eating place for thinkers

I've travelled far and wide to bring to you
Chiki nourishment, simple and true
Mixing the ingredients of our time
Reducing them into simple rhyme

The power of reductions, long since known
Like the power of a seed, released when sown
In fertile soil, the growth becomes clear
In a fertile mind, faith outgrows fear

A full blown meal or a lighter bite
Whatever you choose is sure to delight
As long as you allow your taste buds to grow
You'll reap the benefit of what you sow

Investing in your chikiness, each and every week
Will bring you the truth of what you seek
To help you discover your uniqueness today
Come, sit down or have a chiki takeaway

What is Chiki food?

Nourishment for the soul, in the form of rhyme.
'Food' to be consumed by being read, listened to
as a poem or enjoyed as a song. Whichever way,
chiki 'food' will nourish your soul, energise your
spirit and strengthen your chikiness.

Chiki food is available 24/7 from the online
Bistro – www.thechikibistro.com

Chiki food can help you awaken and rediscover
your own chikiness. Feed it up, replenish it, revel
in it.

Not to change who you are but to support you
becoming more of who you really are.
Helping those who feel good to feel even better
(to enjoy life even more)
Helping those who don't feel so good to feel
better (to enjoy life)

Increasing your levels of chikiness increases
your ability to 'feel' what is right for you –
'knowing' you can't be wrong. With a strong
enough chikiness comes an awareness that
nothing ever need be wrong again. Diversity can
be encouraged and enjoyed.

Chikiness stimulates diversity of thought
Chikiness celebrates diversity of thought
Chikiness enjoys diversity of life

At the Chiki Bistro the amount you consume is
always up to you
There is no calorific rate
Nourishing yourself the chiki way
Will result in your ideal weight

It's not either/or

Strengthening your chikiness will enable you to
consume other 'foods' in the quantity which is
right for you in any given moment.

With a belly full of chikiness you will be able to
maintain a clearer connection with this
'knowingness'.

A strong level of chikiness also enables you to
derive maximum benefit from a 'food' not
normally consumed but may be the only 'food'
on offer e.g. when on an aeroplane. How you
personally strengthen your chikiness will be
different and unique to you. Each chiki meal will
provide a different level of chikiness and a
unique stimulation of thought.

Start the day the Chiki way

Never skip breakfast – a chiki breakfast will help you feel energised for longer.

Have a chiki snack whenever you ‘feel’ like a boost during the day.

Eventually you will discover your favourite Chiki meals. These can then become your staple diet. Yet remember a balanced diet is important and ‘variety is the spice of life’ so be sure to keep sampling other delicious goodies from the varied menu and particularly the ‘special’ of the week.

Chiki food is best enjoyed alone and in silence. This way you can appreciate each taste. Focussing on the ‘food’ enables the full measure of chikiness to be absorbed.

Chiki meals and snacks are available 24/7 at www.thechikibistro.com.

The Chiki studio

What is a Chiki Workout?

A chiki workout is a gentle yet uniquely powerful workout, ‘drawing’ in universal life force to harmonise, energise and optimise your individual energy centres. This clears and restores your energy flow to its natural best in any given moment. This in turn leads to an improvement in all areas of your well-being with more clarity, wisdom and inspiration flowing each day.

Regular chiki workouts will help you gain access to more of your inner strength, to support and guide you through whatever external circumstances you may be facing, without the need to follow any specific religion or creed. The ‘knowing’ that you will start to become aware of will be your own creed, your own unique wisdom, the ‘knowing’ that you were born with, your core truths.

In other words a chiki workout enables your soul to sing its own song, clear and true, helping you to always BE YOU.

It is suitable for people of all ages and abilities since physically it requires nothing more than the gentle movement of your hands (or the conscious intent to move them if your hands aren't able to move by themselves)

Chiki symbols which are based on universally familiar shapes are used as the means to harmonise your energies quickly and effectively.

The Chiki workout movements take approximately ten minutes and then it is vital for you to allow yourself at least 5 minutes of complete rest. This 'peace' time is to ensure the full benefit of your workout can be enjoyed by you and for your inspiration to have a proper chance to reveal itself to you.

When is best to do a Chiki Workout?

Starting your day with a 10 minute chiki workout can ensure that you maximise the benefit of your chikiness right away, whatever your energy may have been doing whilst you were asleep! A couple of top ups during the day will ensure that you maintain your chikiness and a session before you go to sleep will help you 'put your day to bed before you rest your head'.

The workout can be performed anywhere, including under the bedcovers, upon waking, before sleeping or during any breaks in your day - the silence and movement of nothing other than your index finger means that even if you are not alone in bed you will not be disturbing anyone by 'working out' - at least not physically!

Descriptions and how to use the chiki symbols are provided below - have a read and give it a go. The symbols are simple and easy to learn - use them daily and you will burn - as brightly as nature ever intended - now and forever a life never ended.

There are three options to consider before performing each chiki workout, depending on whether you have anything specific in mind.

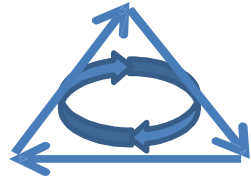
1. Ask yourself a question if you have one e.g. Why am I feeling so let down?
2. Focus on any niggling condition or state e.g. sore right shoulder.
3. Simply use the chiki symbols with no pre-requisite demands as a general chiki workout.

About the chiki symbols

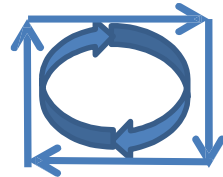
There are five simple symbols to use - each one needs to be 'drawn' in the air, according to its description, with the index finger of your dominant 'drawing' hand.

The five chiki symbols are as follows:

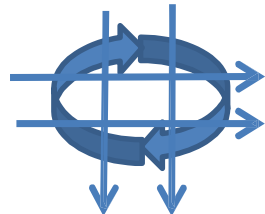
Symbol 1. A circle in a triangle



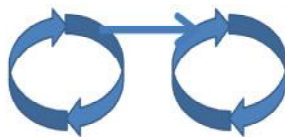
Symbol 2. A circle in a square



Symbol 3. A circle in a hash sign



Symbol 4. Two circles as a pair



Symbol 5. The sign of infinity



How you 'draw' the symbols is up to you, the description will speak to you with the way that is right for you.

If you wish you can say/sing the following whilst drawing the symbols...

A circle in a triangle, a circle in a square

A circle in a hash, two circles as a pair

Together with the sign of infinity

I'm using these symbols to...

...flow my energy (first round)

...help me listen to ME (second round)

...help my truth flow free (third round)

Keep your other hand rested on the front of your body, above each of your seven main energy centres in turn, starting with your root (first) energy centre and working up the body to your crown.

Your **first** (root) energy centre is situated in the **pubic area** of your body.

Your **second** energy centre is a little higher up, over your **bladder**.

Your **third** energy centre is just above the **belly button**.

Your **fourth** energy centre is in line with your **heart**.

Your **fifth** energy centre is just under your **chin**.

Your **sixth** energy centre is between your **eyebrows**.

Your **seventh** (crown) energy centre is on the **top of your head**.

The intention to connect with each energy centre is all that is needed, precise positioning is not essential.

After you have completed three rounds of the chiki symbols on each centre, use both index fingers outstretched in front of you (or by the side of you) to do one final round of all the chiki symbols together.

Then it is vital that you sit or lie down for at least five minutes to gain the full benefit of your energy clearing.

PEACE – with all your **P**article **E**nergies **A**nd **C**ore **E**nergy in an even flow – more clarity and insights you will come to know.

If you visit the website www.thechikibistro.com you will find an online chiki studio to help you and you can email thechikibistro@gmail.com for any personal guidance.

The size of each symbol you ‘draw’ may vary from round to round, depending on whether the energy centre is blocked or distorted. Simply ‘draw’ whatever feels right each time.

Allow your own hand to guide you and do not be tempted to pre-empt which centre could or should be blocked. Sometimes you will find that a particular symbol needs to be ‘drawn’ and re-drawn many times before your hand will move on to the next symbol – allow this to happen – go with the flow of your hand – this is the ‘magic’ working – your energy re-balancing itself and harmonising all aspects of itself.

What the chiki symbols do

Each symbol will guide you to which aspect of you is currently at odds with itself – **the first symbol** – a circle in a triangle relates to your universal flow of energy of life (the circle) with your soul, all of you at your core – past, present and future.

The symbols have no concern with which aspect or aspects are at odds – in this workout the story is not important.

All that matters is that right here, right now your energy can harmonise so you can enjoy each moment which presents itself here and now.

The second symbol – a circle in a square depicts the universal flow of energy of life flowing through all four chambers of your heart – opening and releasing any parts which have been closed down or blocked as a result of your reactions to previous experiences.

Again we don't know and don't need to know why – we simply need to allow your heart to expand to its full potential so that you can breathe life in through and out of you to your heart's content.

The **third symbol** – a circle in a hash represents your head being fed with the energy of life yet also full of existing thoughts – good ones/bad ones/right ones/wrong ones – lots of different thoughts going nowhere yet seeming so important.

What happens when fresh thought collides with previous thought? What of the crossroads? Which way to turn? What to believe? Whose thought to follow?

So many unanswered questions – the circle of universal energy can bring all these thoughts into harmony by bringing them into two separate pools or circles of energy and linking them together to mix with all the energy of your heart and soul – **the fourth symbol**.

Finally the sign of infinity – **the fifth symbol** which allows all of your energy as a whole to unite with all of the energy which is not you – all energies blending into one even flow of infinite possibilities.

Then, in that moment of peace and harmony, more of your truth can flow from your soul into your conscious awareness.

Do not be tempted to stop during the treatment to analyse an energy centre which showed some distortion or blockage – this will interfere with the natural progression of clearing which is taking place and may prevent the truth of the moment from emerging.

What makes this work different from most other forms of energy work is that it does not require you to be able to control your mind and ‘silence’ it – the symbols work with you to facilitate silence – a subtle yet powerful difference.

Chiki Reflections

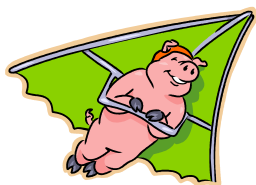
What ground are you grounding yourself into?
If it's a pile of pooh then no wonder life seems
full of sh.t.

What energy are you protecting yourself from?
If you believe it's bad or harmful then it will be
Life is like that – what you expect you get!

Question: What happens when you jump off a
cliff?

Answer: What you expect will happen

Is your expectation the only expectation?
Pigs might fly!



Revealing and recognising the grandness within
you.

Celebrating diversity of the individual and the
unity of us all.

We really have got the whole world in our hands
because between us we are the whole world. This
means that everyone and everything is important,
has its place, has its part to play. Chikiness helps
us to recognise what part that is and how to enjoy
playing it.

Find out who you are and what you want to be
Allow your energy to flow free
No longer trapped by who you were
Excess weight will depart for sure

Leaving you to be who you are
Allowing you to shine as bright as any star
No more prescriptions, diets or pills
Chikiness can cure your ills

For when you balance who you are within
The full enjoyment of life can begin
Listening to others yet following you
You are all you need to be true

Being chiki every day
Allow your head and heart to play
Freely with others, sharing what you know
Combining your energies, feel them flow

Personal Chiki Reflections

I have lived a chiki life. Living, loving, learning. Experiencing events which according to most experts should have made me a suicidal depressive at best, but have in fact enabled me to identify with and feel every emotion known to mankind – not just through observing in others but through the living of it myself. Throughout my life I have carried a faithful guide, unbeknown to me at times – my core, my mystery, my Joy, my Source, my God – whatever its name it has been there.

Continually shining a light into my darkness, often only illuminating the next step with the further beyond still in darkness. What gave me the courage to keep moving – who really knows? I believe it was my inner Spirit, my Soul, which is always desiring more.

Acknowledging that core desire connects me to my joy of being alive and brings the strength needed to experience the next step of my life. Without that acknowledgment I find myself weaker and not so able to bring out the joy from within me.

When we genuinely desire no more then that is the end of this journey and time to pass on.

Contentment is a barrier which could falsely create a feeling of not desiring more. To be content with what we've got or who we are, without desiring more is actually a contradiction in terms since to maintain what we've got or who we are needs more (more of the same) to keep it the same, since life is constantly changing. More money is needed to maintain the same standard of living to meet continually rising living costs. To combat the effects of inflation, ageing, the weather – the list is endless. By desiring more consciously you are acknowledging the 'moreness' of life and its creation can become a conscious pleasure and joyful experience. To learn and love more – to enjoy life more.

I was told recently that if you have been 'confirmed' in the Christian religion then you can never 'unconfirm' yourself. Having been 'confirmed' as a child with no conscious awareness of any other religion and with no other choice seemingly available I went ahead with it – eager to be centre of attention for a while, eager to wear a pretty white dress and eager at the age of 11 to be able to drink some wine every Sunday.

To belong – that was a very important need within me, yet whenever I attempted to belong to anything, religion included – it did not feel totally right. To accept someone else's instruction to find my own way was what I wanted, not instruction in the only way to be followed.

The untrodden path has always had more appeal – discovering new territories, within and without.

During my journey in discovering my inner world and learning to feel my energy, a fellow traveller, Lucio was kind enough to postpone his journey in order to escort me to St. Louis for the day. I was in Missouri for an EFT Conference and having been captivated by the Musical of 'Meet me in St. Louis' as a child, I was eager to experience St. Louis for real.

Visiting St. Louis was life-changing. On the surface a normal town with normal things happening all around and normal sights to see. Yet in one museum was an exhibition that unlocked a part of me that had hitherto been shut away. My pioneering spirit. My right side, my creativity, who I was started to reveal itself.

Looking at the visual display telling the story of those courageous men and women who did not wait for the way to be decided by someone else and follow that path. These pioneers found their own way, negotiating obstacles with an amazing spirit. Were they divinely guided? Who knows? Does it matter what we call that grandness within us? The inner power that enables us to be the individual we were all born to be. Using that grandness to be our best. Then and only then can we give our best to others. To truly love others by truly loving ourselves. Allowing others to guide us and support us but always remaining faithful to that grandness within.

Energy is what connects us all. How we use it is what separates us all. It's always up to us. Universal Spirituality. No external rules and regulations – nothing to sign up to – just a common feeling of connection to everyone and everything. If you can feel energy and you feel connected then that is where this need to belong comes from – because we do all belong, wherever we are and whatever we do – we just need reminding that it is not necessarily belonging to anything created by anyone else but finding your own way of celebrating your belonging which is inherent by your being alive.

Feeling that you belong but not restricted by
someone else's dictate, that is the freedom I was
looking for and the freedom I have found – now
it is time to share this discovery to support those
who long to find their own way.

Find out who you are
Let go of who you're not
Appreciate who you are
Give life all you've got

I discovered that once I had reached the stage of
appreciating who I was, it was natural to wish to
be of service to others.

At the core of each of us is mystery – that is what
we have in common. The core of humanity is
mystery. When we share a moment of core
humanity with another we experience that
connectedness, even if only for a briefest
moment, before our particle beliefs separate us
once more.

To me, Jesus is an example of someone being
chiki. He knew who he was, he let go of who he
wasn't, he appreciated who he was, he gave life
all he had – literally.

Whether he was the Son of God and whether all the teachings of Christianity are the only teachings to follow is not something I need or want to be involved with. The example of his life and the acknowledgment of Jesus being chiki i.e. at one with his own energy and the energy of any others yet facing challenges and energetic interference from others throughout his life, is why he features in some of the Chiki Rhymes.

God is the word that feels right for me to represent my grandness within, my Source, my Creator. Whether Creation is proved to be nothing more than a random event, my truth is that we are all a part of something more, that when we are all standing in our own true place then we have perfect alignment.

God as a whole is represented by each of us as an individual – not able to witness everyone's true place, yet those who we can touch we do, and by acknowledging what feels right within us we can stand in our spot and be proud to do so, regardless of how or what we are standing in looks like to others. From their perspective it may appear that we are standing in a pile of pooh but if it feels right for us then we can be as happy as a pig in sh.t – ready to be of service to others.

Accepting that shit happens and that pigs might fly.

Life in full bloom – our core energy being able to flow freely through each of our identities – each of our petals – deny any one of them and you will not be able to be in full bloom – each one is important – the energy of you and the energy of each identity. Your level of chikiness will depend on the level of free flow between your core energy and each particle energy you come into contact with, in thought, in word or in deed.

Chiki is a state of being – the ultimate state of being.

To be chiki all you have to do is feel chiki.

Feel the chi – your energy

Feel the ki – the energy of anything else

Combine the two and allow them to flow freely.

Then you can feel chiki, then you can be chiki.

Feel energetically connected – a free flowing and flexible energetic connection.

Beyond happiness is chikiness.

Happy and healthy is what we used to state as the ultimate state we wished for. Now I say chiki is the ultimate state we can wish for and be – it is now within our power. Become aware, experience, enjoy.

When connecting in a chiki way – energetic mutual respect comes naturally.
That is one of the main benefits of chikiness – free flowing relationships.

Chikiness, chikiness
The greatest gift that we possess
Chikiness, chikiness
It's all about our chikiness

Let it flow, let it go
Find out what you're here to know
Then you'll be, flowing free
You'll be living chikily

For lots more chiki nourishment please visit
www.thechikibistro.com – open 24/7.

Chikiness...

Is ignorance really bliss?

Are you seeking a greater personal understanding?

Are you looking for another way to live?

Do you possess a sense of humour?

If so then **Chikiness** is for you.

Becoming aware of who you are, what ‘mess’ you are standing in and the individual relationship you have with it is the gift of **Chikiness**.

Rather than prescribing what you should believe, think, feel or do, **Chikiness** facilitates the growth of your own awareness, the growth of the real you in a light-hearted, **chiki** way.

The most powerful way known to man today.
Being **chiki**, living a **chiki** life.

Flexible, fun and friendly – welcome to the world of **Chikiness**.