



Feel Good Songs

By Ruth Gilmore

It brings such joy for me to share
Feel good songs with those who dare
To well and truly appreciate
All the benefits of feeling great

My previous books of words and rhymes
Have focussed on healing troubled times
This book is for no such thing
Other than helping your soul to sing

I truly hope you enjoy this gift
May these songs remind you to uplift
To your very best each and every day
Loving and living in a truly chiki way

withlovefromruth x

Open your heart

Open your heart, don't take too long
Open your heart, you'll never be wrong

With an open heart and mind you can end the struggle
With an open heart and mind you can always snuggle
Sharing that peace that knows no limits
Sharing that peace that knows no gimmicks

For when your heart and mind are open to each other
No longer does the need arise for conflict to discover
The two of them can value their diversity of talents
Supporting and marvelling the wow in every moment

Open your heart, don't take too long
Open your heart, you'll never be wrong

Open your heart, then speak your mind
Open your heart, for you and mankind

Open your heart, unlock its door
Open your heart, share love for evermore

Window on the world

When you look out of your window
And appreciate the view
How much of it has been made by God
How much created by you?

Is your window on the world
Clean and clear and bright?
Does your window on the world
Bring in maximum light?

Why would you want your window
To be any other way?
Why would you want to keep
The stains left by a rainy day?

Spirituality for guys and girls
Is as simple as ABC
Appreciate, Bless and Create
The life you want to see

No-one can ever prove to you
What is actually so
In order to understand the concepts
You have to 'give it a go'

Window on the world (ctd)

So appreciate your life each day
Bless the state you're in
Then allow the wonders of life
Let the creation begin

Wallowing

I like to dally in the deliciousness of God's creation
Dally in the deliciousness that exists in every Nation
Wallow in the wonders I witness every day
Wallow in the wonders of all we do and say

For behind the veil of illusion
The truth is clear to see
Behind the veil of illusion
The magic is revealed to me

I like to linger in the lusciousness of God's creation
Linger in the lusciousness that exists in every nation
Wallow in the wonders I witness every day
Wallow in the wonders of all we do and say

For without the veil of illusion
The truth is clear to see
Without the veil of illusion
The magic is revealed to me

Feeling good

Feeling good about what you do
Enables you to attract to you
Everything in life you need
Everything you need to succeed

Feeling good about who you are
Lights your candle, shines your star
Allows your life to continually show
The abundance of life will always flow

Feeling good about what you desire
Nourishes the seed, fuels your fire
There is no limit to what we can receive
The Universe is limitless for all who believe

Feeling good about what you know
Gives your thoughts the power to grow
Increasing the vibration of your attraction
Increasing the measure of your satisfaction

Feeling good is your right
Feeling good makes things bright
Feeling grateful for being alive
Helps the feel good feelings thrive

(Don't waste) The miracle

Just when you think your life is over
No more chances to be had
Something happens as if by chance
That stops you feeling bad
Then you remember how great it is
To feel good about life and love
Without the pain to dwell on
You can look above

So don't waste the miracle
Use it as a start
To create a life of happiness
A joyful mind and heart
Share this joy with others
Use the miracle to show
Multiply the miracle
Help the world to grow

Don't waste the miracle
Remember that feeling inside
Remind yourself each and every day
The joy of being alive
Opportunity is endless
The choice is always there
Miracles are your birthright
Abundance for you to share

Never too late

It's never too late to start again
It's never too late to end the pain
It's never too late to spread your smile
It's never too late to feel worthwhile

It's never too late to change your mind
It's never too late to be one of a kind
It's never too late to spread your smile
It's never too late to feel worthwhile

You can change your life today
Come and learn the Chiki way
It's never too late to spread your smile
It's never too late to feel worthwhile

One small step is all it takes
One small step, what a difference it makes
One small step to spread your smile
One small step to feel worthwhile

It's never too late to open your heart
It's never too late to make a fresh start
It's never too late to spread your smile
It's never too late to feel worthwhile

Never too late (ctd)

You can change your life today
Come and learn the Chiki way
It's never too late to spread your smile
It's never too late to feel worthwhile

One small step is all it takes
One small step, what a difference it makes
One small step to spread your smile
One small step to feel worthwhile

Recipe of Life

I've been searching
For the recipe of life
A recipe to follow
Something that's been
Proven to work
A surefire hit to borrow

Yet somehow
No-one else's works
Something's not quite right
Too much flavour
Not enough
Way too heavy, way too light

Then one day
It dawned on me
The solution to life's mystery
Is no-one else's
Recipe is meant
To dictate to me how life is spent

The recipe of life for me
Is found inside, most clear to see

Recipe of Life (ctd)

It's a little bit of this
And a little bit of that
And a sprinkling of the other
That's the recipe of my life
That I've been able to discover

Lots of laughter, lots of fun
Lots of joy for everyone

It's a little bit of this
And a little bit of that
And a sprinkling of the other
That's the recipe of my life
With lots more to discover

Recipe changing day by day
Much less worrying, much more play

It's a little bit of this
And a little bit of that
And a sprinkling of the other
That's the recipe of my life
That I've been able to discover

Don't bring the past to the party

Don't bring the past to the party
Leave it where it belongs
Change those melancholy ballads
To simple feel good songs

Don't wait for life to make you feel good
You can feel good right now
Choosing how you want to feel
It's up to you to allow

Those feel good feelings to flow
Those other feelings to go
To feel God and add an 'o'
Then Good is made just so

Reverse the trend to be a victim
Be before you do
Then you can feel good regardless
Life won't dictate to you

Feeling good means letting go
Of all that's gone before
Feeling good is your natural state
To enjoy for evermore

Don't bring the past... (ctd)

Don't bring the past to the party
Leave it where it belongs
Change those melancholy ballads
To simple feel good songs

God's love

Don't forget to use God's love
Throughout your daily life
Use God's love to relieve the pain
Use it to relieve the strife

For God's love is unconditional
No matter what's gone before
God's love is unconditional
Now and for evermore

Don't forget to use God's love
For God's love does not cease
It's there to aid the forgiveness
It's there to restore the peace

God's love is unconditional
No limits or judgments in place
God's love is unconditional
In each and every case

Whatever you choose to call your God
The love is just the same
Unconditionally flowing
No matter your choice of name

God's love (ctd)

So don't forget to use God's love
It's always there for you
Whatever the situation
God's love will help you through

I will always love you

“I will always love you, but I may not always like you”

Is what my mother often said to me.

Quite what this meant I did not fully understand

Until very recently

Now I am able to appreciate

The full extent of that phrase

Now I am able to concentrate

On delivering that gift with grace

To know you're always loved despite what you think or feel

Opens up the joy of being you

You can then experience the freedom of life

Without the fear or worry of being true

For we never know for sure

What triggers pain and strife

The reaction of others

Will change throughout our life

What we do will sometimes be the best thing since sliced bread

The best thing ever witnessed on this earth

I will always love you (ctd)

Other times that same best thing will not go down so well

Some may even wish you drowned at birth

Knowing that you're always loved

Despite what you do

Enables you to share that love

It becomes a part of you

Breaking free from the need to be liked enables you to start

Living that secret life out loud

Your creative gifts can then emerge in whatever way you choose

The gifts that stand you out in a crowd

Knowing that you're always loved

Despite what you do

Enables you to share that love

It becomes a part of you

So I want to thank you Mother for that gift so rare

One I'll always treasure, my whole life through

And whenever I think of you, those words will be a reminder

A reminder to always be true

I am what I want

I am all that I want
I am all that I need
Now I know that this is true
I know I can succeed

Needing others to put things right
Needing others to make things bright
Reduces my ability
Reduces the power inside of me

All I have to do is ask
However simple or difficult the task
Then it's up to me to allow
The answers to my questions "how?"

However crazy the answers may seem
I know the answers will fulfil my dream

You are all that you want
You are all that you need
When you know that this is true
The secret of life is freed

Joy

The joy of being alive
Before you have or do
The joy of being alive
The joy of being you

The joy of feeling good
Before you have or do
The joy of feeling good
The joy of being you

The joy of sharing
The joy of caring
The joy of giving
The joy of living

Without the need for reward
Without the need for discord

The joy of feeling alive
Before you have or do
The joy of feeling alive
The joy of feeling you

I feel good today

I feel good today
That is what I choose to say
I feel good come what may
Every day

Even if the surface
May seem to reveal
That this isn't true
That good's not what I feel

I know the surface
Is only a lie
I know that within me
Feeling good is nigh

Life's eternal

Life's eternal
In the Spiritual
Though the Physical may seem
To decline and decay
In every way
The Spiritual will beam
Ever stronger light
Bringing more insight
In to how to live each day
In to how to live each day

There is birth and death
In the Physical
In the Spiritual there's no
Polarity
Only clarity
To help our lives to grow
Then our lives can be
For eternity
A delight to savour each day
A delight to savour each day

Life's eternal (ctd)

Life has ups and downs
In the Physical
In the Spiritual there's none
Just constancy
For you and me
Helping everyone
To live their life
Free of pain and strife
United by God's love
United by God's love

How you choose to view
The Spiritual
Your Physical will reflect
For your cells will show
What you think you know
Every thought they can detect
And act out for you
Your point of view
The choice is always yours
The choice is always yours

Life's eternal (ctd)

If you choose God's love
In the Spiritual
Then your Physical can receive
The support you need
And the help to succeed
Now you can relieve
The ache in your heart
And be able to start
To enjoy the best of you
To enjoy the best of you

Feeling good is the birthright of every living thing
Feeling good is what flows, when your soul can sing
I hope that by sharing my feel good songs with you
All your feel good feelings remember to shine through

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(for an audio version of this book please visit my website
www.withlovefromruth.com)

