

Grace and Gratitude

By

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The rhymes in this book, Grace and Gratitude are designed to elevate your mood. Whatever you are feeling there is always more to be felt deep within your core. And this will happen each time you connect with any of these rhymes, beyond your intellect. None are complicated, every one can heal by giving you the chance to be able to feel more than you have ever been able to feel before, with Grace and Gratitude you're able to feel your core.

So it is with much pleasure that I offer you this gift – an abundance of Grace and Gratitude to lift any particular moment of misery or despair into a chance for you to feel what's really there. For once the fear can flow, once the doubt can cease, we can all enjoy more of our own peace.

With love from ruth x

Live your dreams

Live your dreams and let your child live theirs
Support their needs and share their cares
Give them room to grow and expand
So they can reach their promised land

Everytime you have a fight
Ask yourself “Am I really right?”
What you think may be right for you
For your child, it may not be true

What’s more important than being correct
Is unconditional love and respect
So separate the child from the crime
And remember to forgive them everytime

You don’t have to condone what they have done
But unless you forgive your daughter or son
Then you’ll be the one for eternity
Suffering a life of misery

Blame only causes rifts hard to heal
Blame keeps you a victim and then you can’t feel
All the love and joy that could be for evermore
With the child you brought to life and whom you still
adore

Live your dreams (ctd)

So release your fears and let the apron strings go
Share your love, let the energy flow
Encourage them to dream and to follow their star
Live a life that shows them who you really are

As time passes the roles change around
The child becomes an adult and can feel duty bound
To protect their parents from the problems that they face
Yet they also need to find their own grace

So release your fears and let the apron strings go
Share your love, let the energy flow
Encourage them to be what they want to be
It's never too late to enjoy being free

Live your dreams and let your parents live theirs
Support their needs and share their cares
Give them room to learn from their mistakes
And let them be for heaven's sake

Give them room to grow and expand
So everyone can reach their promised land

The grace of God

But for the grace of God go I
But for the grace of God go I
Without God's grace I judge and condemn
But for the grace of God go I

Using the wisdom that created my life
Using the same wisdom to guide my life
Connecting to my Source to become at one with God
For when I'm one with God I'm inspired

To create my life to be the best
That my life was meant to be
Using God's gifts courageously
Using God's gifts wisely
Using God's gifts purposefully
What is right for me

Listening to my inner guide
The inspiration that rests inside
Always there to help me decide
What is right for me

Allowing God's grace to help me see
That given different circumstances
I could be you and you could be me
So we're not that different, in reality
But for the grace of God go I

The grace of God (ctd)

Using God's wisdom I can be kind
Using that wisdom I can keep an open mind
Using that wisdom I can find
What is right for me

Using that same wisdom I can see
What is right for you may not be right for me
Your truth may mean you live very differently
But for the grace of God go I

It's not up to me to criticise
It's up to me to realise
That we're all important in God's eyes
But for the grace of God go I

God's grace

It makes me happy
Puts a smile on my face
Living my life
In God's grace

Moans may come
But I'll know they'll go
For they're only a product
Of my ego

And although the ego
Tries to find a way
When it's not fed
It finds it hard to stay

So I use the power
Of my smile
To overcome the urge
To let ego lurk a while

For when I smile
As I think of the pain
It's hard to let
The resentment remain

God's grace (ctd)

If God can forgive
Then I will try
But for the Grace of God go I

It makes me happy
Puts a smile on my face
Living my life
In God's grace

Using God's grace

Using God's grace
To light up my life
Using God's grace
To lessen the strife
Using God's grace
To recover my peace
Using God's grace each day

For God's strength within us
Helps us release
Those worries and fears
Restores our peace
And from that place of
Joy and care
Our love with others we share

Whenever we've feelings of
Fear and fright
We know we can release them
With the help of God's might
So start letting go of
Those fears right away
Using God's grace each day

Awareness

Confusion is the only suffering
That we can experience
When we understand the confusion
The suffering is replaced with peace

There may still be pain to deal with
Of body, mind or soul
Without the suffering of confusion
We can accept our pain with grace

Problems are an opportunity
To understand and release
To achieve more of body, mind or soul
To transform the suffering to peace

Problems arise from not understanding
The awareness not yet clear
From another perspective or a greater awareness
They're not a problem at all

There may still be pain to deal with
Of body, mind or soul
Without the suffering of confusion
We can accept our pain with grace

Servant of God

What does it mean to be a servant of God?
This is what it means to me
To allow my actions to be governed by thoughts
Inspired by the 'real' me
If thoughts are governed by the ego
They will only ever be
Reactions to experience and
Not from the 'God' within me

When the actions taken by me
Are inspired they have the chance
To have the love of God flow through them
Which makes them sing and dance
For God knows nothing of anger
Greed or even despair
I believe that God knows nothing
Except to love what's there

For God only sees his Creation
Which is full of love
The reflections of the ego create the rest
And cannot be seen from above
To be a servant of God is to know this
And that healing can take place
As soon as someone changes their mind
And accepts the gift of God's grace

“Whatever”

When we say “whatever”
Are we trying to be kind?
Do we say “whatever”
Instead of what’s on our mind?

Do we say “whatever”
To hide what we really feel?
Do we use “whatever”
To deny what for us is real?

Are we scared to speak our truth
Do we need to fear?
Are we reluctant to speak our truth
Do we need to jeer?

To cover up what we’d love to say
To cover up what is true
To cover up what we’d love to say
For fear of hurting you?

When we have the courage
To say what’s on our mind
We give others the opportunity
Of their truth to find

“Whatever” (ctd)

Which may be hidden from sight
Forgotten deep inside
Stirred by what we say
Then they can decide

To carry on with “whatever”
Or choose how they want to live
Letting their life hold resentment
Or taking the chance to forgive

Allowing their feelings to surface
Allowing their thoughts to emerge
Accepting the truth of others
And theirs may well diverge

Yet in that diversity
Brings the joy of the world
The miracle of acceptance
A beautiful life to behold

And then the word “whatever”
Can regain its rightful place
As a word to share our acceptance
Of “whatever” as God’s grace

Regular as clockwork

Regular as clockwork
Honest and pure
God's love is there for you
Of that you can be sure

Never pushy
Never wrong
Always available
Always strong

When the others are letting you down
God will always be there
When the others aren't noticing you
God will always care

So never fear
God is near
Waiting for your call
Whatever the reason
Whatever the season
Problem large or small

Always ready to listen
Always ready to love
Always ready to give you
The gift of grace from above

Yesterday

Yesterday I felt so blue
Now I'm feeling great
Such a quick recovery
Why the change of state?

Because I am a daughter of God
As you are, or maybe a son
Acknowledging this as a gift
Can enable God's will to be done

Spirits can lift
Hearts can mend
Minds can recover
Angels can send

God's gifts in abundance
God's gifts full of grace
Removing the desperation
Returning the smiling face

Put your day to bed

Put your day to bed
Before you rest your head
Forget your woes
Forgive your foes
Remember love instead

Put your day to bed
Before you rest your head
Forget those fears
Forgive those jeers
Remember love instead

Let your love light shine
Draw out the divine
Pray for release
Pray for peace

Put your day to bed
Before you rest your head
Cherish your chores
Chastise no more
Remember love instead

Put your day to bed (ctd)

Put your day to bed
Before you rest your head
Be grateful for
Your life once more
Remember love instead

Let your love light shine
Draw out the divine
Pray for release
Pray for peace

Feeling grateful

There's always something to be grateful for
Every day of your life
There's always something to be grateful for
Regardless of the strife

For some it may be easy to find
For others it may not be so
Yet there's always something to be grateful for
So why not give it a go

For when you're feeling grateful
Joy wells up inside
When you're feeling grateful
Joy can no longer hide

Joy's in everyone
Shining like the sun
Sometimes hidden from view
Yet always there for you

Good morning

Good morning sea, good morning sky
Good morning, how are you?
Feeling great I hear you say
The same goes for me too

Using the night for what is meant
Making each night a night well spent
Recharging my batteries, letting things go
Restoring my peace, so my energy can flow

Good morning seagulls, good morning swans
I'm so glad you are here
Filling my world with your graceful presence
I'm so glad you are near

Good morning sunshine, good morning rain
Glad to see you're together again
Delighting us with rainbows, nourishing what grows
Where you really come from, no-one really knows

Good morning trees, good morning plants
Good morning every sight and sound
I'm so grateful for the chance
To appreciate all that's around

Good morning (ctd)

The sight of camouflaged little owls
The sound of the wind, even when it howls
Every natural sight a sight to bless
Every natural sound bringing happiness

Good morning sea, good morning sky
Good morning sun and rain
Thank you for reminding me to stop and stare
At the beauty of life again

Feeling

Feeling grateful for the day
For what was said and done
Helping me to find my way
Thank you everyone

Feeling grateful for the night
Making sense of dark and light
Restoring the balance from wrong and right
Feeling grateful for the night

Feeling grateful for what was there
For what I was able to share
Helping me to love and care
Feeling grateful for what was there

Feeling grateful for what I found
To exercise my mind
Energy of sight and sound
Beauty of every kind

Feeling grateful for what was new
Feeling grateful for having a clue
Feeling grateful for me and you
Feeling grateful for being true

Gratitude for life flows free

Life is so much easier
If you feel good first
For then you are never looking
For it to quench your thirst
What you do or say
Or what you drink, smoke or eat
Will be because you enjoy it
Rather than it needing to meet

Any unrealistic goal
Or to try and make you feel good
For outside things can never do this
They won't and never could
If you feel good already
About your life each day
You won't ever need to demand
Anything to be a certain way

Others can give you grief
Or try to gain the upper hand
But it will never matter to you
You're already in your promised land
So how can you feel good first?
By being grateful for your life
And feeling the love that flows
Regardless of any strife

Gratitude for life... (ctd)

For love is the constant energy
That runs throughout each day
In different forms yet always there
To enjoy in your own way
And how can you be grateful?
By simply opening your eyes
To the natural joys which surround you
Then you will realise

That however dark your life may seem
There is always something there
For you to focus your attention on
To share your love and care
Whether it is a person
A pet or even a tree
As soon as you pay it some attention
Gratitude for life flows free

Living lightly

Living lightly
Loving brightly
Never holding
On too tightly

An attitude
Of gratitude
At all times
Enjoying a life
Full of Chiki Rhymes

Hearing the birds

Hearing the birds
Twittering away
Greeting the energy
Of this new day

Hearing the cockerels
Crow at dawn
Now it's my turn
To get up and yawn

To release my song
And anything that's wrong
So I can start the day
In the right way

Sharing my gratitude
For being alive
Being my best
So I can always thrive

Right in front of our eyes

How little do we take notice
Of what's in front of our eyes
How scarcely do we allow
A day to be full of surprise

How nervous are we of uncertainty
How fearful are we of change
How rarely do we appreciate
Those times we have to rearrange

Too busy trying to blame
Someone for the mistake
That has led to a change of plan
Could it be that for heavens sake

Something beyond what we can see
Has suggested a different place to be
Rather than being quick to condemn
Maybe there's a gift in the mayhem

So rather than keeping a frown on our face
Maybe it's time for us to replace
Disappointment with gratitude
So we can realise
The true gift of life
Right in front of our eyes

You are love

You are love and your
Power is your gratitude
When you remember
This is your core attitude

Any other thought
That may come to light
Is purely a reflection
And not your core insight

It may be a thought
That you have picked up
So many thoughts
Were put in to your cup

Before you had learnt
That it was OK
To disagree with
What others had to say

To determine the difference
How does that thought feel?
If it feels heavy to you
Then that thought is not real

You are love (ctd)

A temporary illusion
For real thoughts are light
They sit gently on the wings
Of gratitude and insight

So next time you are thinking
Remember to feel the weight
Of what you are thinking
So you can dissipate

Any heavy energy
That's preventing you
Flying high and knowing why
Your life's true delight

Appreciation

Appreciation is gratitude
With integrity
When this truth
Becomes your reality

Your life will truly
Move up a gear
To that place
Where there's no fear

We sometimes need

We sometimes need
More information
Before we can engage
Our appreciation

Yet until our
Gratitude can flow
It is unlikely
That we will ever know

The full truth
For its revealing
Is often hidden
Within what we are feeling

So before the
Story is told
By others we can
Always be bold

Bold as in daring
To feel what we know
Bold as in daring
To let those feelings flow

We sometimes need (ctd)

Then when the info
Comes to light
We'll already have
Our knowing and insight

At our fingertips
So we can appreciate
Any information
In a heightened state

Heightened as in
Rising above
Appreciating first
Unconditional love

That is how to
Generate
The gift of being able
To appreciate

When you begin

When you begin by giving gratitude
For all those involved in creating that food
You are instantly transforming your mood
To one in which you can digest
Optimally to be your best

GRACE

Giving, Receiving, All Core Energy
That's what GRACE means to me
Giving, receiving from your very soul
Brings the opportunity to be whole

Now we can be gracious
Now we can be true
Now we can be loving
Through and through

