

Healing Through Rhyme

By

Ruth Gilmore



Healing through rhyme

Rhythm is inherent within rhyme.

Healing is inherent within you.

Healing involves restoring your optimal/natural rhythm

Therefore you can heal through rhyme

In the same way there is an optimum/natural rhythm within rhyme, there is an optimum/natural rhythm within you and when that is flowing freely you are performing at your peak – you are vibrant and healthy.

Rhyme is the natural way to induce the rhythm, the unique rhythm to each individual, similar in many ways but ultimately an individual rhythm of life that we are here to maintain and enjoy, on our own yet connected to the whole universal rhythm of LIFE.

Restoring one's own rhythm
Through CC, Rest and Rhyme
That's how you can recover
In the quickest time

The following rhymes have been created to help you clear any disturbing vibrational states. By releasing these ‘at odds’ vibrations, your own optimal/natural rhythm can be restored, helping you to recover your true health.

As well as simply reading any of the rhymes to help you feel better, you can accelerate the healing process by using them in conjunction with a regular chakra clearing (CC). My preferred method of chakra clearing is a ‘chiki’ workout – details of which are available in the ‘Chikiness’ booklet or on either of my websites.

withlovefromruth.com and thechikibistro.com

I also refer to the ‘chiki’ workout as ‘The Peace Process’ since that is what it achieves – an inner peace that honours your own individuality – your own core state – whatever that may be. By accepting that individuality and allowing it to flow through all you experience, you are able to enjoy your true HEALTH every day. These rhymes are designed to help you recover that truth and are offered to you as always

withlovefromruth x

The energy of life

The energy of life is coursing through my veins
Like a cascading waterfall, thundering when it rains
Flowing so freely
Knowing so clearly
Loving so dearly
The energy of life

The energy of life is there for us all
Like an angel from heaven, answering our call
Flowing so freely
Knowing so clearly
Loving so dearly
The energy of life

So let life's energy flow through you
Let it do all it can do
Flowing so freely
Knowing so clearly
Loving so dearly
The energy of life

Why is it a shame?

Why is it a shame when something doesn't last?
Why do we want the future to replicate the past?
Why is it a shame when something brings us pain?
From the messages of pain we gain

Change brings the chance to start your life anew
Change brings the chance to find the real you
Change brings the chance to expand what you know
Change brings the chance to grow

Why is it a shame when something turns out bad?
Why is it a shame when something makes us sad?
Why is it a shame to acknowledge what is real?
Or how we really feel?

Why is it a crisis to change what we do?
Why is it so wrong to search for what is true?
Why is it a crisis if we want what's different
No longer to pretend

Change brings the chance to start your life anew
Change brings the chance to find the real you
Change brings the chance to expand what you know
Change brings the chance to grow

What would love do now?

What would love do now?
I ask myself that question
I listen for the voice
The voice of inspiration
When life gets too tough
When life gets too rough
When life's not good enough
What would love do now?

What would love do now?
I ask myself that question
I listen for the voice
The voice of inspiration
Would it want to fight?
Would it want to fright?
Insist on being right?
What would love do now?

When I'm feeling sad or mad
The voice is hard to hear
Yet if I really listen
It comes through loud and clear

What would...? (ctd)

What would love do now?
I ask myself that question
I listen for the voice
The voice of inspiration
Would it find a way?
Find something good to say?
Bring joy to every day?
What would love do now?

When I'm feeling thankful
The voice comes through so strong
So now I'm always listening
Not just when things go wrong

What would love do now?
I ask myself that question
I listen for the voice
The voice of inspiration
Now I sit and wait
And appreciate
Before it is too late
What love would do
What love would do
What love would do now

A clean slate day

It's a clean slate day
That's what I choose to say
What's gone before
Doesn't mean it's the law
It's a clean slate day

It's a clean slate day
That's what I choose to say
What's gone before
May have hurt to the core
It's a clean slate day

It's a clean slate day
That's what I choose to say
What's gone before
Being rich, being poor
It's a clean slate day

It's a clean slate day
That's what I choose to say
What's gone before
Is gone for evermore
It's a clean slate day

A clean slate day (ctd)

It's a clean slate day
That's what I choose to say
What's gone before
Is no longer sore
It's a clean slate day

It's a clean slate day
That's what I choose to say
What's gone before
Will help me grow all the more
It's a clean slate day

It's a clean slate day
That's what I choose to say
Nothing more, nothing less
Another chance to do your best
It's a clean slate day

Connected

Continually connected
That's what I want to be
For when I feel connected
Is when I truly feel free

Hope springs eternal
Joy wells up inside
Hope springs eternal
Each day I feel so alive

Emptying out my vessel
Is what I want to do
For when I think I'm empty
Is when I truly feel full

When I'm empty and connected
I feel God's love so strong
I see God's love in everyone
It helps the world along

For many it seems to be separate
Something to be achieved
I know it's already inside of me
We've already been blessed indeed

Connected (ctd)

The hardest part is remembering
There's nothing I need to do
Save that pleasure of feeling
God's love flowing through

The more I allow God's message
To influence my day
The easier my life becomes
In each and every way

Experiencing God's love
Is a gift beyond compare
And now I know what joy it brings
Forever more I'll share

No more wondering or worrying
Will I get it right
Sharing the love flowing through me
Its majesty and might

Continually connected
Feeling God's energy
When I'm feeling connected
Is when I truly feel free

Enjoy life

When you feel comfortable in your own skin
The real enjoyment of life can begin
Moment by moment it will become clear
If you're living through love or living through fear

And as the awareness starts to grow
You'll be able to change and let those fears go
One by one they'll slip away
Leaving you able to love more each day

So enjoy life, enjoy life, whatever form it takes
Allow yourself the goodness, for you and all our sakes
Enjoy life, enjoy life, regardless of how it seems
Everyday brings a chance for us to live our dreams

And as your life becomes driven by joy
You'll want to praise instead of annoy
Your enemies as well as your friends
You'll want to forgive and make amends

This may sound strange and hard to believe
You may still want to anger and grieve
Yet little by little these needs will be less
Compassion will lead to true forgiveness

Enjoy life (ctd)

So enjoy life, enjoy life, whatever form it takes
Allow yourself the goodness, for you and all our sakes
Enjoy life, enjoy life, regardless of how it seems
Everyday brings a chance for us to live our dreams

Keep on tapping

Tap your fears away
Tap your fears away
Tap your fears away
And have a happy day

Keep on tapping, oh oh oh
Keep on tapping, to find your soul
Keep on tapping, oh oh oh
Keep on tapping, to reach your goal

Smile your pain away
Smile your pain away
Smile your pain away
And have a happy day

Keep on tapping...

Love your cares away
Love your cares away
Love your cares away
And have a happy day

Keep on tapping...

What does it take?

What does it take to light up your lightbulb?
The one you have inside?
Does the world around you need to be illuminated
Before you can see your guide?

The more you need the world outside
To be bright before you glow
The harder it is to maintain your light
Much energy needed to grow

And then the world becomes depleted
The resources appear to wane
The world we are wanting to provide for us
Becomes energy weak and lame

Yet if we use God's love to light
Our light bulb deep inside
The unlimited supply of God's love
Can continually provide

And the less you need the world outside
To be bright before you glow
The easier it is to maintain your light
And to share what you know

What does it take? (ctd)

And then the world becomes renewed
With energy to survive
To power the light bulbs in the world
That don't know yet how to thrive

From the place deep down within them
Where God's energy lies in wait
For each one of us to tap into
Their unlimited source of bait

For the energy we emanate
Can feed and nourish as well
The lives of those around us
If it's strong enough to tell

To spread the word to stop depending
On others to get it right
Save the world by lighting up inside
Transform darkness into light

A good place to start is with smiling
Your cinder box will ignite
A smile sparks in you and others
A sure fire way to be bright

Something

There is Something
There is always Something
There is always Something more

There is Something
There is always Something
Something more to explore

There is Something
There is always Something
Coming from deep inside

There is Something
There is always Something
Helping you decide

So why not listen
To that Something
It will be your friend

It will love you
It will guide you
On Something you can depend

Something (ctd)

There is Something
There is always Something
It will never leave

There is Something
There is always Something
Helping you achieve

What is Something
Who is Something?
Do you really care?

For that Something
Is what you want it
To be, Yes it's always there

You can call it
What you want to
Call it what you choose

It doesn't matter
It makes no difference
As long as it you use

Living freely

Living freely in the beauty of each day
Nothing I must do and nothing I must say
Allows the opportunity to live a different way
Living freely in the beauty of each day

When my mind isn't full of what I must do
I have the opportunity to wonder anew
Giving me the chance to have another view of
Living freely in the beauty of each day

When my mind isn't full of what I must say
I have the opportunity to listen more each day
Giving me the chance to understand the way of
Living freely in the beauty of each day

Living freely does not always feel right
Habitual 'musts' and 'shoulds' may not vanish
overnight
Perseverance is a friend, it does not need to be a fight
Living freely in the beauty of each day

Living freely (ctd)

One by one those 'musts' and 'shoulds'
Will transform into 'mights' and 'coulds'
Giving you the chance to choose to stay
Living freely in the beauty of each day

The reward for breaking those habits is great
The energy within you, begins to radiate
So why not try it out, it's never too late
Living freely in the beauty of each day

My true flow

I'm caring for my body
I'm helping my cells be their best
By clearing my chakras daily
And getting plenty of rest
My cells are getting stronger
My stamina's starting to grow
My aches and pains are easing
I'm restoring my true flow

Easter thoughts

What do you think about at Easter?
What's it really for?
A time to gorge on chocolate
Or a chance to change for evermore?

Do you deprive yourself beforehand
Is that what Lent is for?
Then do you gorge yourself on chocolate
Or change for evermore?

Do you think about Jesus
A name you curse or bless?
Do you have to be a Christian
To enjoy the happiness?

Of accepting the miracle of Jesus
Of recognising God's gift
Regardless of religion
The story of Jesus can lift

Your spirits and bring you hope
Peace and joy to reign
Regardless of your religion
Easter's time to start again

Easter thoughts (ctd)

Whatever's gone before
Is past and not what's now
Giving each of us the chance
To enjoy our lives somehow

If we recognise our talents
And bring them to the fore
Whether we recognise Jesus
We can all live in peace for evermore

Witnessing the miracles

Witnessing the miracles of daily life
Is a pleasure beyond compare
The ability of birds to hover so still
Whilst flying through the air

Witnessing the miracles of daily life
Brings joy beyond compare
The courage that is shown in so many ways
Those acts that show we care

Witnessing the miracles helps me to keep
My faith in humankind
In troubled times it's so easy to forget
Miracles are there all the time

Witnessing the miracles of daily life
Is easy once you try
By noticing what you take for granted
The miracle of being alive

We always have a choice to view
The world in our own way
So I look for the miracles taking place
Around me everyday

Let it go

Feel the feeling
Let it happen
Feel the feeling
Let it flow
Flow the feeling
Through your body
Flow the feeling
Then let it go

Right now

Why not live right now
The way you want right now
Why not act right now
The way you want right now
For the moment now
Why not feel right now
The way you want right now
Right now

Whatever's gone before
Push it right through the door
And believe right now
What is right for now
If you live right now
With what you feel right now
Then you will live right now
With what is right, right now
Right now

Are you ready?

Are you ready for a miracle
To come into your life?
Are you ready for a miracle
To heal your pain and strife?

Are you ready for a miracle
To end your tale of woe?
Are you ready for a miracle
Are you ready to give It a go?

For when you receive a miracle
Your world turns upside down
When you receive a miracle
No longer need you frown

For whenever you are puzzled
Over something you can't explain
With the memory of your miracle
You'll know it's a miracle again

Are you ready for a miracle
To challenge your point of view?
Are you ready for a miracle
To believe in something new?

Are you ready? (ctd)

Are you ready for a miracle
To help you find your way?
Are you ready for a miracle
Are you ready for It today?

For when you receive a miracle
No longer need you believe
That we live in a world of danger
That the world has no reprieve

For whenever you are frightened
Over something you can't explain
With the memory of your miracle
You can trust in miracles again

Merry Christmas

We wish you a Merry Christmas
We wish you a Happy New Year
May you be blessed with happiness
May your fears become less and less

We wish you a Merry Christmas
We wish you a Happy New Year
We wish you hope, we wish you peace
May your conflicts resolve and cease

We wish you a Merry Christmas
We wish you a Happy New Year
Wishing the same, year after year
Helps the world recover from fear

We wish you a Merry Christmas
We wish you a Happy New Year
Peace on earth, goodwill to all men
Little by little we'll make it. Amen

Beautiful feeling

It's such a beautiful morning
It's such a beautiful day
It's such a beautiful feeling
Feeling this way

And I wonder how it can be so
I wonder how it can be
That sometimes I wake up full of joy
Sometimes with misery

It's such a beautiful morning
It's such a beautiful day
It's such a beautiful feeling
Feeling this way

And I know it's always up to me
I know I can change my mind
I know if I look hard enough
There's always joy to find

It's such a beautiful morning
It's such a beautiful day
It's such a beautiful feeling
Feeling this way

Beautiful feeling (ctd)

And I know it's always up to me
To be honest with how I feel
For then the misery fades away
And the joys of life become real

It's such a beautiful morning
It's such a beautiful day
It's such a beautiful feeling
Feeling this way

Peace in the eye of the storm

Peace in the eye of the storm
God's love will keep me warm

The pain may rage around me
The suffering is clear
Yet now I know through God's forgiveness
Peace is always near

Peace in the eye of the storm
God's love will keep me warm

Those secrets, lies and punishments
No longer cause me pain
I use God's love to cleanse myself
And refresh my life again

Peace in the eye of the storm
God's love will keep me warm

The past no longer hurts me
To those pains I will not bow
With God's help I can forgive
And focus on the joy of now

Peace in the eye... (ctd)

Peace in the eye of the storm
God's love will keep me warm

The future does not worry me
For I know I can give
All my fears to God each day
A carefree life to live

Peace in the eye of the storm
God's love will keep me warm

My wish is to be connected
To my source both pure and strong
For then my gift of love can flow
To you my whole life long

Peace in the eye of the storm
God's love will keep me warm

Love your day

Love your day I hear you say
Love your day, come what may
Love your day I hear you say
Love your day

Trust today I hear you say
Trust today, come what may
Trust today I hear you say
Trust today

Work your way I hear you say
Work your way, come what may
Work your way I hear you say
Work your way

Rest and play I hear you say
Rest and play, come what may
Rest and play I hear you say
Rest and play

Remember to pray I hear you say
Remember to pray, come what may
Remember to pray I hear you say
Remember to pray

Love your day (ctd)

Forgive your day I hear you say
Forgive your day, come what may
Forgive your day I hear you say
Forgive your day

Leave your day I hear you say
Leave your day, come what may
Leave your day I hear you say
Leave your day

Love unconditional

Love is patient
Love is kind
Love inspires
An open mind
Love is the answer
Love is the key
Love unconditional
For you and for me

No matter the cause
No matter the fear
Love unconditional
All will be clear

Love knows no anger
Love knows no judge
Love holds no prisoners
Love holds no grudge
Love is the answer
Love is the key
Love unconditional
For you and for me

Love unconditional (ctd)

No matter the cause
No matter the fear
Love unconditional
All will be clear

Love is the sunshine
Love is the rain
Love is the end
To the suffering of pain
Love is forever
Here and beyond
Love is the water
Love is the pond

No matter the cause
No matter the fear
Love unconditional
All will be clear

Awareness

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

Of body, mind or soul
There may still be pain to face
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 no longer something to fear

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

What is this perfection?

Death and destruction
Doom and decay
How many diseases
Do we witness each day?

Why do we want to
Poison our world
Our world of creation
A joy to behold?

Peace and perfection
Can they really be friends?
Sworn enemies for lifetimes
Battling to the ends

What is this perfection
We seek to embrace?
The devil in disguise
A mask without a face

Creation is already perfect
However it may appear
In whatever form it takes
The origins are pure

What is this...? (ctd)

You are already perfect
Keep this in your mind
In order to progress
Remember to be kind

To yourself as well as others
Love the faults and fears
For as soon as you love them as they are
They start to disappear

Birth and renewal
Pleasure and play
How many wonders
Can we witness each day

Enjoy the world around you
Enjoy the peace inside
That comes with releasing your demons
Their journey no more to ride

Becoming

Becoming aware of what you think
What you feel and do
Becoming aware of your own life
And what it means to you

Your self which remains pure and true
Detached from the 'ego' driven you
Your self which is always there to forgive
However you choose to live

Being in love with yourself is the key
To living a life in harmony
Being in love with yourself is the way
To enjoy your life each and every day

Becoming aware gives you the power
To enjoy being who you are
To be able to choose what's right for you
To be able to follow your star

To enjoy being different from the crowd
Different from the rest
To be able to choose what's right for you
To help you become your best

Something more

There is something more than me
Guiding me, supporting me
Giving me the opportunity
To grow each day

What, where, who it's a mystery
The questions are asked eternally
Does it really matter to me
To grow each day?

Yes, I'd rather know for sure
What it is that gives me more
Who it is that made the law
To grow each day

Maybe we will never know
Maybe mystery is needed to grow
Maybe it's a way for our faith to show
To grow each day

So even though I'm curious
My plan each day is obvious
To have faith even when it looks spurious
To grow each day

Believe

Believe, think, feel, do
Live a life that's really you
If you let others rule your head
You'll end up living their life instead

Believe, think, feel, do
Live a life that for you is true
Whatever the cards, whatever the deal
Just make sure that for you it's real

It may not come that easy
It may seem strange and weird
To become aware of what you believe
May change life from how it appeared

Yet in order to really enjoy life
Take the time to believe, think and feel
Before you do and then you'll find
Your life will be more than a meal

What you do will matter
Your dreams will start to come true
Whatever the hardship you'll overcome
Your purpose will pull you through

Believe (ctd)

Believe, think, feel, do
Live a life that's really you
Let these four words be your guide
Use these words before you decide

It will start to happen naturally
No longer will you need to rely
On the expert opinion of others
Before you begin to fly

Just remember before you flap those wings
The checklist, 1 to 4
And then the journey is simple
Through life for evermore

Believe, think, feel, do
Start to live your life for you
Take ownership of all you are
Start to shine as your own star

Make peace

Make peace with yourself and your maker
Whoever you deem that to be
For when you make peace with your maker
Your life flows harmoniously

Make peace with yourself and your neighbour
Whatever the cause, let it be
For when you make peace with your neighbour
Your life flows harmoniously

It may not seem to be alright
To let them off without a fight
Yet if you hold the grudge so tight
It will harm you more than them

So forgive your foe, whate'er they've done
Remember you and they are one
So learn the lesson and have some fun
Restoring harmony

So make peace with yourself and your maker
Whoever you deem that to be
For when you make peace with your maker
Your life flows harmoniously

I want to fly

Me oh my I want to fly
Me oh my into the sky
Me oh my I want to fly
Lord knows why

Me oh my I want to be free
Me oh my from misery
Me oh my I want to fly
Lord knows why

Misery just brings you down
Stops the smile, starts the frown
Makes you angry at what's around
That's not how I want to be

Me oh my I want to know
Me oh my how I can grow
Me oh my I want to fly
Lord knows why

Seasons come and seasons go
Wind and rain, sun and snow
Seeds you've planted start to show
What they're going to be

I want to fly (ctd)

Trust yourself, it will be alright
Trust yourself and the world will be bright
Trust yourself and you will fly
Lord knows why

Resistance

The reason for resistance is not always clear to see
The reason for resistance is not always clear to me
The reason for resistance is not always obvious
So I just let the resistance be

Then when I'm not worrying the reason comes to light
The resistance starts to fade away, the darkness now is
bright
The reason for resistance turns to flowing energy
And I become more and more free

Free to discover what it feels like to be me
Free from feeling duty bound, and having to agree
Free to accept that resistance helps me grow
The joy of letting go

So next time you feel some resistance in your life
Next time you're aware of any pain or any strife
Acknowledge the resistance and then let it be
Allow it to become free

It may need some time or help along the way
So be kind to it, attend to it each and every day
Then it can transform into flowing energy
A new discovery

Resistance (ctd)

When you're feeling resistance you're feeling blocked
energy

Whatever the cause, it needs to flow free

If it stays stuck then it cannot help, but may well do
some harm

To your mind and your body

So pay attention to those feelings of pain

Physical or emotional, the message is just the same

Acknowledge it, attend to it, remember it wants to go

Help that energy flow

Resistance then becomes a friend and not a foe

The reason for resistance, we never need to know

Acknowledge it, attend to it, remember it wants to go

Let your energy flow

What you think best

Do what you think best
Give it your best thought
Let inspiration guide you
Away from what you ought

Who says anyone ought
Why do it the same way?
If you want a different life
Then different thoughts are O.K.

The love for yourself

The love for yourself is the most important
Love to focus on
For when we love ourselves completely
Love for others grows strong

Flowing so freely
Knowing so clearly
Love for one and all
Flowing so freely
Knowing so clearly
How to answer that call

The call for help we hear so often
Asking for our love
When we love ourselves completely
We draw love down from above

Flowing so pure
Providing the cure
Filling us to the core
Flowing so pure
Providing the cure
Today and evermore

The love for yourself (ctd)

Love with another can help you discover
How to love again
Yet love with another may be conditional
Bringing both pleasure and pain

Joy when elected
Pain when rejected
A topsy turvy life
Loving yourself means that
Love still flows freely
Regardless of the strife

The love for yourself is the most important
Love to heal the past
For when we love ourselves completely
Then the healing can last

Then it can flow
Then it can know
Love for one and all
Then it can flow
Then it can know
How to answer that call

E.F.T.

Have you opened your bag of memories
And found them flooding out?
With many emotions attached to them
Lots of fears and doubt

Some bring you tears of joy and happiness
Some bring you tears of pain
So you shut your bag as quickly as you can
To stop them pouring out again

With E.F.T. you can open your bag
Whenever you choose to do so
You can separate the thoughts from the emotions
And begin to let them go

What you'll be left with are the memories
But without the feelings of pain
Which means you can remember the past
Without it affecting you again

The process to use is E.F.T.
Emotional Freedom Techniques
It's very simple and easy to do
You can master it within a week

E.F.T. (ctd)

Then for a lifetime you will have
An aid to help your life
Using E.F.T. you can gain relief
From any of your pain and strife

You'll gain freedom from your history
Freedom from the past
You'll be free to create new memories
That bring you peace at last

I wonder

When the student is ready the teacher comes
So the saying goes
Are you ready for the answers
Do you really want to know?

To question or to marvel
The difference is very small
If you're ready to accept the answers
Then life really will reveal all

Are you ready for your life to flow freely?
Are you ready to be free of pain?
When you marvel before you question
From life there's so much to gain

Are you ready for your life to flow freely?
Are you ready to be free of pain?
Do you want to own your own life?
Then get ready to think again

Index

Page No.

A clean slate day.....	9.....
Are you ready?.....	28.....
Awareness.....	39.....
Beautiful feeling.....	31.....
Becoming.....	42.....
Believe.....	44.....
Connected.....	11.....
Easter thoughts.....	23.....
E.F.T.....	54.....
Enjoy life.....	13.....
I want to fly.....	47.....
I wonder.....	56.....
Keep on tapping.....	15.....
Let it go.....	26.....
Living freely.....	20.....
Love unconditional.....	37.....
Love your day.....	35.....
Make peace.....	46.....
Merry Christmas.....	30.....
My true flow.....	22.....
Peace in the eye.....	33.....
Resistance.....	49.....
Right now.....	27.....
Something.....	18.....

Index (ctd)

Page No.

Something more.....	43.....
The energy of life.....	5.....
The love for yourself.....	52.....
What does it take.....	16.....
What is this perfection.....	40.....
What would love do now?.....	7.....
What you think best.....	51.....
Why is it a shame?.....	6.....
Witnessing the miracles.....	25.....

There are plenty more healing rhymes available to download from my websites – many of them have an audio version as well.

If you have enjoyed this gentle yet powerful form of healing then please share these words with others. Together we can create a truly healthier world.

withlovefromruth x