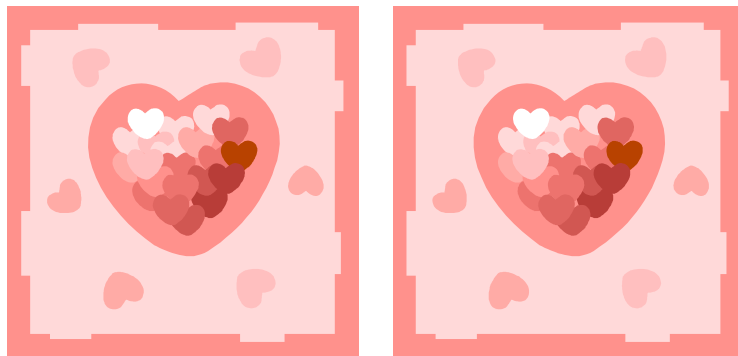


In your heart of hearts

By

Ruth Gilmore



In your heart of hearts

In your heart of hearts, why do you speak?
Does it nourish you, is that what you seek?
Your energy of life, wanting to flow free
Why do you speak, 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 speak 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

In your heart of hearts (ctd)

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

And that's the way it's meant to be
You and your Soul living free
Sharing with others what you now know
Helping others so they can grow

A whiff of wisdom

A whiff of wisdom
A taste of truth
That's what I give
With love from Ruth

Nature's gifts
Blended each day
In my own
Special way

Through songs and rhyme
I give to you
Channels of love
Pure and true

Helping your energy
Flow all the more
Helping you find
Life at your core

Another meaning
Of life for you
Channels of love
Pure and true

Speaking in their
Unique way
Helping everyone
Every day

A whiff of wisdom (ctd)

Opening hearts
Changing minds
Each one different
Everyone finds

Within each message
Their own gift
Their own tonic
Which will lift

Spirit and energy
Every time
That's the secret
Within each rhyme

Your own special way

Helping your outside
Reflect what's on your inside
Helping you to show
What you've come to know
Helping you feel better
Each and every day
Helping you to live
In your own special way

Helping your outside
Reflect what's on your inside
Helping you reveal
What you truly feel
Helping you feel better
Each and every day
Helping you to live
In your own special way

Whether you prefer...

Whether you prefer to see, hear, taste, touch or smell
Chikiness will help all of your senses to swell
Intuition and inspiration will grow
So much more of yourself you will come to know

No longer acting on a whim, no longer missing out
Chikiness enables you to know without a doubt
Moment by moment, what decision to make
Embracing opportunity for you and heaven's sake

Spirit moves

Spirit moves in mysterious ways
Ways we don't understand
Guiding us down different paths
Through our promised land

For heaven is not up or over there
Heaven is never afar
Heaven on earth is here for us
When we shine our star

The light we have within us
That's ready to lead the way
Directing us and others
So we don't go astray

No more searching way ahead
No more looking above
The heaven we seek is in human hearts
In that thing called love

For whenever we love another
Our inner light shines right through
Dissolving any darkness
Revealing what is true

The majesty and miracle
Of human life each day
Connecting with another
In its special way

Spirit moves (ctd)

Loving unconditionally
The greatest gift to give
Loving unconditionally
The only way to live

What are the terms?

What are the terms and conditions
That govern how you live?
Are you aware of all of them?
Of what you have to give?

Of what you have to do?
Of what you have to say?
In order not to forfeit your place
Here in life today?

You cannot rely on ignorance
Of any of these rules
Being alive implies awareness
Of every one of these tools

For that is what they truly are
Helpful in their own way
Used correctly for the right job
Makes life easier each day

Through another's eyes

Can you ever really see
Through another's eyes?
Can you differentiate
The truth from all their lies?

Is it ever possible
To understand their call?
Can we ever hope to share
Another's life at all?

If we seek to understand
With a heart that's pure
That is when we have the chance
The only time for sure

For if we seek to understand
With nothing but our head
Then it will not work at all
We will be misled

For the secret to be able
To reveal what is true
Is to always understand
That it is really you

Standing there reflecting
All of you inside
Giving you the chance to see
So you can decide

Through another's eyes (ctd)

What it is that is your truth
What is it that's real
What it is that brings you joy
What you truly feel

Looking through another's eyes
With an open heart and mind
Gives the opportunity
To benefit mankind

Beautiful feeling

I've got a beautiful feeling
Deep inside of me
I've got a beautiful feeling
Love In Flowing Energy

I know everything's perfect
Everything that happens to me
Everything happens for a reason
Everything's meant to be

Helping me on the inside
Helping me to know
Providing me with my contrast
Helping me to grow

What's behind your mask?

What's behind your mask?
What's the real you?
What's behind your mask?
What for you is true?

Do you ever drop your guard?
Do you ever reveal?
Do you ever show the world
What you truly feel?

What's behind your mask?
Do you let it out?
What's behind your mask?
Do you let it shout?

Do you ever drop your guard
Do you ever reveal?
Do you ever show the world
What you truly feel?

Do you need your mask
Why not let it go?
Do you need your mask
Now's the time to show

Now's the time to drop your guard
Now's the time to reveal
Now's the time to show the world
What you truly feel

Do you desire it? (Dream)

Do you **D**esire it?

Do you **R**equire it?

Do you **E**xpect it?

Do you **A**ccept it?

If the answer is 'yes' to all four

Then your dreams will **M**anifest

For evermore

When you align all your energy

All your dreams

Become reality

You and your reflection

You and your reflection
Is it a deception?
Do you really know?
Do you really show?
Come and discover
Who you really are
Come and discover
How to shine your star

Learning how to meditate
How to find your peace
Learning how to nourish yourself
Learning how to release
Learning lots of different ways
To find out who you are
Learning how to appreciate
The brightness of your star

What is?

What is believing you?
What is thinking you?
What is feeling you?
Do you know?

What is driving you?
What is making you?
What is feeling you?
How do you grow?

What is it that makes you You?
What is there when everything is through?
Is there anything left inside
When your physical has finished its ride?

Is there something that moves on?
Is there something that remains when you're gone?
We may never know for sure
Yet I can feel my evermore

Connecting

Connecting with the energy of each new day
Connecting with the energy in my own way
Witnessing the wonder, marvelling the might
Blessed by the beauty of every sight

Sharing the energy of each new day
Sharing the energy in my own way
Witnessing the wonder, marvelling the sound
Rejoicing in the richness of everything around

Exposing the energy of the real you
Busting those beliefs which tarnish what is true
Witnessing your wonder, marvelling your might
Rejoicing in the beauty of your inner light

Connecting with the energy of our inner sun
Enjoying life's moments one by one
Witnessing the wonder, marvelling the might
Blessed by the beauty of every sight

To grow

If the rules don't apply to me
How am I supposed to know?
How to live my life each day
How on earth to grow?

When you're aware of your chikiness
Then you'll be able to know
How to live your life each day
How on earth to grow

Do I need them?

Do I need them to speak to me?
Will their words help me to be free?
Will they release my current misery
Do I need them to speak to me?

Sometimes it takes more than you
To pull through what you're going through
That's when you need a friend who is true
Someone who will help you rediscover You

So if your friend is true, then let them have their say
Let all their words flow through you today
So they can heal you in their own way
And the joys of life can return to play

What do you think about God?

What do you think about God?
What do you think about God?
What does the 'God' word do for you?
What do you think about God?

What do you feel about God?
What do you feel about God?
What does the 'God' word make you feel?
What do you feel about God?

When you break free from the mould
When you release all that you've been told
Then you'll be able to behold
What God means to you

What do I think about God?
What do I feel about God?
What does the 'God' word mean to me?
What do I know about God?

Generating Our Divinity
That's what the 'God' word means to me
Co-creating our reality
That's what God means to me

What is the need?

What is the need to dominate the silence?
What is the need to speak?
What is the need to fill up every silence
What is the purpose that you seek?

What is so difficult with being still?
What is wrong with it, does it make you ill?
What is wrong with feeling God's will
Sharing silence still

When you can release the need to fill the silence
You will discover so much more
You will be able to feel so much more of life
When your inner world you explore

When you find the beauty in being still
No longer will it niggle you or make you ill
Rejoicing in the feeling of God's will
Sharing silence still

Every moment will become an opportunity
To listen, learn and understand
Without the need to fill up every silence
Your life will transform to something grand

Not in just a material way
But in what you are able to say
Words will be simpler, yet they'll mean so much more
To all of those around you, now and evermore

Open heart and mind

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

Everything is perfect

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

In the blink of an eye

In the blink of an eye your world can change
Everything can fall apart
In the blink of an eye your world can seem strange
Would you know where to start?

For if you rely on your outer world
To gain your meaning of life
Then if this world starts to fall apart
All you'll know is suffering and strife

Yet if you know how to go within
If you've found the You inside
Then if this world starts to fall apart
You'll know you can enjoy the ride

For life is all about process
The journey day by day
Travelling through your contrasts
Developing your own way

In the blink of an eye your world can change
Transformations abound
In the blink of an eye your world can seem strange
Every sight and every sound

Yet when you know how to go within
No longer need you ever fear
Transformations will start to reveal
Your truth so bright and clear

Finding out

Finding out what lights your fire
Discovering what you really desire
Stripping naked to your core
Let your uniqueness come to the fore

Your 'USP', your brand, your style
What makes 'You' and your life worthwhile
That inner light that is always there
Waiting for you, ready to share

Who you are and what you've got
To give the world your very best shot
No longer hidden or locked away
Now is the time to have your say

Let the day unfold

Let the day unfold
Break out of your mould
Let your day flow through
Let it speak to you
Let your day unfold
Break out of the mould
Let your day flow free

Do not try to put in place
The ending before you've started the race
Then the full beauty of life you can behold
Let your day unfold

The magic of life

The magic of life
The mystery to unfold
The beauty of life
The joy to behold
What will I do?
What will I say?
The magic of life
Different each day

The magic of life
The mystery to unfold
The beauty of life
The joy to behold
How will I be?
How will I feel?
The magic of life
Revealing what is real

Are you a sucker for a suit?

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?

Are you a sucker for a suit? (ctd)

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

Dressing up

Dressing up to play the part
Helps the energy
Of who you are and what you say
To flow more chikily

For when the outside matches
With what you believe within
The magical combination
Of the whole you can begin

For we have two parts
What we think and feel
And when they are in harmony
The magic of life becomes real

Yet if we deny either one of them
And hide our truth away
Whatever we wear to support the lie
Will be exposed someday

So before you become stranded
With nothing but your thought
Re-connect with your feelings
Stop doing just what you ought

Start to feel your energy
And when you feel it flow
What is best to wear
You will always know

What are you ingesting?

What are you ingesting?
What are you digesting?
As well as food and drink
There is also what you think

Every thought that passes through
Will have its own effect on you
Whether it will harm or heal
It's up to you to reveal

For unlike every food and drink
There's no set value to what we think
No-one else can ever tell
You what to think to keep you well

How we can measure what we think
Is not that different to food and drink
For they are all but energy
Ready to flow through you and me

Regardless of what we're told to do
Only you can feel what's true
Your unique taste sensation
Revealed with every bite of creation

So as you think, drink and eat
Witness what for you is sweet
Let this become your combination
To nourish any deprivation

What are you ingesting? (ctd)

Every day a different choice
Listen to your inner voice
For though it may appear the same
Each day bears a different name

It may have helped you in the past
Yet nothing is ever meant to last
Each moment a fresh opportunity
To think, drink and eat your reality

Each day

Each day fresh thought
Some home-made, some are bought
Every day a gift for you
To discover what is true

What to pick, what to choose
Will you win, will you lose?
Every thought a gift for you
To discover what is true

What to keep or throw away
What to repeat day after day
Every thought a gift for you
To discover what is true

Fresh thought to reveal
What it is that you feel
Every thought a gift for you
To discover what is true

Each day fresh feeling
All home-made, all revealing
Every feeling a gift to enhance
The beauty of your energy dance

Thought and feeling pairing up
Filling up your energy cup
When it starts to overflow
All your truth you'll come to know

Meditation

Meditation

Meditation

Helps me find

Helps me find

Knowingness within me

Knowingness within me

Peace of mind

Peace of mind

Feeling nothing

Feeling nothing

Helps me find

Helps me find

What it is I need to know

What it is I need to know

Peace of mind

Peace of mind

Each day a fresh day

Each day a fresh day
Each day a chance to play
Which part will you choose?
Which gift will you use?

Each day a fresh day
Each day a different way
Which choice will you make?
Which chance will you take?

What will help you to decide?
What will help you enjoy the ride?
When you discover the inner You
This can guide you, your whole life through

What's inside you is unique
Your own truth, for you to seek
When you know this you will find
Joy of life and peace of mind

What sort of service?

What sort of service will you give today?
Will it depend on what others do or say?
When your service flows from your core
Whole-hearted service will flow for evermore

Nothing else will matter, nothing will affect
Your service will flow freely, honest and direct
When your service fills the day with your joy and love
Then you know your service will be blessed by God above

Needing to be recognised will not play a part
Wanting to give service will flow from heart to heart
When your service starts to flow from your very core
You will be your very best, now and evermore

I love who I am

I love who I am
I love all I think
I love who I am
All I eat and drink
I love who I am
To my very core
I love every part of me
Now and evermore

I love who I am
I love all I feel
I love who I am
I love being real
I love who I am
To the very core
I love every part of me
Now and evermore

I love who I am
I love all I do
I love who I am
I love being true
I love who I am
To my very core
I love every part of me
Now and evermore

I love who I am (ctd)

I love who I am
I love all I say
I love who I am
Each and every day
I love who I am
To my very core
I love every part of me
Now and evermore

Breathing

Breathing in the energy
Of each new day
Breathing out the energy
Of all that's gone away
Balancing the energy
Restoring the flow
Aligning the energy
With everything I know

Living amongst you

Living amongst you but not of this earth
That was the purpose of my birth
Helping you all to find your way within
So the full enjoyment of life can now begin

When you are ready I am here to show
How to flow your energy, how to know
Helping you all to find your way within
So the full enjoyment of life can now begin

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