

**Joyful  
Energy  
Showing  
Us  
Serenity**

**By Ruth Gilmore**



## **Forever Christmas**

We talk of peace at Christmas  
We talk of joy and love  
We sing our songs of Jesus  
We sing of God above  
We wish each other happiness  
We wish for no more fear  
But how many of us remember  
To continue throughout the year?

The spirit of Christmas forever  
The feelings of good cheer  
It's time to keep them inside us  
Now and throughout the year

So when Christmas-time is over  
The family's gone away  
The fancy food's been eaten  
The day's just another day  
If we can simply remember  
What Christmas is really for  
We can keep the spirit of Christmas  
Inside us for evermore

The spirit of Christmas forever  
The feelings of good cheer  
It's time to keep them inside us  
Now and throughout the year

## **Forever Christmas (ctd)**

And so my wish this Christmas  
Is peace for one and all  
I truly hope you'll listen  
When you get that inner call  
To heal your personal conflicts  
For inner peace to reign  
And then the world outside of you  
Can live in peace again

The spirit of Christmas forever  
The feelings of good cheer  
It's time to keep them inside us  
Now and throughout the year

## Easter

What do you think of at Easter?  
What's it all about?  
Are you full of certainty  
Or is there any doubt?

Is your focus on chocolate?  
On Easter Bunnies so sweet?  
Is eating all those Easter Eggs  
The real Easter treat?

Or is your focus on Jesus?  
Remembering what we're told  
Of how he gave his life for us  
A miracle to behold

Of how he rose from the dead  
To prove he's beyond compare  
To share his gift of wisdom  
To help us if we dare

To believe in more than chocolate  
On more than what is here  
To allow God's love in all of us  
A chance to re-appear

So as well as enjoying chocolate  
Guzzling eggs galore  
I'll remember the life of Jesus  
Today and for evermore

## **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

## Jesus

Did Jesus really rise from the dead?  
Is a question I often asked  
Finding out the answer  
Became my life's main task

I searched for the answer everywhere  
Until I realised  
That everywhere is not the place  
The answer's deep inside

Having experienced a miracle  
Feeling God's love  
For me there is no doubt at all  
He rose and lives above

The opportunity is there for you  
To feel God's love in your heart  
All you need is the confidence  
And the willingness to start

To take time to listen to the silence  
To take the time to be still  
To open your heart to whatever you feel  
To be open to God's will

Then your own miracle you will find  
Has been waiting all along  
The friend and guide you've been searching for  
Revealed through this song



## **You're always free to forgive**

You're always free to forgive  
With Jesus in your heart  
Always free to forgive  
Free to make a fresh start

## **Beneath the layers**

Beneath the layers of hurt and anger  
Jesus continues to lie in the manger  
Helping us to be  
Setting us all free  
When we give him the chance  
When we let our energy dance

## **Joyful Energy**

**Joyful Energy**  
**Showing Us Serenity**  
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That's what **JESUS** does  
No need for any of the fuss

He never asked for any grand gestures  
Recognition or fame  
All he ever did was simply share his truth  
The absolute truth of his name

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**Joyful Energy**  
**Showing Us Serenity**  
That's what **JESUS** is for  
Then, now and evermore

## **At this time of year**

At this time of year  
Why do so many fear  
That what they do or say won't be right?  
Why is what we give  
More important than how we live?  
Why isn't Christmas a delight?

For the birth of Jesus  
Is all that Christmas is about  
An innocent babe in a manger  
So why all the fear and doubt?

So if you're getting afraid  
About the decisions you have made  
On what to give and what to say  
Remember the story  
Remember the glory  
Of that first Christmas Day

And choose which of the characters  
Relates best to you  
Mary, Joseph or a shepherd  
Any of those present will do

For you to gain more perspective  
On Christmas time this year  
And with this new awareness  
You'll no longer fear

Whether your present will be perfect  
Or whether the meal will be OK  
Connect to the truth of Christmas  
And you'll enjoy each day

## **Happy Birthday Jesus**

Happy Birthday Jesus  
Happy Birthday you  
Happy Birthday Jesus  
Thanks for being true

## **Does it really matter?**

Does it really matter if the cake doesn't rise?  
Or if we forget to buy the mince pies?  
What is it about Christmas that matters to you?  
For me it's about remembering what's true

That Jesus really did spend time on this earth  
That Christmas is the anniversary of his birth  
So regardless of whatever else you do  
Please remember Jesus lived just like me and you

In an earthly form  
Following the norm  
Of living and dying  
Laughing and crying

Though rather than forgetting what he was before  
He remained connected to his evermore  
And that is the message that has lingered on  
Forever since his birth that you're never gone

There is an everlasting part of you  
Always connected, always true  
So whatever religion you follow, or not  
We are all invited in a way that was forgot

Now it's time to wake up to this fact  
Now it's time to start to act  
As one global family celebrating the birth  
Of everyone who has lived upon this earth

## **Does it really matter? (ctd)**

Each life important in its own way  
Each life important every single day  
Each life to be treasured however they may live  
Each life to be treasured for what it's able to give

The 'present' of each life may not be obvious to you  
Each life you experience will have another view  
Which may be quite different but vital to the whole  
Vital to the growth of every living soul

## **As you delve**

As you delve  
Into number 12  
What thoughts come to mind?  
My attention is drawn  
To the disciples  
Of Jesus and wonder did they find?

What they were looking for?  
Or did they simply adore?  
Being in the presence of such an energy?  
Though did it prevent them being able to see

Their own inner light?  
Is that what is right?  
And why Jesus had to die that way?  
And rise again briefly so that we can say

With true sincerity  
That no-one ceases to be  
We're all eternal, no-one ever dies  
Through the gift of Jesus we can realise

That whilst our physical's  
Never meant to stay  
Our core being  
Never goes away



## **Jesus never said things**

Jesus never said things to save face  
Everything he did he did with good grace  
Yes he had emotions that were sometimes bad  
Yes there were things that made him mad and sad

Yet nothing and no one could make him lie  
To honour his truth he was willing to die  
Is the same true for you and I  
Would either of us be prepared to die?

Or would we be a coward and seek a way out  
Becoming two faced on life's roundabout?  
Or even multi faced depending on the need  
What would you do in order to succeed

In saving your skin?  
In saving your face?  
I for one  
Would rather choose good grace

## **We've all got a friend**

We've all got a friend in Jesus  
Whatever we may believe  
Befriending Jesus is the first  
Step we need to achieve

Our ultimate level of awareness  
For any given thing  
It's through the connection with Jesus  
That our soul can sing

For whilst we may often struggle  
To connect or even believe  
In what some call God  
Jesus can always relieve

Acknowledged in every religion  
As a man who loved and cared  
For every single living thing  
That's the way he has prepared

For us to follow in his footsteps  
To put love and kindness first  
To rejoice in life's goodness  
Before we quench our thirst

Using any other tonic  
Will only cloud and suppress  
Maintain your optimum L.o.A  
With Jesus and Chikiness

L.o.A – level of awareness

Chikiness – the ultimate state of being

For more information please visit my websites

[www.withlovefromruth.com](http://www.withlovefromruth.com)

[www.thechikibistro.com](http://www.thechikibistro.com)

