

KISS

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By Ruth Gilmore



Kiss

'Pucker up', don't resist
Everybody needs a kiss

Kiss hello, kiss 'bye'
Kiss farewell, kiss 'hi'

Kiss to share
Kiss to care
Kiss to show
Kiss to grow

Once or twice
Even thrice
Never miss
Always kiss

How many ways can you kiss?

How many ways can you kiss each other?
How many ways – there are three
One from the head and one from the heart
And one from the soul you see

For everything's connected
Through life's energy
As long as you remember
There are points 1, 2 & 3

You will always experience
A full free flowing kiss
Gaining its own momentum
A sight that's not to be missed

Freely flowing energy
Ignites each part of you
And with each kiss your body responds
With more love flowing through

The true art of kissing isn't magic
Although it can feel that way
Combining 3 points with another
A heavenly start to the day

Facing the fears

Facing the fears
Sharing the tears
Throughout the years
We know
Love is the gift
To heal any rift
To help us uplift
And to grow

For that is what soul union is for
That is where communion can score
Helping each other to explore
And love more deeply every day

Feeling our way
Having our say
Together each day
And night
Helping us through
Finding what's true
Me and you
Ever bright

For with our union we can shine
We need never undermine
Equality of spirit, love divine
Loving more deeply every day

Facing the fears (ctd)

When true love flows
Then our love grows
And our soul knows
To reveal
Why we are here
Making it clear
Releasing the fear
To heal

For when two souls commune like this
Life for the lovers becomes true bliss
Repeating the ecstasy of that first kiss
Loving more deeply every day

BLISS

What is stopping you smile?
Have you got a locked jaw?
What is stopping you smile?
Are you still feeling sore?

That the last time that you smiled
The person never smiled back
Do you think you're now missing a smile
Do you believe that somehow you lack?

Just remember this
A smile is like a kiss
Whether it's returned or not
Life for you is BLISS
For Believing Love Is Something Special
Helps you to understand
That smiling, like kissing
Is the best way to feel grand

And whenever it isn't possible
To be kissing the one you see
A smile is always another way
To flow that energy

For that's all that you're doing
Be it a smile or a kiss
Just remember who it's really for
And your life will always be BLISS

Energetic bliss

A blur of energetic bliss
All wrapped up in the magic of a kiss
Can it be that simple?
Can life really be as good as this?

A vivid portrait of a dream
An ever moving clear, pure stream
Can life be that simple?
Playing for one's own team?

Magic and mystery
The lines are blurred
Nothing makes sense
Yet I'm not deterred

From the direction of the flow
From the pre-determined way to go
Life is truly that simple
When you connect to what you know

Kisses in the sky

Kisses in the sky
Show the reason why
I never need to question
Whether I will die
Kisses in the sky
Show that you and I
Will never be apart

For though you're physically dead
In spite of what is said
We are still a couple
We are forever wed
I can feel your flow
And those kisses show
You can feel mine too

And so it was yesterday
When I started to say
That I wanted a kiss
From you to come my way
From a sky of none
Suddenly there was one
Kiss from you for me

And I know this is true
That it came from you
For it only appeared in that moment
Providing me with the clue
That whenever I call your name
You can feel me just the same
Forever united in love

Kisses in the sky (ctd)

Kisses in the sky
Now I know why
I feel so connected
To them for you and I
Use them as a way
To share our love each day
Whether they are visible or not

For we can feel the flow
Even if they don't show
To the world at large
We will always know
Those kisses in the sky
Give me the chance to fly
With you forever more

Birthday kisses

Birthday kisses
From Steve and me
Please remember
That you'll always be

Loved and cherished
From above and down here
So whatever happens
You need never fear

The stresses of life
Will come and go
As they're meant to
Life's rich flow

And when we appreciate
Every page
We can enjoy life
Whatever our age

Another year of wedded bliss

Another year of wedded bliss
Another year since that first kiss
Another year to appreciate
Living life with your special mate

Releasing those orders of the day

I see the little boy with tears in his eyes
Cradling the coffin – no longer any disguise
Hiding the truth of his birthright
The conflict between his need to fight

The energetic cords of his family
And his own knowing of how he must be
With one final kiss he slowly walks away
Finally releasing those orders of the day

I get to see

I get to see
What others miss
I get the joy
From each and every kiss

That you give me
In lots of different ways
Uplifting my heart and
Brightening my days

Kinaesthetically
Intuiting
Something
Special means you are getting

The very best from
Life each day
Lots of kissing
In a chiki way

The kiss

The kiss of death
The kiss of life
Which do you do
Do you want to heal their strife?

You know you have the power
To harm or to heal
According to what you
Choose to feel

If what you are feeling
Is judgmental
Then however loving
Your healing potential

Will be diminished
So you need to let go
Of any judgments
Altering your flow

Though they may have done things
That in the past you felt
Were not right
It is vital that you melt

Any hard feelings
In your heart
So unconditional love
You can now impart

Whenever you start thinking

Whenever you start 'thinking'
Whether you can heal
Switch your attention
On what you currently feel

Everyone can do this
Everyone can heal
As soon as they can start to say
What they truly feel

And their true feelings
May be buried deep
Beneath false emotion
Start sowing what you want to reap

What is it you desire?
Before you answer this
Take the time to feel sublime
Appreciate each KISS

Knowing Intuitively Something Stinks
Knowing Intuitively Something's Special

When we know

When we know
Living in bliss
Is the way
Then each kiss

That we give
And receive
Will be true to
All we believe

A kiss

A kiss is like the
Bloom of a flower
Hidden depths
Hidden power

Until one day
Someone knows
And draws out
What truly flows

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