

Loving God



by Ruth Gilmore

I was walking along the cliff top on my daily walk with my dog Wizz, singing the song I had written as a memorial to my late husband. I became aware that I was no longer singing that song but one with a familiar childhood melody and some new words I had not heard before.....

“Don’t be frightened of the God word
Don’t be frightened of the God word
Don’t be frightened of the God word
That is too absurd

There are millions out there who
Long to hear his word
There are millions out there who
Long to hear his word
There are millions out there who
Long to hear his word
So share his word today in every way

Now’s the time to go public
Now’s the time to go public
Now’s the time to go public
So share his word today in every way”

Suddenly it all became clear. The songs which had been flowing through me over the past 18 months had a new and clear direction. To be shared in the order that I ‘received’ them – but rather than keeping the ‘God’ songs hidden away for fear of offending – put God first and the rest will flow naturally and abundantly.

I had even written a song which included this message a few weeks ago but the penny still hadn't dropped – Put God first – Use the gift of the Spiritual to guide the direction of the physical – not the other way round or worse still leaving the Spiritual out of life altogether. Life is Spiritual – never ending – constant. Physical birth and death – the story of Life is the temporary part.

Attempting to navigate this physical journey without the Spiritual is like launching a boat and ignoring the water. It is the water that is always there. No water, no need for a boat, not the other way around.

How we choose to navigate through the water is up to us. Where do we want to go? It is impossible to stay still – the water is constant yet constantly changing. Effort is required even to attempt to remain in the same place. We may want to chart new territory or travel over familiar ground – yet that familiar ground will always be different – in some way.

We will be different when we make each journey. Each experience adding to our 'richness' of life. From a spiritual perspective it matters not the content of the experience. It does not need to be remembered. Only from the physical perspective is it a 'must' to remember. As Liza Minelli once said "They're my memories so I can choose how I want to remember them."

As the physical struggle reduces, technology frees up more physical time – we have more time to think. For some this is a greater struggle than the previous physical struggles.

Just in the same way that guidance was sought to learn the most useful ways of overcoming physical struggle, guidance needs to be sought on how to overcome the mental struggle.

Only this time the guidance is not only from the outside but needs to come from within because only you can know what you are thinking. Since thought cannot be handed over to someone else – no-one else can finish your task of thinking for you (although many seem to try and get others to think for them). Only you can accept or reject those unbidden thoughts which appear without obvious invitation.

This is where Spiritual guidance is so important. Allowing that guidance to provide the backbone of your life. To acknowledge and appreciate the constancy of the ocean however it may temporarily appear. The wind may cause a rocky ride. But it will pass. The rain may reduce your visibility. But it will pass. Everything physical will pass.

Lying with my dying husband, experiencing this poignant physical passing and becoming aware that there was something that was not passing. Love from him was remaining constant yet it was no longer flowing from his physical body. It was now flowing from everything around me. Everything around me had an element of his love. I lay there dressed in his favourite outfit, listening to the CD of our family and friends' favourite songs (we had made this as a surprise gift for everyone and played it at our wedding 18 months earlier).

Celebrating unconditional love. Love that was not from his physical to end with his passing, but from the Spiritual that would have no end. Always there. Always constant. Love that would then be experienced via many other physical forms including my own. Becoming aware of being a part of that vast ocean of unconditional love. An ocean that we have the privilege of being a part of. Whether we have the body of an ocean liner or a tug boat. All equally valuable. All having their individuality and purpose. All sharing the experience of LIFE.

It was an honour to know you
A pleasure to love you
An angel in disguise
Before my very eyes

You showed me how to listen to the
Silence in the air
You showed me how to appreciate
Life's beauty everywhere

Though in death we seem apart
Forever you'll flow through my heart
Now I can be true
Because of you

You're in every breath I take
You're in every step I make
Now I can be true
Because of you
Now I can be true because of you

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

Working outside

When I'm working outside
I feel so alive
The seeds I have sown
Are beginning to thrive
Whilst I'm raking the leaves
And pruning the trees
I can see God's hand and
And know I'll survive

For like everything else
Our time is not known
And when Summer is done
And the birds have all flown
All that's left is the dust
In people we trust
Like snowflakes on water
We'll leave little to see
But our loved ones can sense us
For eternity

So I'm sharing my love
From heaven above
From the source of all goodness
And the source of all love
In living my truth
I can set us all free
No more to feel trapped
From any hostility

Working outside (ctd)

For the past plays a part
In what you do now
It can trap you or free you
So decide somehow
Decide who you are
And decide what you want
Decide why you're here
And what it is that you fear
What is stopping you taking
Those steps shown so clear?

When you turn out the light
And sleep through the night
What are those messages
Shining so bright
That are leading the way
To guide you each day
To show you the path
What to do and to say

So be grateful and open
Your heart and mind
To bless yourself
And all mankind
Yourself and all mankind

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

God is my anchor

God is my anchor, God is my rock
He's always there, whenever I'm stuck
Ready to listen to all that I fear
Patiently waiting for me to draw near

So now's the time to make my God real
Now's the time to share what I feel

When I allow my mind to be still
That is the time I feel God's will
Guiding me, helping me, loving me too
Caring, supporting, the whole day through

So now's the time to make my God real
Now's the time to share what I feel

Giving me courage, restoring my faith
Sharing the wisdom, decisions to make
Always allowing me freedom to choose
My own path, to win or to lose

So now's the time to make my God real
Now's the time to share what I feel

Knowing the angels are lighting the way
Makes it easy when tempted to stray
Whenever the darkness seems too hard to bear
Call on your helpers, you know that they're there

God is my anchor (ctd)

So now's the time to make my God real
Now's the time to share what I feel

With God in your life, there is no race
With God's pure love, no problems to face
Only challenges, helping you grow
So focus on God and then you will know

That God is your anchor, God is your rock
He's always there, whenever you're stuck
Ready to listen to all that you fear
Patiently waiting for you to draw near

So now's the time to make your God real
Now's the time to share what you feel

At last

At last I am completed
At last I've found my role
To share the joy I feel inside
With you and one and all

Joy that I did not know existed
Till you came along
Joy that I want to share forever
Immortalised in song

So sing with me, rejoice with me
Come live your life in harmony
Give thanks to God for all you see
Come shine your light for you and me

At last I feel I'm able
To share the joy I know
To help the world of darkness
Illuminate and glow

Sharing the light of understanding
Sharing the joy of love
Sharing the world of possibilities
Caring from above

So sing with me, rejoice with me
Come live your life in harmony
Give thanks to God for all you see
Come shine your light for you and me

At last (ctd)

And now I feel I'm ready
To help those living in fear
To show them a way to recover
The peace that's always here

Peace that is always deep inside you
Peace that is your goal
Peace that will calm those stormy waters
Peace that is your Soul

So sing with me, rejoice with me
Come live your life in harmony
Give thanks to God for all you see
Come shine your light for you and me

Is it kind?

Is it kind?
Is it true?
Does it ever bother you
If the words you speak
Are listened to with fear?

Transform care into love
With the help of God above
Then the words you speak
Will always be sincere

Now's the time to put right
Now's the time to end the fight
Now's the time to share
With others how you feel

Transform care into love
With the help of God above
Then the words you speak
Will help the world to heal

Now's the time to speak out
Now's the time to sing and shout
Now's the time to cast aside
All doubt and fear

Is it kind? (ctd)

Transform care into love
With the help of God above
Then the words you speak
Will help the world to hear

Now's the time, no delay
Now's the time, begin today
Now's the time to speak your truth
No more false starts

Transform care into love
With the help of God above
Then the words you speak
Will home in healing hearts

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

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

Serenity

God grant me the Serenity
To accept the things I cannot change
Courage to change the things I can
And wisdom to know the difference
Courage to change the things I can
To help my fellow man

It's not always easy to stay silent
When what's happening around you brings you pain
Yet before you speak, have a little think
And decide if it's really necessary
Before you speak, have a little think
It may just make things worse

It's not always easy to do nothing
It's tempting to jump right in
Yet before you move, have a little think
And decide if it's really necessary
Before you move, have a little think
It may just make things worse

Even if we think we know the answer
Is it always our place to tell?
So before you act, have a little think
And decide if it's really necessary
Before you act, have a little think
It may just make things worse

Serenity (ctd)

Pray to God for guidance
Listen for his wisdom everyday
Then the times to act, or to let things be
Will become more clear to you
Then the times to act, or to let things be
Will become more obvious

God grant me the Serenity
To accept the things I cannot change
Courage to change the things I can
And the wisdom to know the difference
Courage to change the things I can
To help my fellow man

Share God's love

Share God's love by what you are
And by what you do
Use God's love to uplift yourself
Show others how they can too
Show others how they can too

Share God's love by what you do
And by what you say
Use God's love to uplift yourself
Each and everyday
Each and everyday

Share God's love by what you say
And by what you feel
Use God's love to uplift yourself
Show God's love is real
Show God's love is real

Share God's love by what you feel
And by what you know
Use God's love to uplift yourself
Help yourself to grow
Help yourself to grow

Share God's love (ctd)

Share God's love by what you know
And by what you pray
Use God's love to uplift yourself
Bring peace to your world today
Bring peace to your world today

Share God's love by what you pray
And by what you be
Use God's love to uplift yourself
For eternity
For eternity

Drink from me

Drink from me, fill your heart
Drink from me, love impart

No more pretending
Time to start spending
Life being true
No more refusing
Time to start choosing
Life being you

Even though it's hard sometimes
To say what you really feel
The key to lasting happiness
Is sharing what is real

Drink from me, fill your heart
Drink from me, love impart

Time to start living
Lots of forgiving
Pain that we might cause
Time to start showing
Time to start growing
A life that's really yours

For when the intention is sincere
Whatever comes to light
Even if it's challenging
Will help us get love right

Drink from me (ctd)

Drink from me, fill your heart
Drink from me, love impart

Time to start caring
Time to start sharing
A life of truthful love
No more hiding
Time to start finding
Our gift from God above

For when you start including
God's wisdom in your day
You can relax in knowing
You'll be guided what to say

Drink from me, fill your heart
Drink from me, love impart

Inspiration
A life of creation
Unity with God's mind
Use that connection
With divine perfection
To benefit mankind

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

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

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 lightbulb 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 lightbulbs 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

See God's love in everyone
Encourage it to grow
Then the world will be full of energy
Unlimited strength will flow

What does it take? (ctd)

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

And the smile can continue to spark
Provide fuel to light the fire
In the hearts of others
Illuminate their desire

And with everyone's heart illuminated
The energy can provide the world
Unlimited abundance
Health and happiness to behold

So rather than depending, we'll be sharing
Our light in the form of love
And the fears of lack will become no more
As it is in heaven above

How can I be of service?

How can I be of service
To this bright new day?
How can I be of service
Tell me Lord, I pray

Is it time to reap or sow?
Is it time to shine or glow?
Tell me Lord how I can grow
In love each day?

How can I be of service
To this bright new day?
How can I be of service
Tell me Lord, I pray

Is it time to say hello?
Is it time to befriend a foe?
Tell me Lord how I can grow
In love each day?

How can I be of service
To this bright new day?
How can I be of service
Tell me Lord, I pray

How can I be of service (ctd)

Is it time for high or low?
Is it time for me to show?
Everyone how they can grow
In love each day?

How can I be of service
To this bright new day?
How can I be of service
Tell me Lord, I pray

Is it time to sing out loud
Is it time to draw a crowd
Is it time to be proud
Of what I say?

How can I be of service
To this bright new day
How can I be of service
Tell me Lord, I pray

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

If...

If my mind is optimistically open
Then the wonders of the world I can see
If my heart is optimistically open
Then all my love flows free

If my mind is optimistically open
Then the goodness in others I can see
If my heart is optimistically open
Then forgiveness for all flows free

For having an open heart and mind
Prevents me from judging and being unkind
Having an open heart and mind
Benefits me and benefits mankind

If my mind is optimistically open
Then the heaven on earth I can see
If my heart is optimistically open
Then the spirit of Truth flows free

If my mind is optimistically open
Then unity with others I can see
If my heart is optimistically open
Then all my love flows free

For having an open heart and mind
Prevents me from judging and being unkind
Having an open heart and mind
Benefits me and benefits mankind

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

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

Thank You

Thank you Lord for this fine day
Thank you Lord for work and play
Thank you Lord , I want to say
Thank you Lord for this fine day

Thank you Lord for all our health
Thank you Lord for all our wealth
Thank you Lord, I want to say
Thank you Lord for this fine day

Thank you Lord for sun and rain
Thank you Lord for pleasure and pain
Thank you Lord, I want to say
Thank you Lord for this fine day

Thank you Lord for sight and sound
Thank you Lord for what's around
Thank you Lord, I want to say
Thank you Lord for this fine day

Thank you Lord for friends and foes
Thank you Lord for joys and woes
Thank you Lord, I want to say
Thank you Lord for this fine day

Thank You (ctd)

Thank you Lord that I can walk
Thank you Lord that I can talk
Thank you Lord, I want to say
Thank you Lord for this fine day

Thank you Lord that I can think
Thank you Lord that I can blink
Thank you Lord, I want to say
Thank you Lord for this fine day

Thank you Lord that I can please
Thank you Lord that I can tease
Thank you Lord, I want to say
Thank you Lord for this fine day

Thank you Lord for those we love
Thank you Lord for heaven above
Thank you Lord, I want to say
Thank you Lord for this fine day

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

Gold, frankincense and myrrh

Gold, frankincense and myrrh
Gold, frankincense and myrrh
They travelled from afar
Following their star
Gold, frankincense and myrrh

Gold, frankincense and myrrh
The angels they did sing
To greet the new born king
Gold, frankincense and myrrh

Gold, frankincense and myrrh
In a crib he lay
On straw or was it hay?
Gold, frankincense and myrrh

Gold, frankincense and myrrh
They were full of awe
For they knew what they saw
Gold, frankincense and myrrh

Gold, frankincense and myrrh
And we know it too
A guide for me and you
Gold, frankincense and myrrh

Gold, frankincense and myrrh (ctd)

Gold, frankincense and myrrh
Through him we can forgive
And love the life we live
Gold, frankincense and myrrh

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 of the storm (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

Jigsaw

Could the missing piece in life's jigsaw be you?
The you with nothing to do?
Could the missing piece in life's jigsaw be you?
The you that's pure and true.

"Where do I find it?" I hear you say
"I've been searching night and day"
"You will find it when you pray.
Listen to what I say"

Could the love you're searching for be inside of you?
The you with nothing to do?
Could the love you're searching for be inside of you?
The you that's pure and true.

"Where do I find it?" I hear you ask
"Searching daily has been a fruitless task"
"You will find it when you pray.
Listen to what I say"

Could the friend you're looking for be inside of you?
The you with nothing to do?
Could the friend you're looking for be inside of you?
The you that's pure and true.

Jigsaw (ctd)

“How do I make contact?” I hear your plea
“Communicating inwards was difficult for me”
“You will make contact when you pray.
Listen to what I say”

“Pray in whatever form you choose
Share any fears, share your news.
As long as you take the time each day
Listen to what I say”

“Then the missing piece in life’s jigsaw will appear
A perfect fit that is clear
The love and friend you’ve been searching for
Forever near and dear

And your life will start to flow
The lessons in life will start to show
The bigger picture, to help you grow
Listen to what I know”

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

Amen

Not sure of what
Not sure of where
Not even sure of when
Not sure of why
Not sure of how
Yet I am sure of Amen

Amen means “so be it”
Amen means “let it be so”
Amen is what I believe in
So I trust and give It a go

Unclear of what
Unclear of where
I haven’t got a clue
Unclear of why
Unclear of how
Yet I know Amen is true

Puzzled by what and
Puzzled by where
I really don’t know when
Puzzled by why and
Puzzled by how
Yet comforted by Amen

Amen (ctd)

Amen means “so be it”
Amen means “let it be so”
Amen is what I believe in
So I trust and give It a go

Not bothered by what
Not bothered by where
Not even bothered by when
Not bothered by why
Not bothered by how
So be it Amen

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

Peace

Peace is with me everyday
Peace is with me come what may
Peace is with me wherever I roam
Peace is with me away and at home
Peace is with me
Peace is with me

May peace be with you everyday
May peace be with you come what may
May peace be with you wherever you roam
May peace be with you away and at home
May peace be with you
May peace be with you

Peace which conquers all

Peace which passes all understanding
Peace which answers the call
Peace which imparts a greater awareness
Peace which conquers all

Peace which remains whatever the circumstance
Peace which shines a light
Peace which illuminates the deepest darkness
Peace which shines so bright

Peace which lingers whatever I am feeling
Peace which remains so strong
Peace which expands my current way of thinking
Peace which lingers on

Peace which allows a different way of being
Peace which transcends the norm
Peace which bridges those troubled waters
Peace which calms the storm

Peace is a gift we always have inside us
Regardless of how we feel
Whether it's hidden from ourselves at the moment
Peace is always real

Peace which conquers all (ctd)

Chanting daily brings the opportunity
For peace to cornerstone my life
No longer do I need to know all the reasons
For my pain and strife

Peace which passes all understanding
Peace which answers the call
Peace which imparts a greater awareness
Peace which conquers all

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

Before I go

Before I go to sleep at night
I like to make amends
Releasing any grudges
Transforming foes to friends

For every day may be our last
We never know for sure
And if today is to be my last
I want to be remembered for

My ability to forgive
My ability to forget
Regardless of how life may seem
My refusal to regret

Before I go to sleep at night
I like to send my love
To everyone who knows me
The gift of God above

For every day may be our last
We never know for sure
And if today is to be my last
I want to be remembered for

Before I go (ctd)

My ability to love
My ability to care
Regardless of how life may seem
My ability to share

To recognise God's love
In everyone I know
To leave this as my legacy
To help everyone to grow

In peace and love and joy
So whenever you think of me
You'll remember the best I had to give
In Spirit for eternity

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

Window on the world

When you look out of your window
And appreciate the view
How much of it has been made by God
How much created by you?

Is your window on the world
Clean and clear and bright?
Does your window on the world
Bring in maximum light?

Why would you want your window
To be any other way?
Why would you want to keep
The stains left by a rainy day?

Spirituality for guys and girls
Is as simple as ABC
Appreciate, Bless and Create
The life you want to see

No-one can ever prove to you
What is actually so
In order to understand the concepts
You have to 'give it a go'

So appreciate your life each day
Bless the state you're in
Then allow the wonders of life
Let the creation begin

Wallowing

I like to dally in the deliciousness of God's creation
Dally in the deliciousness that exists in every Nation
Wallow in the wonders I witness every day
Wallow in the wonders of all we do and say

For behind the veil of illusion
The truth is clear to see
Behind the veil of illusion
The magic is revealed to me

I like to linger in the lusciousness of God's creation
Linger in the lusciousness that exists in every Nation
Wallow in the wonders I witness every day
Wallow in the wonders of all we do and say

For without the veil of illusion
The truth is clear to see
Without the veil of illusion
The magic is revealed to me

Don't bring the past to the party

Don't bring the past to the party
Leave it where it belongs
Change those melancholy ballads
To simple feel good songs

Don't wait for life to make you feel good
You can feel good right now
Choosing how you want to feel
It's up to you to allow

Those feel good feelings to flow
Those other feelings to go
To feel God and add an 'o'
Then Good is made just so

Reverse the trend to be a victim
Be before you do
Then you can feel good regardless
Life won't dictate to you

Feeling good means letting go
Of all that's gone before
Feeling good is your natural state
To enjoy for evermore

Don't bring the past to the party (ctd)

Don't bring the past to the party
Leave it where it belongs
Change those melancholy ballads
To simple feel good songs

God's love

Don't forget to use God's love
Throughout your daily life
Use God's love to relieve the pain
Use it to relieve the strife

For God's love is unconditional
No matter what's gone before
God's love is unconditional
Now and for evermore

Don't forget to use God's love
For God's love does not cease
It's there to aid the forgiveness
It's there to restore the peace

God's love is unconditional
No limits or judgments in place
God's love is unconditional
In each and every case

Whatever you choose to call your God
The love is just the same
Unconditionally flowing
No matter your choice of name

So don't forget to use God's love
It's always there for you
Whatever the situation
God's love will help you through

Life's eternal

Life's eternal
In the Spiritual
Though the Physical may seem
To decline and decay
In every way
The Spiritual will beam
Ever stronger light
Bringing more insight
In to how to live each day
In to how to live each day

There is birth and death
In the Physical
In the Spiritual there's no
Polarity
Only clarity
To help our lives to grow
Then our lives can be
For eternity
A delight to savour each day
A delight to savour each day

Life has ups and downs
In the Physical
In the Spiritual there's none
Just constancy
For you and me
Helping everyone

Life's eternal (ctd)

To live their life
Free of pain and strife
United by God's love
United by God's love

How you choose to view
The Spiritual
Your Physical will reflect
For your cells will show
What you think you know
Every thought they can detect
And act out for you
Your point of view
The choice is always yours
The choice is always yours

If you choose God's love
In the Spiritual
Then your Physical can receive
The support you need
And the help to succeed
Now you can relieve
The ache in your heart
And be able to start
To enjoy the best of you
To enjoy the best of you

Welcome

Welcome little one, to this earth
We give blessings for your birth
We give thanks for all you are
We give thanks for this bright star

We will cherish you, love and care
We will add you to our prayer
We give thanks for all you bring
We give thanks for everything

We will seek to reassure
In times of strife to comfort more
Sharing God's love so you will know
There's always help on hand to grow

May angels guide you day by day
In what to do and what to say
We give thanks for all you will be
We give thanks for you, for eternity

With God in my life

With God in my life there is nothing to fear
With God in my life my purpose is clear
With God in my life I know it will be
A life full of joy, a life flowing free

With God in my life I know I can ask
Whatever I want, no matter the task
Whatever is wrong there's always a cure
With God in my life of that I am sure

Sharing my life with God can bring
Peace in my heart for everything
Regardless of how the world may seem
With God in my life, I know it's a dream

With God in my life I can give my best
Then pass it to him to do the rest
Sharing God's love to all I know
Sharing God's love to help them to grow

With God in my life there's nothing to fear
His angels protect me and keep my path clear
Until it is time to leave this earth
And return to God and my rebirth

It's time

It's time to speak out
As clear as we can
It's time to speak our truth
To help our fellow man

No longer do we need forever
No longer do we need to wait
No longer do we need whatever
No longer need we hesitate

It's time to be clear
There's nothing to fear
It's time to be still
And feel God's will

No longer do we need direction
No longer do we need to be told
No longer do we need permission
For the miracles of God to behold

It's time to bring joy
Into our hearts and mind
It's time to relax
It's time to be kind

No longer do we need forever
No longer do we need to wait
Now is the time to share God's love
No longer need we hesitate

“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

Feel God first

Before you turn that computer on
Before you search that engine
Add an 'o' to the wwws (wwow)
And feel God first
Add an 'o' to the wwws (wwow)
And feel God first

For every 'wow' in your life
Starts with God's love
Every 'wow' in your life
Is because of God above

The Source of all creation
The Source of every 'wow'
So before you turn that computer on
Feel God now

Before you turn that kettle on
Before you quench your thirst
Add an 'o' to the wwws (wwow)
And feel God first
Add an 'o' to the wwws (wwow)
And feel God first

For every nourishment in your life
Starts with God's Love
Every nourishment in your life
Is because of God above

Feel God first (ctd)

The Source of all creation
The Source of every 'wow'
So before you turn that kettle on
Feel God now

Put God first

Put God first
Put God first
Whatever God is
Put God first

God is all around
God's in every sound
Whatever It is
Put God first

Then you can feel good
Whatever the strife
Then you can feel good
Throughout your life

Put God first
Put God first
Whatever God is
Put God first

God's in every sight
Majesty and might
Whatever It is
Put God first

Put God first (ctd)

Then you will feel good
In all you do and say
Then you will feel good
Each and every day

Put God first
Put God first
Whatever God is
Put God first

God is everywhere
God is here and there
Whatever It is
Put God first

Constant love

How do you feel when you stop?
How do you feel when you stop?
There's a constant love out there
There's a constant love to share

The love from God does not falter
The love from God does not alter
It's a constant love for you
There's a constant love for you

Constant love
Constant love

What do you feel when you stop?
What do you feel when you stop?
There's a constant love to feel
There's a constant love that's real

The love from God does not waver
The love from God is there to savour
It's a constant love for you
There's a constant love for you

Constant love brings peace in every way
Constant love brings peace to every day

Constant love
Constant love

Knocking

Someone's knocking
Can't you hear?
Why don't you answer?
What do you fear?

Someone's got a gift for you
Waiting at the door
Why don't you answer?
Don't you want some more?

What is it that is stopping you?
Do you believe in limit and lack?
Do you fear the price to pay?
Do you think they'll take it back?

God is knocking
Can't you hear
Patiently waiting
For you to draw near

God has got a gift for you
Waiting at your door
Unconditional love for you
Now and for evermore

Quiet and still

Quiet and still
Feel God's will
Let it nurture you
Quiet and still
Take your fill
Let God guide you through

Worry and doubt
Will have no clout
Love will take their place
Happiness and peace
A final release
No more fears to face

Quiet and still
Feel God's will
Let it wash over you
Clean and pure
Forever for sure
Feel God through and through

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

Vacate your life

Vacate your life
Start again
Leave your senses
Peace can reign

Love your enemies
One by one
Use God's strength
To get it done

Fill your life
With what feels right
Keep your candle
Burning bright

Love your neighbours
One by one
Value their friendship
Let God's will be done

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

Praise be to God

Praise be to God
The God that made me
The God that has the ability to see
Beyond my transgressions
Through to my core
The God within me
That lives for evermore

Praise be to God
For every bright new day
Oh Praise be to God
For work, rest and play
For the opportunity
To discover more
More of what life means to me
And what my life is for

Praise be to God
For the sunshine and the rain
Oh Praise be to God
For day and night again
Constantly returning
For to show me more
More of what life means to me
And what my life is for

Praise be to God (ctd)

Praise be to God
For every sight and sound
Oh Praise be to God
For simply being around
Not for any reason
Just to learn some more
More of what life means to me
And what my life is for

As I'm praising God
My heart fills up with love
The love that flows so freely
From the world above
Guiding me, enabling
Me to share my core
The love of God within me
Now and for ever more

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

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Additional copies of this book and an audio version are available from my website www.withlovefromruth.com

It is with deepest gratitude that I offer these songs and rhymes to you. I hope that they provide comfort and joy, inspiration and stimulation, peace and prosperity - whatever divine goodness is yours to receive - may you do so knowing the Grace of God is always with you.

With love from Ruth x