

Loving Life



by Ruth Gilmore

Good morning to the world in all your glory
Good morning to the world and your new story
Good morning to the world and all you will be
Good morning to the world as we're making history

I wonder what today will bring?
For every living, breathing thing?
Each one of us with a different way
To experience life each day

And that's the beauty of creation
All the varieties of every nation
Each one different, yet part of the whole
Each one here to fulfil its role

Good morning to the world to the dawn that is breaking
Good morning to the world to everything that's waking
Good morning to the world that's been fast asleep
Good morning to the world that's been slumbering so deep

Now's the time to wake up and face the day
Now's the time to live life your own way
Celebrating what is good for you
Loving life from your own point of view

And that's the beauty of creation
All the varieties of every nation
Each one different, yet part of the whole
Connected through the world's universal soul

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

A life that feels good

Let's celebrate all we've achieved
Then let us focus on what we all need
Clean air to breathe, pure water, fresh food
A place to call home, a life that feels good

Although we are all different
There are some things we all share
The feelings of love and hope and joy
Those acts that show we care

And whilst many of us aren't able
To see beyond the pain
We can bring an end to the suffering
No-one need live in fear again

But it's up to those who can see the light
In every living soul
To show how we're all important
We're all needed to reach this goal

If we stop trying to control each other
And focus on what's inside
We can see that we need to have inner peace
Before it works outside

So let's celebrate all we've achieved
Then let us share what we all need
Clean air to breathe, pure water, fresh food
A place to call home, a life that feels good

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

Love your cares away
Love your cares away
Love your cares 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

What do you believe?

What do you believe and why do you believe it?
Have you ever thought so deep?
What do you believe and why do you believe it?
Do you know whate'er you sow, you reap?

So why not look at those writings on your wall
And see if they make sense?
And if they don't, why not rub them out right now
And live your life the way you want right now?

Are you a prisoner of your past
Or a pioneer of your future?
Oh are you a prisoner of your past
Or a pioneer?

What do you think and why do you think it?
Have you ever thought so deep?
What do you think and why do you think it?
Do you know whate'er you sow, you reap?

So why not look.....

What do you feel and why do you feel it?
Have you ever thought so deep?
What do you feel and why do you feel it?
Do you know whate'er you sow, you reap?

So why not look...

What do you believe? (ctd)

What do you do and why do you do it?
Have you ever thought so deep?
What do you do and why do you do it?
Do you know whate'er you sow you reap?

So why not look...

If you love yourself right now
Accept and forgive yourself right now
Then you can live your life right now
The way your soul wants to live right now

Are you prisoner of your past
Or a pioneer of your future?
Are you a prisoner of your past
Or a pioneer?

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 on 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 on what you know
Change brings the chance to grow

Live your dreams

Live your dreams and let your child live theirs
Support their needs and share their cares
Give them room to grow and expand
So they can reach their promised land

Everytime you have a fight
Ask yourself “Am I really right?”
What you think may be right for you
For your child, it may not be true

What’s more important than being correct
Is unconditional love and respect
So separate the child from the crime
And remember to forgive them everytime

You don’t have to condone what they have done
But unless you forgive your daughter or son
Then you’ll be the one for eternity
Suffering a life of misery

Blame only causes rifts hard to heal
Blame keeps you a victim and then you can’t feel
All the love and joy that could be for evermore
With the child you brought to life and whom you still adore

So release your fears and let the apron strings go
Share your love, let the energy flow
Encourage them to dream and to follow their star
Live a life that shows them who you really are

Live your dream (ctd)

As time passes the roles change around
The child becomes an adult and can feel duty bound
To protect their parents from the problems that they face
Yet they also need to find their own grace

So release your fears and let the apron strings go
Share your love, let the energy flow
Encourage them to be what they want to be
It's never too late to enjoy being free

Live your dreams and let your parents live theirs
Support their needs and share their cares
Give them room to learn from their mistakes
And let them be for heaven's sake

Give them room to grow and expand
So everyone can reach their promised land

Think a different thought

Think a different thought
Feel a different feeling
Lead a different life
From the one you have been leading
If you think a different thought
Or feel a different feeling
You can change right now
If you think a different thought
Or feel a different feeling
You can change right now

Think about what you want to be
And who you really are
Then energise those thoughts with energetic feelings
And you will find your star oh..

Think a different thought
Feel a different feeling
Start to live the life
You've always been dreaming
Think a different thought
Feel a different feeling
Live your dream right now
Think a different thought
Feel a different feeling
Live your dream right now

Think a different thought (ctd)

The power of changing a single thought
Is strong enough to change your life
The law of attraction means life is fair
Where you focus your attention, you get your share

So if you think that you're not good enough
Then life will turn out to be
A chain of events to prove that point
A life of misery..... so..

Think a different thought
Feel a different feeling
Lead a different life
From the one you have been leading
Think a different thought
Feel a different feeling
Change your life right now
Think a different thought
Feel a different feeling
Change your life right now

It's not wrong to have a different thinking
It's not wrong to feel a different feeling
If it's right for you, then for you it's true
But it may not be true for you and you

Think a different thought (ctd)

So choose your own thought and
Choose your own feeling
Then the world you see
Will be the world that you believe in
Choose your own thought and
Choose your own feeling
Be master of who you are
Choose your own thought and
Choose your own feeling
Be master of who you are

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

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

Resistance (ctd)

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

Weather Maps

How many of us look outside each day
To find out what it's going to be
Cloudy, sunny or raining, it's often a mystery
So then we rely on the weathermen
But they rarely get it right
How often does it turn out stormy
When we're expecting sunny and bright?

I'd rather be more certain
I'd rather be able to see
I'd rather be more in control
Deciding what my day's going to be
So instead of relying on others
To tell me how to feel
I look at the weather map inside of me
And discover what for me is real

I know my sun is always shining
It never goes to sleep
But sometimes the clouds prevent the rays
From penetrating so deep
Though I welcome all types of weather
The rain, the sleet, the snow
They all help my life to flourish
They all help my world to grow

Weather maps (ctd)

And at night while I am sleeping
With my moonlight showering me
My sunshine is still streaming
Allowing me to be
Sending love across the world
Sending healing energy
Connecting with those now awake
Whilst sleeping peacefully

So why not start to look inside
And discover for yourself what's real
Then even if it's grey outside
You can decide how you want to feel
And shed those tears from your clouds
So they can move away
And allow your sunshine to stream again
Flowing out of you throughout your day

Hold it in your hand

If you can hold it in your head
You can hold it in your hand
If you can hold it in your head
You can hold it in your hand
If you can hold it in your head
You can hold it in your hand
Hold it in your hand

To hold it in your head
You need to know what you want
To hold it in your head
You need to know what you want
To hold it in your head
You need to know what you want
Know what you want

If you don't know what you want
Then do you know who you are?
If you don't know what you want
Then do you know who you are?
If you don't know what you want
Then do you know who you are?
Know who you are?

Hold it in your hand (ctd)

To know who you are
Ask yourself “Who am I?”
To know who you are
Ask yourself “Who am I?”
To know who you are
Ask yourself “Who am I?”
Ask yourself “Who am I?”

Knowing who you are can help
You choose what you want
Knowing who you are can help
You choose what you want
Knowing who you are can help
You choose what you want
Choose what you want

When you’ve chosen what you want
Check out and see if it feels good
When you’ve chosen what you want
Check out and see if it feels good
When you’ve chosen what you want
Check out and see if it feels good
See if it feels good

Hold it in your hand (ctd)

If it doesn't feel good then is it
Really what you want?
If it doesn't feel good then is it
Really what you want?
If it doesn't feel good then is it
Really what you want?
Feel free to change your mind

If it feels good but scary then
Just tap those fears away
If it feels good but scary then
Just tap those fears away
If it feels good but scary then
Just tap those fears away
Tap those fears away

Transform the fear to joy
And live the dream inside your head
Transform the fear to joy
And live the dream inside your head
Transform the fear to joy
And live the dream inside your head
The dream inside your head

Allowing it in

Are you allowing it in?
Are you allowing it in?
Whenever you're asking
Your Source is providing
But are you allowing it in?

It's really that simple you see
As simple as 1,2 and 3
Whenever you're asking
Your Source is providing
But are you allowing it in?

What's stopping your dream coming true?
What's stopping you do what you want to do?
Whenever you're asking
Your Source is providing
But are you allowing it in?

Release all your worries and fears
Release all your worries and fears
Whenever you're asking
Your Source is providing
But blocked by your worries and fears

Worries and fears block the way
So why not release them today?
Whenever you're asking
Your Source is providing
And now you're allowing it in

Seek the good

Seek the good in everything
However hard it may be
There's always something good to find
Something hidden to see

When you pay attention to the good part
However small it may be
Then it will grow in front of you
And become the reality

It's not just a fanciful notion
It's a Universal Law
That what you focus your attention on
By law becomes more and more

So seek the good in everything
However hard it may be
There's always something good to find
Something hidden to see

The good part may be a struggle
In your enemy to see
But by focussing on the goodness
Allows you both to be free

So seek the good in everything
However hard it may be
There's always something good to find
That can end all misery

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 love do now? (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 now

What do you want?

What do you want?
What do you need?
Come take my hand
Together we'll feed
Every Nation
With your creation

What do you dream?
What fuels your fire?
Come take my hand
Fulfil your desire
No longer waiting
No hesitating

What do you think?
What do you feel?
Come take my hand
Discover what's real
Time to be true
Now time to be you

What makes you sing?
What makes you dance?
Come take my hand
Give life a chance
To live freely
Time to see clearly

What do you want? (ctd)

What holds you back?
What do you fear?
Come take my hand
All will be clear
Now you can treasure
Life beyond measure

With joy deep inside
With love, trust and care
With hope in our hearts
Together we'll share
With every Nation
The joy of creation

Smiling

Smiling is jogging on the inside
Using muscles we rarely use
So smile away, many times each day
What have you got to lose?

It may feel strange at first to smile
At everyone you greet
But smile away, many times each day
At whomever you may meet

When you smile at someone
They may be wondering why
But smile away, many times each day
It gets easier the more you try

And if you're asked why you are smiling
It may be that they do not know
That to smile away, many times each day
Helps your energy to flow

So remember to keep on smiling
Whatever the circumstance
Smile away, many times each day
Give your insides a chance to dance

Smiling (ctd)

Jogging on the inside
Helps your energy
To flow through every cell of yours
To function optimally

So help to share the message
By smiling more each day
Share your smile with everyone
And help the world to play

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
Before you rest your head
Be grateful for
Your life once more
Remember love instead

Cherish your children

Cherish your children for they hold the key
Although we may think it's the adults who know how life
should be
If we let our children remember what they're meant to be
They can unlock the secrets of life's mystery

Let them pursue
What they're here to do
Let them be
Supported yet free

The difference with children is they're not afraid to ask
If it appears to be nonsense they'll refuse the task
They'll question life continually until for them it's true
Unless they're prevented from asking and then they may
subdue

Their inner knowing and guidance and rely on others instead
And become like many adults alive but feeling dead
To the power that lies within them, to the difference they're
here to make
So cherish your children daily for you and both your sakes

Let them explore
What their lives are for
Let them be
Supported yet free

Accept yourself

Accept yourself
Forgive yourself
Love yourself today
Honour yourself
Respect yourself
Trust yourself right away

Judgment Day
Does not exist
Except inside your head
So accept yourself
And forgive yourself
And love yourself instead

When you're faced
With something which
Would normally bring you pain
Accept yourself
And forgive yourself
And love yourself again

It does not matter
What it is
It maybe big or small
Accept yourself
Forgive yourself
And love yourself, that's all

Accept yourself (ctd)

It may appear
To be someone else
Or there's something else to blame
Just accept yourself
Forgive yourself
The process stays the same

For in reality
There's no-one else
The truth is we're all one
And when you can see that
For yourself
The healing has been done

Then you can start
Enjoying life
Knowing what's really true
That there's really nothing
To forgive
So just love the real you

Until that time
Do not worry or dread
All you judge and fear
In time you will release
Those woes
And the knowledge will be clear

Accept yourself (ctd)

Use whatever
Guide you choose
To help you with this task
Your guide whatever
It may be
Will respond to what you ask

And if it seems
To take a while
Before you can truly release
Accept yourself
Forgive yourself
And love yourself, don't cease

Your guide will continue
To help you through
Even when you're asleep
Removing those fears
And guilty thoughts
That lurk within, so deep

So do not worry
If your life appears to be
Temporarily worse
The releasing process
Will bring joy
Once you've released the curse

Accept yourself (ctd)

When you accept
The curses of life
Are nothing more than dreams
Accepting, forgiving
And loving yourself
Will be easier than it seems

With your life enriched
With love
No longer is this process a chore
Accepting, forgiving
And loving yourself
Now and forever more

So accept yourself
Forgive yourself
Love yourself each day
Honour yourself
Forgive yourself
Trust yourself, right away

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

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

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

Love unconditional (ctd)

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

Love has no boundaries
Love has no form
Love remains constant
Whatever the storm
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

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 perfection? (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

Quell your fears

Quell your fears
And fly away
Be at one
With the world today
Don't be held back
Don't be tied down
Soar away

Love your life
And it will be worth living
Love your life
With lots of forgiving
Love your life
And you'll start thriving
Love today

Love your life
And live your dream
Believe in yourself
However you seem
Have faith in yourself
You can have the cream
If you love today

Validation

Validation
Appreciation
Emancipation
Are mine
Sublimation
Transformation
Divine

When you're needy
When you're greedy
When you're seedy
Once more
Hesitation
Trepidation
Fill your core

When you're freelanced
When you're emotranced
When you're balanced
Once more
Sublimation
Transformation
Fills your core

Validation (ctd)

It's not clever
To say never
Or to sever
What's new
Keep on growing
Keep on knowing
What is true

When you discover
When you recover
The lover
Inside
Lots of caring
Lots of sharing
Far and wide

Validation
Appreciation
Emancipation
Can be yours
When you appreciate
When you validate
The natural laws

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

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

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

I wonder

I wonder what I'm here to do
I wonder what I am here to see through
I wonder why we're here at all
I wonder, wonder, wonder

I wonder what life's all about
I think I know and then I doubt
I wonder why we're here at all
I wonder, wonder, wonder

It's funny that the word 'wonder'
Has two meanings to choose
To question, or to marvel
Which one do you use?

I question what I'm here to do
I question what I am here to see through
I question why we're here at all
I question, question, question

I marvel at what life's all about
I marvel when I know, I marvel when I doubt
I marvel why we're here at all
I marvel, marvel, marvel

It's funny that the word 'wonder'
Has two meanings to choose
To question or to marvel
Which one will you use?

I wonder (ctd)

We question when we're sceptical
We marvel when we trust
So start to believe before you see
Yes marvelling is a must

Questions can be useful
To help you trust some more
Just make sure you're also marvelling
To even up the score

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

Why does it matter to you?

Why does it matter to you
What people say or do?
Why does it cause you stress
When would it matter less?

Is it important to be
The same as what you see?
What makes it matter to you
What you say or do?

Does what matter to you stay the same
Does what matter to you cause you pain?
Does it matter the more
If it's happened before?

Does it help to know why
Does it harm to let it go by
What would help you let go
What would 'let it be so'?

What others say or do
Is not dependent on you
What matters to them will be
Often a mystery

Accepting this is the case
Enables us to face
Every moment anew,
Mattering no more to you

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

Loving 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

Life is full of enquiry

Life is full of enquiry
Lots of asking why
If we don't ask those questions
Then life just passes by

The meaning fades into nothing
The purpose fades day by day
Yet if we've the courage to question
The answers show us the way

So love your life and it will be worth living
Question each day with lots of forgiving
Love your life today
Live your life your own way

You may not get the answers
You may not understand
Yet if we don't ask those questions
Then life has the upper hand

Sometimes the answers seem crazy
Sometimes they make us tense
Yet if we don't ask those questions
Life will never make sense

So love your life and it will be worth living
Question each day with lots of forgiving
Love your life today
Live your life your own way

Witnessing the wonder

Whether we like it or not
Judgment is all that we've got
Whatever we choose to name
Is judgment all the same

When I'm judging you
I'm judging me
When I'm watching you
It's me I see
You are my mirror
To help me be
Witnessing your life
Sets me free

Witnessing the wonder
Makes it worthwhile
The way the sunlight shimmers
The way you start to smile
Watching the world
Unfold in many ways
Brings joy and beauty
To each new day

Repetition helps us remember it
Over and over, till we get it
But what if we get it right away?
Why then repeat it every day?

Witnessing the wonder (ctd)

Now I'm watching you
Watching me
Through my actions
You can see
I am your mirror
To help you be
Witnessing my life
Sets you free

So although it appears to be the same
When you've learnt that life is a game
You get to change the rules
You get to use your own tools
Witnessing the wonder through your own eyes
No more deception, no more lies
Watching the world
Unfold in a new way
Brings joy and beauty to each day

A story to tell

We've all got a story to tell
Of how we came to be
What we're here to see
To share our reality
And though we may not be sure
What we are here for
Whether we'll live for evermore
We've all got a story to tell

It may be a comedy
A mystery or a tragedy
Or a combination of all three
Whatever is your reality

We've all got a story to tell
Of how we've lived our life
What we've done to survive
How we've been able to thrive
And it will be unique to you
No-one else has seen it through
No-one else has got a clue
We've all got a story to tell

It may be a comedy
A mystery or a tragedy
Or a combination of all three
Whatever is your reality

A story to tell (ctd)

It may be that we don't agree
Different stories, you and me
Life is full of diversity
We all have our own reality
And though we may not be sure
What we are here for
Whether we'll live for evermore
We've all got a story to tell

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.

"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"

Jigsaw (ctd)

“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”

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

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

What is it that matters?

What is it that matters to me?
How I think others should be?
What is it that makes me go “wow”?
What is it I want to do now?

What is it that matters each day?
Why is it important to stay?
What is it that keeps me alive?
Why do I want to survive?

What is it that matters each night?
Why do I need to be bright?
Why is it important to need?
Does it really help you succeed?

What is it that matters to you?
How do I know that is true?
Why does it matter to me?
If it matters to you, let it be

Awareness

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

There may still be pain to deal with
Of body, mind or soul
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 not a problem at all

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

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

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

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

The meaning of life

Just when you think you've made sense of your life
Something comes along
A circumstance or experience
To prove your thinking wrong

Yet if you come to understand
That there is no sense to make
You can begin to appreciate
Your life for its own sake

A life that has no meaning
Except the one you choose
A life that has no purpose
Except the one you use

To fill your heart with gladness
To fill your soul with joy
To create a life that's right for you
That no-one can destroy

Then circumstance and experience
Can change to be your friends
You can see the benefit
Of using them for your own ends

With nothing to make sense of
You can always be sure
To enjoy the journey of your life
Now and for evermore

Remember

Remember what you're here for
Remind yourself each day
Reflect on each experience
To help you find your way

Nothing's ever right or wrong
It all depends on you
Only you can discover
What for you is true

Remember what you're here for
Remind yourself each day
Refine your way of thinking
To help you find your way

Nothing's ever right or wrong
It all depends on you
Everyone's entitled
To have their own point of view

Yet if it interferes with
The way you think and feel
Only you can discover
If for you it's real

Remember (ctd)

Remember what you're here for
Remind yourself each day
Reflect on each experience
To help you find your way

Remember what you're here for
Remind yourself each day
Take the time to realise
Your way is O.K.

Empower those desires right away
Then dreams can come true every day
Beyond beliefs is the place you need to reach
That is what I am here to teach
Beyond beliefs is where you need to be
Loving life unconditionally

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