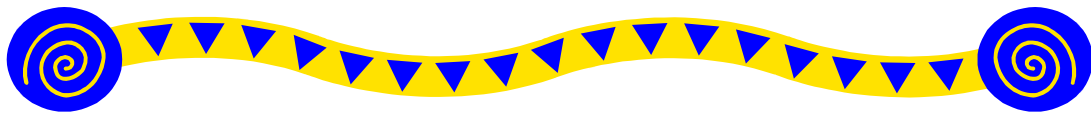


# Non duality – Living beyond belief

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By Ruth Gilmore

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# **Empower**

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

## **Be set free**

I'm here to help you love you more  
That's what being together is for  
Loving unconditionally, that's the chiki way  
Loving beyond beliefs each day

If you're not ever sure what you believe  
Just look at those around you, they won't deceive  
Whatever they are doing, reveals a part of you  
Demonstrating what you once thought was true

So if your partner is not up to scratch  
That's the time for you to catch  
Hold of the belief that is limiting you  
From being able to see things through

They will stick around to help you see  
Who it is you have wanted to be  
As soon as you decide who you really are  
You will find that they go far

For when you're congruent and forgive  
Yourself for the way you want to live  
You won't need them in your life  
You won't need any of their strife

I know you say you don't need it now  
But they are providing you with something, somehow  
And until you let go of that need  
They'll remain like a binding weed

## **Be set free (ctd)**

The good news is that you have the power  
To remove it all within the hour  
As soon as you choose to love unconditionally  
You will automatically be set free

## **So many people**

So many people have walked this track  
So many people keep coming back  
What is it about this place  
That brings out a smile on every face?

Is it the sheep who can wander free  
The land is common so they can be  
Unrestricted and living chikily  
Or is it the beauty of the sea?

That unashamedly ebbs and flows  
In it comes then out it goes  
With a mind of its own, no man can dictate  
So we are free to appreciate

Its power and its majesty  
Its beauty, grace and mystery  
A bit of heaven on earth for me  
And that's how the divine can be

Magical and hard to understand  
Beyond belief, our promised land  
Is this place a reminder of this?  
For being here is truly bliss

With man and nature in harmony  
Common land leading to the sea  
Reminding us of our right to be free  
Encouraging us to live chikily

## **When you seem to have done**

When you seem to have done  
All the things that are FUN  
To do on the planet earth  
Remember the truth of your birth

To live beyond belief  
To share vibrational relief  
To help each troubled soul  
To help the world be whole

Not in a traditional way  
Being chiki every day  
That is the way to be  
That is the way to free

Those caught up in fear  
Those who are ready to clear  
The channels to their soul  
So they can be whole

# Chikiness

Chikiness is a  
Form of stress relief  
That will always bring you  
To your core belief

And then take you  
Deep within to find  
That place beyond belief  
Your true peace of mind



## What a year

What a year it's been  
So much have I seen  
Contrasts beyond belief  
And now I've come to know  
It's all been to help me grow  
And to provide more relief

For those who are waiting in the wings  
For those who are finding their soul sings  
A melody different to what has gone before  
Now they are discovering their own score

And to help them through wobbly times  
I can share my chiki rhymes  
Not to tell them what to do  
But to help them see life through

A different pair of eyes  
Wiser to the lies  
That have been getting in the way  
Of what we can see  
In this new reality  
The one that's for us to live today

Life to be lived by being at cause  
Life according to Universal Laws  
Caring and sharing globally  
Living and loving chikily

## **In a place beyond belief**

Living in a place beyond belief  
Brings spontaneous relief  
For beyond belief there is no pain  
Beyond belief peace can always reign

## Going to that place

Going to that place  
Beyond belief  
That is how you gain  
Vibrational relief

If you are prepared  
To let go  
Then your healing  
Energy can flow

To where it needs to  
Every day  
Then fit and healthy  
You will stay

So remember  
To go beyond  
Just remember  
It is one big pond

We can never  
Completely get away  
Life is always  
In us every day

The trick is to be  
In harmony  
Then you can enjoy life  
Chikily

## **Being at peace**

Being at peace  
Means you can release  
Anything that bothers you  
For at your core  
There is no war  
Duality is not true

In that place beyond belief  
So you can always gain relief  
And experience peace of mind  
When you release all that you find

## **Ruth the Truth**

Ruth the Truth  
Is what they call me  
Chikiness  
Is what I offer thee

The ultimate way  
To live your life  
Beyond belief  
And free of strife

Chikiness honours  
The need for your soul  
To be in charge  
To be in control

For when your core  
Guides all you do  
Your very best  
Starts flooding through

Energising thoughts  
And actions each day  
Bringing fulfilment  
To all you do and say

## **A simple life**

A simple life for me  
Living by the sea  
In a tent or happy to rent  
Whatever happens to be

Right for each moment  
Right for my soul  
To fulfil its purpose  
For me to fulfil my role

As an Anam Chara  
As a Shaman and friend  
Bringing relief and busting belief  
Sharing a world with no end

With those who are ready  
To live a soulful life  
For those who know they want to flow  
In harmony with their strife

For peace is not about nothing  
Ever disturbing you  
Peace is about accepting  
What you can and cannot do

In regard to whatever is happening  
Peace is what you can feel  
When you allow the core of you  
To determine what is real

## **A simple life (ctd)**

For what we currently think  
Is rarely actually true  
Beyond belief is where the relief  
And Truth exists for you

## **In the place**

In the place beyond belief  
There is no duality  
By its very nature  
It's simply energy

Always ready to manifest  
According to the request  
Of each and every vibration  
Of each person, place and nation



## **Your wisdom**

Your wisdom rests in a place  
That is beyond belief  
Hence the need for  
Vibrational relief

Restoring natural vibrations  
That is the way  
To clear the channels  
For wisdom to come into play

## **To always be your best**

Peace doesn't come  
If you pretend  
That you believe in a  
World without end

Whatever else you  
Do or say  
Needs to be included  
For peace to come your way

For true peace  
Is beyond belief  
That is why the gift  
Of Vibrational Relief

Is so important  
For it clears the way  
For anyone to  
Enjoy a better day

By wiping the slate clean  
Energetically  
Whatever the condition  
You can always be

Restored to your natural  
Vibrational state  
So you can return  
Before it is too late

## **To always be your best (ctd)**

To the home of You  
To your place of rest  
To your soul wisdom  
To always be your best

## **Up till now**

Up till now  
There's been a missing link  
For those who believe  
That we always have to think

Before we do anything  
But that isn't so  
The first step is to  
Make sure that you know

'Knowing' comes from  
A place beyond thought  
Your own knowing  
Can never be taught

In its entirety  
For it is unique  
Your soul wisdom  
Is what you need to seek

And that is what  
Chikiness is for  
Developing your Chikiness  
Means you can explore

All your levels of  
Consciousness  
That's the true beauty  
Of Chikiness

## Up till now (ctd)

Never preferring  
Any part of you  
Real or not  
Whether it is true

According to beliefs or  
Previous ways  
Chikiness is  
More than just a craze

For it never tells you  
What to think  
Though you'll often find  
You can know in a blink

What would have taken  
Ages to learn  
With the gift of Chikiness  
You can discern

Which of the choices being  
Offered to you  
Brings the opportunity  
For more of what is true

To come to your awareness  
To add joy to your life  
Rather than merely  
Relieving any strife

## Up till now (ctd)

There are plenty of  
Options out there  
There are many  
Who want to share

Their way of thought  
Believing it to be  
The best way  
As far as they can see

And that is the secret  
It probably is  
And they may be  
Experiencing bliss

But for you  
This may not be the case  
Something quite different  
Puts a smile upon your face

That's where the gift of  
Chikiness steps in  
Developing Chikiness  
Means you go within

Merging all aspects  
Of your consciousness  
Revealing your truth  
Your uniqueness

## **Up till now (ctd)**

And it's that uniqueness  
That contains your strength  
It fires up all your senses  
You can go to any length

Knowing that your thoughts  
And actions are blessed  
With the divinity of  
Chikiness

Not in any  
Religious way  
Previously described to be  
The order of the day

But with a sense of  
Knowing what to do  
Beyond belief  
Yet totally true

# **Transform your life**

Transform your life  
Beyond belief  
Chikiness brings  
Infinite relief

The Chiki Bistro  
Is where to go  
To get results  
To nourish what you know



# Meditation

Meditation  
Is great for those  
Who enjoy  
Being in repose

And remaining  
Still for a long time  
But for the rest of us  
We now have chiki rhyme

Working out  
With our finger  
Does the same job  
Without needing to linger

In any one position  
For very long  
Chikiness brings us  
To our soul song

Allowing us to reach  
That place beyond belief  
Allowing us access  
To full vibrational relief

As well as gracing us  
With universal flow  
Enabling our source  
Of wisdom to grow

## **The more that you are able**

The more that you are able  
To live life from your soul  
The less you will need  
To be in control

Of anything external  
Of anything out there  
Living life from your soul  
Means that you can share

The greatest form of love  
The unconditional kind  
The love that can heal  
By uniting mind to mind

At the highest level  
The place beyond belief  
That is where you can share  
Vibrational relief