

Old Sayings New Rhymes

By

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Every cloud has a silver lining

Every cloud has a silver lining
Is what Dad used to say
And many other one liners
Each and every day

Some were sayings of old
Some were quips he made
To make us laugh and help us
To no longer feel afraid

It seems quite apt that his passing
Has co-incided with the time
That I had chosen to release
My book of sayings and rhyme

For although his physical
Presence has now gone
All his inspiration
Will continue to live on

Loves you Dad – R.I.P. December 2012

Making hay

Making hay while the sun shines
Seems sensible to do
Making hay whilst it's raining
Would seem crazy to me and you

Yet why don't we apply
This logic to our own lives
Why do we ignore it
For that's how all life thrives

Biting off more than you can chew

Biting off more than you can chew
Does that saying apply to you
I know it often applies to me
Yet I only realised recently

That my aching jaw
Could relate to that fact
So now I am determined
To think more before I act

For although I often know
Straight away what to do
Sometimes it's best to wait
For more wisdom to come through

And by thinking again
Without any fear or doubt
The very best of me can shine
Not just for now but throughout

Each and every day
I will be able to cope
With every bite of life
Now being full of hope

Take time to smell the roses

Take time to smell the roses
Whatever he proposes
Agreements made in haste
Can often lead to a waste

Of too many a year
Being full of doubt and fear
It's time to buck the trend
And become your own best friend

There's more than meets the eye

There's more than meets the eye
I am going to more than try
For trying is half hearted
It's time for me to get started

And commit to the whole
By allowing my soul
To connect to others each day
In a totally **chiki** way

Then however they are
Even though we may jar
Focussing inside
Will lead to a peaceful ride

Flogging a dead horse

Flogging a dead horse
Why do we follow a course?
That deep down inside
We know is not a joy ride?

Why do we waste our time
On things that make no sense?
Why do we fill our lives
With illusion and pretence?

When we switch our focus
From out there to within
We will know which horse is alive
True enjoyment will begin

Don't shoot the messenger

Don't shoot the messenger
For how else would you know?
The orders of the day
How you're supposed to flow?

For how else would you receive
Messages from out there?
Though it's important to remember
You do not need to share

The same point of view
The messenger may not agree
With what is being said
If you feel the energy

Behind any words or commands
Then you will know what to do
Without any need to commit
A crime which would also harm you

Let sleeping dogs lie

Let sleeping dogs lie
Makes good sense
But how do we know
It's not a pretence?

How can we tell
If all is well
Rather than merely a show?
By feeling our energy flow

For when we can feel
All our energy
And allow it
To flow free

We will be able
To tell the truth
Asleep or awake
Adult or youth

Second thoughts

Second thoughts
Are they good?
Why do we need think again?
When you allow
Your truth to come first
Peace will always reign

Better to have loved and lost

Better to have loved and lost
Than never to have loved at all
Does that saying ring true for you
Are you familiar with that call?

When one you loved walks away
Without a second glance
Despite what you try and do
So you can have another chance

Yet why do you want them to stay?
What's your truth do you know?
Are you able to feel
Your full energy flow?

The love that is unconditional
The love that is always there
Despite the comings and goings
Of anyone with whom you share

Your physical touch and heart
Your emotions will play
A huge part in whether
You'll need them to stay

For longer than is right
For the two of you
Emotional health is vital
For you to be able to be true

Before any rhyme

Before any rhyme
Before any reason
Is the truth
Of every season

A fair few

A fair few
Give us a clue
What does this saying mean?
A fair few
How many will do
Before we seem too keen

A fair few kisses
A fair few texts
A fair few exchanges
Of our intellects

When is appropriate
To share how we feel?
When is it right
To share what is real

Trust your inner wisdom
Trust your soul
To guide you each day
To help your self control

For that is vital
So your fair few
Never supersedes
What you know to do

Brushing it under the carpet

Brushing it under the carpet
Sweeping it away
Do we really believe
It won't come back one day?

Bigger than before
Can we really hide?
From any of our truth
Or will it bite our backside?

If we do not face
The truth and all its pain
Can it be ignored
Or will it come again?

You already know
The truth is very clear
And never as painful
As what you seem to fear

Curiosity killed the cat

Curiosity killed the cat
Who on earth came up with that?
Ok so the cat may be dead
But is that worse than being fed

With myths and lies
Why the disguise?
Why can't the truth be told
Let's drink up
From the Truth cup
Now's the time to be bold

Maybe back then
It was harder for men
To not do as they were told
Today we are free
To pretty much be
And still enjoy getting old

By referring to men
Now and again
I always mean women as well
And girls and boys
And their cuddly toys
For they all have a story to tell

A bird in the hand

A bird in the hand
Is worth two in the bush
Whoever said that should be
Shot in the mush

Not really, I jest
But now realise
That old saying for me
Rarely applies

For why would I want
To accept less
Than what could be possible
Surely the stress

Of living a life
At fifty per cent
Of your potential
Isn't a life well spent?

To satisfy now
Can lead to harm
If the bird
That you have on your arm

Is not the type
That's right for you
Be prepared to wait
For the bird that is true

It never rains but it pours

It never rains but it pours
Is it a wonder that our chores
Pile up ever higher every day?
Release that belief
With **Vibrational Relief**
And watch that pile fade away

Life is truly what you believe
By taking the time to make sure you relieve
Yourself of any unwanted rhymes
You'll discover the joy of modern times

Are you stuck in the past?

Are you stuck in the past?
Does your success rarely last?
What is in your head?
Do you know what you've been fed
Even by those who really loved you
Was unfortunately rarely true?

So in their ignorance by feeding you lies
Your past has created a destructive disguise
Damaging your ability
To live your truth as you're meant to be

Doing every day
For that is how you stay
Healthy, fit and well
With your own story to tell

Now your daily task
Is removing any mask
Your truth will set you free
If you allow it to be

Better late than never

Better late than never
There's no point in being clever
If your intellect
Has a negative effect

On how you live your life
Recurring pain and strife
Will cause more delay
Despite what you might say

For no amount of thought
On what you've been told you ought
Will help you to be on time
Or in rhythm with your life
To relieve your pain and strife
You need to find your own rhyme

That rests within your core
And can come to the fore
As soon as you allow it to
By tapping thoughts away
Of what you ought to say
You'll discover what is true

Not for the want of trying

Not for the want of trying
How often are we lying
When we say this to our peers?
More often the truth
Which we knew in our youth
Is overlaid by many fears

“I tried my best”
(I collapse when things get tough)
“I tried all I know”
(I’m never good enough)

Now with the help of **Vibrational Relief**
You can release each limiting belief
From your system so you can perform
At your best, way beyond the norm

That you have been conditioned
To accept as your peak
By others who had reasons
For keeping you feeling weak

These reasons may never come to light
Or you may start to gain some insight
When you use **Vibrational Relief**
But you will always clear any limiting belief

For once you release the intensity
Of any belief, it has to flow free
It can no longer remain in place
You’ll be free to have a smile upon your face

He who dares wins

He who dares wins
As long as he's transgressed the sins
Of his family
For if they remain
Then any gain
He will rarely see

In every country a dog bites

In every country a dog bites
It matters not the type
Big or small
Tiny or tall
Regardless of any hype

For the dogs of any nation
Will determine their own recreation
Regardless of any laws
They will bite without pause

In every country a dog bites
In every country a master fights
Could there be a link?
What do you think?

Variety is the spice of life

Variety is the spice of life
Or does it mean much pain and strife?
What do different things mean to you?
Does variety help you be true?

Variety of partners
Is this OK?
Variety of lovers
What would your parents say?

Variety of jobs
Variety of thought
Are you ever able
To do what you were taught?

Can commitment
Ever take place
If you're always wanting
Variety and space

Or is it possible
To have variety
Within one relationship
Different aspects able to be

Appreciated
Knowing that underneath
All that variety
Is a familiar set of teeth

Feel it in your bones

Feel it in your bones
Not just in your mobile phones
Feel it in your heart
That's the place to start
Then make sure you feel it
In, through and out
That's what emotions are all about

They're not just something in your head
Emotions are movements that need to be led
Into your body so they can have their say
But then it is vital that they flow away

He who laughs last

He who laughs last, laughs longest
Have you put this to the test?
What does it really mean?
It's time for sayings to come clean

And be shown for what they are
Triggers for a trauma or a guiding star
Either way they influence your day
Sometimes more than you know
It's time to let them all go

Leaving you free to start to create
A truer reflection of your energetic state
Saying things now that weren't made up
In the past from a half empty cup

At the end of the day

‘At the end of the day’
So they say
Is the commonest group of words
Used together
I thought the weather
Would come tops for the herds

Of English speaking souls
Who seem so inclined to say
What the weather is doing
Before the end of the day

Ever comes to mind
And so it comes back to ‘they’
Who or what is the source
That determines our day?

Not just at the end
But throughout as well
Surely we've all got our own
Unique story to tell

The look

The look was all it took
It needed nothing more
To make me shudder and shake
To my very core

No need for words or gestures
No need for a violent game
The look was all it took
To induce my shame

Immediately ceasing
Whatever had been the cause
To generate that look
That's how I learnt life's laws

Yet now as an adult
I need to realise
That some of those learnt laws
Are nothing more than lies

A false way of living
Dictated by fear
And it's up to me
To take the time to clear

Those lies from my system
From my rule book
No longer being afraid
Of that look

The look (part 2)

The look has now diminished
No longer am I afraid
Or shameful of my decisions
My life is now ME made

Where there's a will

Where there's a will there's a way
That's what we're told to say
But is that right for you?
Do all your wills come true?

If will was all it took
To become the way you want to look
Everyone would have their way
Each and every day

Maybe will is part of the plan
But something else is needed before you can
Be the way you want to be
And that's freely flowing energy

For when your insides flow freely
Your will can do the rest
Supporting all your dreams
For you to be your very best

A sage leaf a day

A sage leaf a day
Is what they used to say
If you wanted to keep
The doctor away

Sage was a cure all
Its healing properties
Particularly helped
Preventing cavities

Rubbed on your teeth
It still works a treat
So if you've been indulging
In foods that are sweet

A sage leaf will help
You to restore
Your sweet, sunny smile
For evermore

Hands on your heart

Hands on your heart
What is your true feeling?
Take three deep breaths
Let your soul do its revealing

As soon as you allow
Your truth to flow
More relaxation
You will come to know

For once your truth
Has been able to speak
You will find
You are no longer weak

You will feel empowered
Your inner world will be
Able to support you
With infinite energy

Silk purse

You can't make a silk purse from a sow's ear
Or is that only true if you live a life of fear?
Miracles can happen all the time
Reminding you of this is the purpose of my rhyme

Whatever you've been believing in the past
Does not have to be believed until your last
Breath of life, your brain is meant to grow
With each new experience, you can come to know

More of your own wisdom
More of your own truth
As soon as you allow
The curiosity of youth

To continue to play its part
In opening up your mind and your heart
Releasing the fears of yesteryears
That is how your brain clears

The pathways to your inner core
Revealing through your feeling of life for evermore
Movement of your body with grace and ease
That's the way to stay free of disease

And the way to make a silk purse
From whatever you considered as your present curse
As soon as you start to realise
Truth is often a gift in disguise

As happy as a pig in shit

As happy as a pig in shit
Boy you are a lucky git
If you're really that happy
Or are you living chikily?

For if you are then you will know
That it's not luck that lets you flow
That it's not just down to chance
That it's your conscious energy dance

And that it's vital for you to play your part
To do what it takes to keep an open heart
Compassion and flexibility
Are what it takes to be **chiki**

For whilst you are still holding any grudge
Whilst you are continuing to judge
Your neighbour for any misdeed
Your own energy will never be freed

And all the so called luck will fade
Diminishing returns on anything man-made
Are the natural consequence
For any of life that is a pretence

But for those that are prepared to be
Living their lives authentically
They are the ones that will look
As if they're out of a picture book

A stitch in time saves nine

A stitch in time saves nine
Now that's a saying that's divine
Doing things in the right time
Means that life will be sublime

For you will never have regret
Or try to unpick what's gone
You will have always done your best
Until it's time to move on

The time to leave is also something
Not to be ignored
For if you stay beyond that time
Then your work will be flawed

So pay attention to your gut
Before your head or heart
Let the wisdom of your soul
Control each stop and start

You can't teach an old dog new tricks

You can't teach an old dog new tricks
That's a saying that's got to go
Thanks to neuroscience
They are proving what I know

That human brains are flexible
That no matter your age
Anyone is capable
Of reading from a different page

Not by reinforcing
Any of our old ways
But by becoming open
To the newness of our days

To notice what's around you
To take each new thing in
And reinforce that new's OK
Let the good as new times begin

That's the way the cookie crumbles

That's the way the cookie crumbles
That's the way your stomach rumbles
Could it be any other way?
Could it be different on another day?

What determines where the cracks appear?
Could the rumbles be caused by fear?
Do you have any influence?
Is it pre-determined or co-incidence?

Or does what you think, feel and do
Make a difference to what comes true?
Could it be a possibility
That we affect our reality?

For everything has a movement of its own
One that is natural, before it is shown
Or dictated to and each energy
Needs to move like that, continually

But if it's not allowed to be free
If we've been taught another way to be
Then our silent grumbles will result in rumbles
When we witness the way the cookie crumbles

And simply being told that's the way it's got to be
Won't be able to silence our energy
Feel your truth and let that flow through
However it may crumble, you need to **BE YOU**

It takes two to tango

It takes two to tango
Apple and mango
There are some combinations
That need no explanations

They simply make sense
As a twosome not a three
Always a delight
True duality

Well I'll be blown

Well I'll be blown
Well I'll be damned
Do they mean the same thing?
I'm amazed
I'm aghast
Do they have the same ring?

Are they all similar phrases
Expressing our disbelief?
Are they all interchangeable
Do all of them bring relief?

To your stunned awareness
To your temporary state
At finding something incredible
Do these sayings help you create?

The necessary preparation
For your brain to be
Able to take in
What you found strange to see?

Is that the purpose of these sayings?
To prepare the way
For the brain to accept
New possibilities that day?

Well I'll be blowed (ctd)

If so then that would also
Explain why you may use
Seemingly unhelpful sayings
To console you when you lose

The grass is always greener
Is one that comes to mind
After a missed opportunity
This is often said to be kind

But that isn't what is meant
What is meant is the opposite
That somehow we should be content
With our one-sided shit

And the brain is always happy
To reinforce previous flow
Especially if it's negative
To be positive you need to know

That it takes five times the effort
To maintain a positive vibe
But it will always be worth it
So the occasional jibe

Will no longer affect you
Everyone else can be
Saying whatever they like
You will be saying free

Let the dog see the rabbit

Let the dog see the rabbit
That's a new one to me
I hadn't heard that saying
Until recently

What does it mean
I'm still not that clear
Does it mean you need to instil
Your prey with sufficient fear?

To prevent its energy
From enabling it to flee
Or is it the other way around
Does the hunter need to see what can be found?

If they follow the orders of the day
If they follow what the leaders say
Either way it's plain to see
Hunted or hunting's not for me

Making a mountain out of a molehill

Making a mountain out of a molehill
Making something worse than it seems
Surely this is purely subjective
Someone's nightmare; someone's dreams

For everything is relative
To what we already know
For some it may seem a trickle
For others it may be a full flow

So rather than attempting to belittle
The size of the case in hand
Maybe it would be more useful
To try and simply understand

The other person's point of view
However far-fetched it may be
And a good place to start
Would be to respect their energy

Making a mountain out of a molehill (ctd)

For before any words or labels
There is simply a flow
Of energy between you
And when you respect this you will know

That the current situation
However big or small
Has overloaded their system
So there's no benefit to call

Their condition a molehill
Or a mountain, all they need
Is the opportunity
For their system to be freed

Of this blockage of energy
And this you can always do
When you allow them to be
True to themselves and to you

Pooh Sticks

I don't ever feel I'm sinking
Into a place of despair
But sometimes out of the blue
I will find myself there

Everything seems so bleak
I sometimes even want to die
It's so sudden and random
I never used to understand why

Then I had a real breakthrough
I decided to allow myself to be
In whatever place I was
And focus on my energy

For when you feel despair
Whatever seems to be the cause
It can be relieved
By working with the natural laws

Pooh Sticks (ctd)

The laws that apply to everyone
Whether we believe them or not
Just like the law of gravity
If we're alive then we've got

The energy of life flowing through us
But sometimes the flow gets stuck
Depending on our situation
What some people think of as 'luck'

It will affect our ability
To flow with grace and ease
Sometimes the blockage is so great
We develop what we call disease

Of the body or mind
But the good news is we can fix
Any blocked situation
Using what I call 'pooh sticks'

Pooh Sticks Part 2

Remember the children's story
Where Pooh is the name of a bear?
He plays a game in the river
Watching sticks flow from here to there

And we can do this with ourselves
Observing our energetic flow
Our feelings are our 'pooh sticks'
And it's up to us to let them go

Not by pretending they don't exist
Not by waiting for the cause
To come to light before we shift
But by utilising natural laws

Sometimes the sticks need a helping hand
They may get stuck some more
Continually observing
Is what our insight is for

A 'pooh stick' in your energy flow
May not be yours originally
It may have come from someone else
Or from a fallen tree

But the treatment is the same
Whether it's yours or theirs
By playing 'pooh sticks' every day
We'll all become happy Care Bears

I want doesn't get

"I want doesn't get"

How many of us are still beset
With that mantra in our life
Unaware of the resultant strife?

For any saying given to us
At an age before we could speak
Up for ourselves became a belief
That would leave our energy weak

But now with the help of 'ffe'
We can start to release
Any of those false ceilings
Anything preventing our peace

It can all be tapped away
Nothing is too strong to stay
Everything is energy, no more no less
And with the added gift of **Chikiness**

Anything can be tackled, anything can be cleared
None of our history needs to be feared
Day by day our crap can flow
Leaving us clear to evolve and grow

Into our own truth and into our own skin
Whatever body we find ourselves in
Regardless of our stories, regardless of our past
We all have talents to share and a peace to enjoy at last

Come hell or high water

Come hell or high water
Applies to my daughter
A very determined lass
She knows what she desires
And any floods or any fires
Would not stop her being able to pass

As a baby she would cry
And we never knew why
We fed her and changed her yet still
The crying wouldn't cease
We never had any peace
I even thought she might be ill

So the health visitor came
I don't remember her name
She was dour and didn't believe me
When I told her our tale
Of how Laura would wail
Without mercy, continually

Except if we took her out in the car
Or for a long walk
I was scared that this might continue
Until the day that she could talk

Come hell or high water (ctd)

And tell us what was wrong
But luckily it didn't take that long
One day in complete despair
I put her upstairs and left her there

Not responding to her cries
I didn't realise
That having some peace and quiet
Was a necessary part of her daily diet

That she needed time to calm down
Away from any worry or frown
Releasing other energies from her space
Meant that the smile could return to her face

But the medical advice came along
And told me I was wrong
Suffering from colic was what this was about
Gripping pains were why she had to shout

So I was instructed to give her Infacol
Not knowing this would disconnect her soul
I am truly sorry, I hope she forgives me
For doing what I thought was necessary

Come hell or high water (ctd)

So history began to repeat itself
Another soul being left on the shelf
But hopefully this will be no more
Now we understand the importance of our core

And the need to honour core energy
As well as any sensitivity
So rather than perpetual tears
We now know any worries and fears

Can be released with ‘ffe’
As well as checking our physicality
To ensure that our health is good
On all levels, as it should

As happy as Larry

As happy as Larry
Reminds me of my son
Particularly when he's been fed
His face lights up
His soul shines through
He's more than just contented

Spelling his name with a 'u'
Was a deliberate choice to try
And prevent the shortened version
Of Larry from being able to apply

Why? I'm now not quite sure
All I know is I adore
My son Laurence and I'm not surprised
That he became a chef, for he realised

His culinary talents at an early age
Not wanting to follow any page
Of anyone else's instructions
He would want to do his own creations

And now he produces artwork on a plate
Many each day can and do appreciate
His talent and his individuality
A perpetual joy for us all to see

Recommended resources

‘ffe’ (free flowing energy techniques)

We have at our fingertips (literally) very simple and effective techniques which can help us flow any previously held emotions away.

More information about these can be found by visiting my website:

www.withlovefromruth.com

‘Vibrational Relief’

A unique provision of remedies to help support your natural vibration. These are available from my website

‘chiki/chikiness’

More information about chiki/chikiness can be found by visiting my personal website and also from my website totally dedicated to this concept:

www.thechikibistro.com

