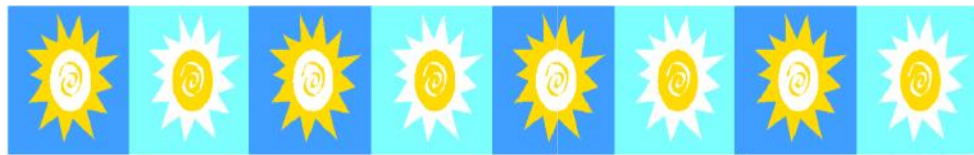


# Q Book

By Ruth Gilmore





Up until today I thought that my **Q** book would be the longest book in the series – containing hundreds of pages of questions I had asked and the answers I had received. This morning however the following rhyme flowed in response to my request for an introduction to the **Q** book.

Who, what, why?  
How, where, when?  
Questions we ask  
Again and again

Do you really  
Want to know?  
If you do then  
Feel **your** flow

For that is where  
You will find  
The answers to your questions  
That bring you peace of mind

Any other answer  
Will only bring you pain  
Your own truth is needed  
For true peace to reign

So instead of me sharing many pages of my questions and answers, I will instead share the way I have found to be able to feel my flow – that of rhyming and releasing – the joy of ‘interpeacing’.

I have realised that by committing to feeling my flow I have been able to come to know more and more of my own truth – this is the gift I share withlovefromruth x

## **Finding the best way**

Finding the best way  
For your soul to have its say  
Can be a lifelong quest  
For how will you know  
The best way to grow  
On what basis will you test?

The current theory of the day  
Any other particular way  
Here's what I came to know  
That when you can release  
Enough to experience peace  
Then you can feel your own soul flow

So rather than putting anything else in  
I would suggest that you now begin  
To let all things go  
And start to feel your own flow

This may be a trickle at first  
It may not be able to quench that thirst  
Yet if you continue to release  
And commit to 5 mins of peace

On a daily basis, morning, noon and night  
It won't be long before you can delight  
In feeling your flow strengthen every day  
More and more of your own soul way

Will come into being from the inside out  
Grow what you know by releasing fear and doubt  
A chiki workout is a great way  
To reach that place of peace, anytime of day

## **My favourite place**

My favourite place  
Of all time  
Is the place I reach  
Whenever I rhyme

Full of peace and  
Serenity  
A sense of connection  
Beyond duality

Replacing any  
Thoughts and feeling  
Allowing my wisdom  
To do its revealing

Answers to my questions  
Relief for my woes  
A constant reminder  
That anything goes

According to its nature  
In its own time  
As long as I don't interfere  
With its own rhythm and rhyme

Full details of how to do a chiki workout (and what being chiki is all about) can be found in my book entitled Chikiness or by visiting [www.thechikibistro.com](http://www.thechikibistro.com) – a website dedicated to all things 'chiki'.

## Questions

Questions come and  
Questions go  
All are part of  
Life's rich flow

When you are able  
To expand  
Your line of questioning  
Life will be grand

If you would like to know more about me and the support I can offer then please visit my website [www.withlovefromruth.com](http://www.withlovefromruth.com)