

Rhyming

By
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Many years ago

Many years ago
Rhymes began to flow
I soon found out
That all my fear and doubt

Would soon fade away
When I rhymed each day
And now I want to share with you
How rhyming can relieve you too

For when you take the time
To focus on a rhyme
You cannot be
Distracted so easily

So whilst it may seem weird
When you rhyme about what's feared
Judgment, guilt, grief and blame
Lose their grip to cause you shame

For whilst you focus on rhyme
You're in the present time
Nothing else can matter
Your internal chatter

Cannot be in control
So finally your soul
Has a chance to reveal
How you truly think and feel

And whilst this may seem worse
Bringing to light any curse
That may have blighted your life
It will soon release that strife

For the power of rhyme
Relieves you every time
Slowly but surely your energy
From within can start to flow free

Never ending

Never ending
Is what you find
When you have an
Open mind

How can you stay open
More of the time?
By restoring
Your ability to rhyme

Not from the head
Not from the heart
Rhyming from the soul
So your wisdom can impart

That which you need
To be your best each day
Enabling you to enjoy
Living the chiki way

Perfect timing

Perfect timing

Comes with perfect rhyming

When you can flow

All that you know

Without needing to

Get in the way

You will experience

A pretty perfect day

Rhyming

Rhyming with an
Open heart and mind
Is a simple
Way to find

Out your truth
As long as you stay clear
And release the need
To ever interfere

With the flow
Of any rhyme
What comes through
In any given time

May be challenging
It may give you grief
But ultimately
It will also bring relief

For there is nothing
Better than your truth
The wisdom that's been there
Since you were a youth

And when you allow it
To flow through
You will start to heal
And enjoy being YOU

Rhymes

Rhymes of old
Can still be told
To help us to find
More peace of mind

Rhymes that are new
Can help us to be true
Rhyming is how your
Soul can speak to you

In a language
That you can understand
In a way that
Makes you feel grand

Not by using
Fancy speak
But by revealing
The truth that you seek

And that truth
May not always be
Obvious through
The words that come to be

For rhymes are so much more
Than the words upon the page
They contain an energy
From a timeless age

An energy that can
Help you to feel
An energy that can
Help you to heal

For rhyming can help to
Activate
Your anterior
Cingulate

The part of the brain
That can connect
All parts of you
Beyond your intellect

Intuition
And feelings can then flow
Ever more freely
So more truth you'll come to know

It may seem silly

It may seem silly
At first to rhyme
Don't give up
Give it time

Never force it
Rhyming needs to be
Able to flow through you
Naturally

Natural rhyming

Natural Rhyming
Is all about flow
It's not about
Needing to know

Or thinking of a word
That could rhyme
With what comes next
It comes in its own time

And that's because the
Truth in you
Is always ready
To flow through

In its own
Rhythmical way
Not according
To what your head may say

Yes your head will
Play its part
Co-ordinating
The flow from your heart

Together with what comes
Up from your soul
Your head has a truly
Vital role

But as you can see
Your head is not the start
It cannot control
What wisdom you impart

When you allow
Your head to take a rest
That's when you can
Find out what is best

And whilst I am sure
There are other ways
To find out
What your soul says

For me there is nothing
I enjoy more
Than allowing rhyme
To flow freely from my core

Hello

Hello You

What's your plan

What are you up to today?

Are you ready

To be chiki

And let your soul have its say?

Are you ready to

Take the time

To allow your

Natural rhyme

To flow from

The core of YOU

Are you ready

To be true?

By all means

Borrow mine

To help you to

Feel divine

But the rhymes

That will truly heal

Are the ones that

You can feel

Yes it's by feeling
More each day
That your own rhymes
Can flow your way

Feeling what's
Inside of you
Is the first thing
You must do

Feelings need to
Flow naturally
For your rhyming
To be free

Of any conditioning
From the past
For any healing
To truly last

Don't be scared

Don't be scared
It's never too late
For you to be able
To appreciate

Your own natural
Rhythm and rhyme
It's never too late
To feel sublime

When you are wondering

When you are wondering
What is the right time
To do something
If you start to rhyme

Then your wisdom
Will have a way
To speak its truth
In a useful way

For rhyming is how
You can translate
Your feeling mind
And appreciate

All those messages
That your body brings
To your awareness
Each time your soul sings

When I'm feeling blue

When I'm feeling blue
Or don't know what to do
I turn to my rhyme
It works every time

Releasing my fear
Helping me get clear
Uplifting my energy
Enabling me to be

True to my core
True to my law
True to my purpose
My rhyme helps me explore

Any downhearted feelings
Or uncertainty
Rhymes are the way my soul
Helps me to be me

And given time
You can also rhyme
To help you out
With any fear or doubt

Rhyming is a skill
That helps when you are ill
And it's also fun to do
To truly help you to be you

For rhyming cuts through the crap
Of any particular mishap
Shining a light
Bringing out insight

From the depths of your soul
That is rhyming's role
To enable you to know
How you tick and how you flow

For that will be unique
My rhymes can help you seek
The answers to your plight
But your own core insight

Is what works best for you
Your rhymes will shine through
Any darkest hour and feed
You with what you truly need

The love of your life

The love of your life
May well need to go
For the full measure
Of your loving flow

To be able
To come through
In a way that's
Right and true

This may well
Take some time
It will help if
You can rhyme

For rhyming aids
All that is divine
Within you to
Truly shine

Back in the day

Back in the day you
Used to rhyme
Now you have both
Talent and time

To start rhyming
More than before
An ideal way
To strengthen your core

On the computer
Or written by hand
No matter how short
Nonsensical or bland

Every rhyme
Takes you to a place
That is filled with
The beauty of God's grace

What sort of bed

What sort of bed do I need to buy?
Is there a best sort of bed in which to lie?
Shall I get the answer from my friend Ruth?
Or am I ready to reveal my own truth?

I have already rhymed for years
Using this gift I have released many fears
As well as many other bits of negativity
Helping my vital energy flow free

And maybe now is the time
To use the gift of writing rhyme
To reveal my truth to me
Whether it's about a bed or where I need to be

For it matters not what the question is
For us to enjoy more of our bliss
It is best to rhyme each day
To give our soul an opportunity to say

What is best for us to grow
Where is best for us to know
How is best all in one go
Rhyming freely in one flow

More of what you

More of what you
Feel deep inside
Needs to surface
To enjoy life's ride

When you allow
Yourself to flow free
You will soon master
Your life's mystery

At any particular
Given time
With the help of a
Chiki rhyme

For by rhyming
You soon clear
Any confusion
Doubt or fear

That is often
Preventing you
From being able
To feel what is true

Any fake feelings
Need to go
In order for you
To truly know

Lots of troubles

Lots of troubles
Lots of woes
Lots of fears and
Lots of foes

In each place at
Any given time
Remember your ability
Is to rhyme

Rather than waiting
For it to be over
Or until you're
Feeling in clover

Rhyming during
Trouble and pain
Is the way to
Enable peace to reign

Evermore quickly
Than before
By connecting
With your core

During the conflict
During the fight
This is how more
Wisdom and insight

Can flow more freely
Helping the cause
Of interpreting
Universal laws

Within each nation
Within each plight
It won't be long before soul song
Will replace the need to fight

For a growing number
Of souls out there
And by you continuing
To do your bit and share

All the rhymes that come to you
At any given time
More and more of every core
Will become sublime

Feeling your flow

Feeling your flow
Is easier than it seems
Start with noticing
What happens in your dreams

As well as noticing
What you feel each time
You are in a quandary
And also start to rhyme

For rhyming activates
That part of your brain
That is necessary
For you to gain

Access to your wisdom
Access to your truth
Rhyming helps your soul to sing
Without the need for Ruth

Or any other soul friend
To share with you
Your soul wisdom
You can sense what's true

Within your own world
Each and every day
Feeling your own flow
Knowing your own way

Back on form

Back on form and
Here to stay
Rhyming well
And ready to play

The next part
The next role
The next act
Of my soul

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