

Switching Sides

By Ruth Gilmore



Introduction...

Looking at life from the inside out was a pivotal moment without a doubt. No more worrying no more fear of how out there could hurt me – all became clear. Life was truly of my own making, opportunities I could be taking without the need to look out there first – I could start quenching my own thirst. And now it's time for me to be a light for others to discover how to ignite their own passion deep within and to be able to begin living their own life inside out, the best way to live, for me there is no doubt.

When I sit down and write it often flows in rhyme, all in one go, each and every time. My insides guiding me to create each page to be able to stand alone regardless of the age that you may be reading this – Inside Out leads to Infinite Bliss. And it is my hope you discover your truth within these words.

withlovefromruth x

Heads or tails

Heads or tails
Good or bad?
Heads or tails
Happy or sad?
Heads or tails
Right or wrong?
Heads or tails
Your life long?

It doesn't have
To be this way
The coin need never
Come in to play
Your inner guidance
Wants to say
How it is
For you today

Let it guide you
Let it be
Let your inner
Guidance free
When you do this
You will see
How to feel
Your duality

Heads or tails (ctd)

How do you feel?
Good or bad?
How do you feel?
Happy or sad?
How do you feel?
Right or wrong?
Now you can feel it
Your life long

And when you feel it
You can know
Whether to change
To help you grow
Whether to stay
Or whether to go
You can now
Decide what's so

What you're here for

Is this what you're here to do?
Is this what you're here to see through?
Have you really got a clue?
Would you feel better if you knew?

Would you like to know some more?
Would you like to know for sure?
When you find your inner core
Then you'll know what you're here for

Who you are is locked inside
It's up to you to now decide
Whether you're ready for the ride
Your inner world can no longer hide

Now's the time to let it out
Your inner world wants to shout
Who you are without a doubt
What your life is really about

With this guidance you can know
How to let your energy flow
What it is that you can show
Those around you to help them grow

What you're here for (ctd)

Connecting with your inner life
Helps to release any fear or strife
Free flowing energy now runs rife
Helping you match the right fork for your knife

Living freely, whatever it may bring
Delighting in every living thing
Allowing your self to dance and sing
Loving and laughing at every ding a ling

PRAYER

Physical Realm And Your Energetic Realm

Connecting the Physical Realm And You
That's what it means to pray
Guiding your outer world from within
Each and every day

How you do this is up to you
It's up to you to find
Your own way of going within
That will bring you peace of mind

For some it's always on bended knee
For others it's taking a run
However you choose to connect
It's different for everyone

Yet what is always constant
Is the You that's deep within
Unique yet connected with all there is
The core from where you begin

For the You inside is unchanging
The You inside is divine
And when you pray in your own way
Your light will always shine

PRAYER (ctd)

Helping those around you
Who may not yet be aware
That all we need to do is pray
To show the world we care

So if our physical stops working
In the way we want it to
Remember to continue praying
Something we can always do

Connecting the Physical Realm and You
That's what it means to pray
Guiding your outer world from within
Each and every day

Are you really listening?

Are you really listening
To what I have to say?
Are you observing me
Each and every day?
Or are you hearing
And seeing your own way
Are you enlightening
The world with what you pray?

When you are connected
You really start to thrive
When you are connected
Your senses come alive
Then you start to realise
That there are more than five
Senses to appreciate
To help the world to thrive

When you understand this
You will come to know
How to live your life
How to really grow
It becomes so simple
As soon as you let go
Of everything that's been before
And start to be the flow

Are you really listening? (ctd)

Being the flow
Each and every day
Continually observing
What you do and say
Letting it all go
In its own way
Feeding the world
Is easy when you pray

Praying brings you guidance
From your Soul within
Praying brings the wisdom
That nothing is a sin
Nothing must be done
There are no battles to win
As soon as you accept this
Your true life can begin

Lots Of Vital Energy

Lots of vital energy
Flowing from your core
Lots of vital energy
Flowing evermore
Lots of vital energy
Of this you can be sure
Lots of vital energy
Is the natural law

Love in flowing energy
Flowing from your core
Love in flowing energy
Flowing evermore
Love in flowing energy
Of this you can be sure
Love in flowing energy
That's what life is really for

Inside out

Looking at life from the inside out
Was a very different way for me
Starting each day by going within
Is now what matters to me

For when I start by going within
Then the real enjoyment of life can begin
All the energy within me can flow
Into each moment, helping me to grow

Living my life from the inside out
Was a very different way for me
Living each day from that place within
Is now what matters to me

For when I live life from within
Then the real enjoyment of life can begin
Sharing with others my best each day
Allows me to live in a 'chiki' way

Flow free

Living your life from the inside out
That's what life is all about
Love in flowing energy
Let the love in you flow free

When you get the urge to do
Make sure that you see it through
That's the way love flows from you
Don't ignore the urge to do

When you feel it, let it out
Don't ignore it, never doubt
That's what life is all about
Living your life from the inside out

If you live any other way
How can the love inside you play?
It can only react each day
To what others do or say

You have your own life to live
You have your own love to give
Love in flowing energy
Let the love in you flow free

Going within

Start your day by going within
Going within, going within
Start your day by going within
That's how every day should begin

If you don't you'll go without
Go without, go without
If you don't you'll go without
Every day there is no doubt

It's up to you to find your way
How to go within each day
How to connect and how to pray
Listen to what your insides say

End your day by going within
Going within, going within
End your day by going within
That's how every night should begin

If you don't you'll go without
Go without, go without
If you don't you'll go without
Every night there is no doubt

Going within (ctd)

When you go within each night
You will find your inner light
Ever burning ever bright
Bringing you wisdom and insight

From your wisdom that runs deep
That runs deep, that runs deep
From your wisdom that runs deep
Every night while you're asleep

Then when you awake you will know
You will know, you will know
Then when you awake you will know
How to go within just so

Feeding your spirit, nourishing your Soul
Nourishing your Soul, nourishing your Soul
Feeding your spirit, nourishing your Soul
Combining all your energy, making you whole
Day and night that is your role

Honouring energetic auras

Honouring energetic auras leads to health
Working with energetic auras leads to wealth
It's not complicated, it's so simple when you see
Honouring energetic auras, that's the way to be

So make a start by opening your heart
Let your energy flow
From the non-physical, to the physical
Now's the time to show

Honouring energetic auras leads to health
Working with energetic auras leads to wealth
It's not complicated, it's simply energy
Flowing all around us
Let it all flow free

Make a start by opening your heart
Let it all flow out
Let it go then you will know
What life's all about

Your way

What makes your heart sing?
What is your thing?
What brings you joy each day?
What is your way?

If you think you don't know
It's time to let that feeling go
When you flow your feelings through
Then your heart can sing to you

What makes your Spirit soar?
What is it that you adore?
What brings you joy each day?
What is your way?

If you think you can't connect
It's time to give your Soul respect
When you flow your feelings through
Then your Soul can sing to you

Letting all your feelings flow
Is the way for you to know
What to do and what to say
How to feel joy every day

Your way (ctd)

When your heart and Soul can sing
Then you'll know what is your thing
What brings you joy each day
What is your way?

What makes your heart sing?
What is your thing?
What brings you joy each day?
What is it you want to say?

What are you here for?
What makes your Spirit soar?
What do you want to say?
Where do you want to play?

What is it all about?
What makes you want to shout?
What brings you joy each day?
Where do you want to play?

Feeding your Soul

Feeding your Ego or feeding your Soul
Which for you is your goal?
When you're clear what you want to do
Then your life will flow for you

Until that day it will be a mess
It will be second best
Feeding your Ego or feeding your Soul
Which for you is your goal?

When you start to feed your Soul
Then you'll find a different role
To play in life uniting the love
Living below as you would above

If you're feeding the Ego still
Then you'll have to rely on your Will
There will be no other way
Available to you each day

When you feed your Soul you'll feel
All the benefits of the deal
That will come by going within
Then the real enjoyment of life will begin

Your Soul

Your Soul is the **Source Of Unifying Love**
Given to you from the Energy above
Your uniqueness, within you
The part of you that's always true

Without a connection with your Soul
There is no direction for your goal
Aimless and shameless Ego will rule you
You need your Soul to guide you through

When you accept the presence of your Soul
It will provide you with your role
Your part to play in life's grand plan
The gift for you to share with your fellow man

Until that day you'll never be clear
Your Ego will dominate, worry and fear
So why not seize the moment now
Connect with your Soul and enjoy your WOW

Connection with your Soul you will find
When you start to rest your mind
Allow it to relax, let your thoughts flow
Then the inner you, you'll come to know

Your Soul (ctd)

Watching others may be the place to start
To help you find the way in to your heart
When you can feel your energy within
Then your Soul connection will begin

The right place

All you need to do is be in the right place
All you need to do is wear a smile upon your face
Then what needs to happen can flow through you
You will never need to know what you're here to do

Make sure your physical is up to the job
Make sure your physical doesn't ever rob
Anyone else's energy
Connect to your Source, let your energy flow free

To be in the right place all you need to do is pray
Continually throughout each and every day
Allow your inner guidance to show you where to be
Connect to your Source, let your energy flow free

The right place (ctd)

Wearing a smile on your mouth and in your eyes
Provides all the answers, your angel in disguise
You will never need to worry you're not right
Wearing a smile reveals your inner light

This is the energy that needs to flow through you
This is the energy that is pure and true
Providing what is needed day by day
You will never need to plan what you're here to say

This is what it means to live in the now
Allowing every moment to have its say somehow
What needs to happen can flow through you
You will never need to know what you're here to do

How to heal a bleeding heart

How to heal a bleeding heart
Softening the energy is where to start
Until the energy can flow free
The bleeding heart will always be

Every thought that makes you sad
Every thought that makes you mad
Every thought, good or bad
Feel them in your heart

For when you feel them you will know
That's the time to let them go
For when your feelings can flow free
The bleeding heart need never be

The cover

Never judge a book by its cover
Is what we're told each day
Yet don't we rely on the cover
To reflect what the insides say?

So what does your cover say to me
It speaks of insides not yet free
Trapped in a world that does not know
How to help you to really grow

When you accept who you really are
You will shine as bright as any star
It's time to ditch those so called friends
For they are only serving their own ends

Then all you do will flourish
You will really start to thrive
Forever flowing energy
You will really come alive

Spreading your gift throughout each day
In your own, unique way
There will be no more false starts
Forever flowing energy through human hearts

Clive

I used to know a man called Clive
He would make me feel alive
Sharing all his energy
Flowing in harmony, flowing free

Nothing would ever keep him down
Always smiling, never a frown
Chiki Love Is Vital Energy
Flowing in harmony, flowing free

You may not yet know your Clive
Though you can always feel alive
Start to feel your energy
Flowing through you, flowing free

Nothing need ever keep you down
Wear a smile, not a frown
Then your energy can start to flow
Then your energy will start to grow

When you start to feel alive
Then you know you've found your 'Clive'
All that chiki energy
Flowing in harmony, flowing free

Clive (ctd)

Nothing will ever keep you down
Always a smile, never a frown
Chiki Love Is Vital Energy
Flowing in harmony, flowing free

Nature knows to do its thing
The sun knows to rise, the birds know to sing
Never being right or wrong
Everything creating its own song

Nothing will ever keep life down
Always a smile, never a frown
Chiki Love Is Vital Energy
Flowing in harmony, flowing free

Harmony

Harmony, harmony
That's what life is meant to be
You and me, flowing free
Mutually respecting all our energy

Balance

Balancing your energy
Is vital every day
Balancing your power
To help you on your way

When your chi flows freely
You will find you stay
Balanced in your energy
Enjoying your own way

Holistic health

There is no magic formula
No one way to live
There is no one prescription
No one treatment to give

For whenever we think we've found 'the' tool
Someone will prove an exception to the rule
Showing us that we need to think some more
That's what human life is for

When we try to regulate
How we live our life
There is always a danger
Of increasing pain and strife

For when we impose a limited way
Safety can become the order of the day
Rather than being one aspect of the whole
Regulation can grab the leading role

Feeding the fears of those that need
One particular way to succeed
Yet if these rules are causing so much pain
Surely it's time to think again

Holistic health (ctd)

There is no time like the present
To make your difference somehow
Whatever may happen in the future
We can make a difference right now

So what is it that you want to do?
What do you feel you are here to see through?
What will bring you joy as well as wealth?
How will you create your holistic health?

Together we can make these dreams come true
We can help you learn about you
So then you can share with others what you know
Helping their holistic health to grow

Don't let anything keep you down
Bring back the smile, release the frown
However life may appear today
Tomorrow will be different, no matter what we say

So feel the joy of being alive
Allow that feeling to help you thrive
May the energy of this rhyme
Help you through this uncertain time

Are you looking for a hero?

Are you looking for a hero
To come and save your life?
Are you looking for a hero
To end the pain and strife?
Are you looking for a hero
To turn your life around?
Are you looking for a hero
Is there a hero to be found?

Highest Energy Reaching Out
That's what a hero's all about
When you find your hero within
Ultimate enjoyment of life can now begin

Are you looking for a hero
How must your hero be?
Are you looking for a hero
With unlimited energy?
Are you looking for a hero
To slay your worries and fear
Are you looking for a hero
Is there a hero near?

Are you looking...(ctd)

Heroes living on the outside
Can sometimes save your life
Heroes living on the outside
Can sometimes end your strife
Yet heroes living on the outside
Have their own lives to live
Heroes living on the outside
Have limited resources to give

Highest Energy Reaching Out
That's what a hero's all about
When you find your hero within
Ultimate enjoyment of life can now begin

Hero

The hero living within you
Can always save your life
The hero living within you
Can always end your strife
The hero living within you
Will always know what to do
The hero living within you
Is there your whole life through

Highest Energy Reaching Out
That's what a hero's all about
When you find your hero within
Ultimate enjoyment of life can now begin

The hero living within you
Will never let you down
The hero living within you
Will never let you frown
The hero living within you
Will help you let things go
The hero living within you
Will help you let life flow

Hero (ctd)

The hero living within you
Can guide you every day
The hero living within you
Will always want to play
The hero living within you
Will always give its best
The hero living within you
Will never need to rest

Highest Energy Reaching Out
That's what a hero's all about
When you find your hero within
Ultimate enjoyment of life can now begin

Living life from the inside out
That's what life is really about
No more searching for heroes out there
Let your inner hero love and care

Feel your thoughts

The vibration of your thought is revealed in what
you're feeling

Until you feel the thought, you won't know what
cards you're dealing

What is the hand being offered by you?

What is the energy flowing through?

When you think a thought what sensation are you
feeling?

Until you feel the thought you won't know the
thought's true meaning

How is your body reacting to You?

Feel the sensation flowing through

Every thought has its own feeling

Every thought has its own meaning

Before you label the feeling too

Feel the sensation inside you

Don't be tempted to think what you're feeling

Allow your body to reveal its true meaning

Let it show you your energetic state

Then you'll know before it's too late

Feel your thoughts (ctd)

Where you need to do some energetic healing
Before it turns physical, you can flow that feeling
Make sure the energy flows through your heart
So it can nourish you and then it can depart

Now if any thoughts ever start to bother you
You will know exactly what you need to do
Feel the sensation then let it flow away
Release your feelings everyday

Then you'll discover who you really are
You will shine as bright as any star
All your energy flowing free
Flowing from you so chikily

Your inner light

How to thrive when nothing seems right
How to thrive in the middle of a fight
How to thrive - find your inner light
Always burning bright

Your inner light knows no limit or lack
Your inner light never needs to hold back
Always burning brightly for you
Always burning pure and true

Who do you think you are?

Who do you think you are?
Who do you feel you are?
Who do you know you are?
Who are you?

Have you found your inner light?
The star within you burning bright?
Shining through with all its might?
Who are you?

Does your inner light flow free?
Does it shine through easily?
Can it shine for others to see?
Who are you?

Or does it stay inside of you?
Never really shining through
Leaving you without a clue
Who you are

Now's the time to let it flow
Now's the time to let it go
Now's the time to really show
Who you are

Who do you think you are? (ctd)

With your insides flowing free
You will know who you can be
Others will be able to see
Who you are

Now who do you think you are?
Now who do you feel you are?
Now you know who you really are
You're a star

One of millions burning bright
Shining through your inner light
Sharing all your great insight
Evermore

Your way to Holistic Health

To find a way out of the mess you're in
You always need to go within
To the heart of who you are
To the core of your shining star

For if the core does not flow out
The mess will remain without a doubt
Even if it appears to go
It will always return to show

How you need to find your Source
How you need your inner resource
How you need your love to flow
From your heart to help you grow

For when your insides can flow free
You'll start to solve the mystery
Of who you are and what to do
Solving life's puzzle, clue by clue

Looking for the answers outside
May seem to be an easier ride
And for some it may be the way
To follow the orders of the day

Your way to Holistic Health ctd)

Yet if your insides don't agree
With who you're trying hard to be
They will reject whatever you do
Preventing you from following through

You may ignore your inner voice
You may believe you have that choice
Yet until you go within
Holistic Health will never begin

Are you shining?

Are you shining or are you whining?
Unless you let your energy flow
Misery will continue to grow

Nothing will ever turn out right
If you reject your inner light

We're not here to be disconnected
We're not here to be unaffected

Everything that happens in life
Presents us with a choice
To respond with only conscious thought
Or that of our inner voice

The voice that has the benefit
Of all that's gone before
The voice that's at the heart of You
Now and evermore

To celebrate

To celebrate or desecrate, you always have the choice
When life gets tough do you moan or do you still
rejoice?

Are you able to accept what is and embrace what's
got to be?

Or do you need to hang on to the past, a false reality?

Previous expectation will always hold you back
Previous expectation is full of limit and lack
When you can flow freely, you'll be able to grow
Discovering how Life can support you and enable you
to show

That you do not need any others to give you
permission to live

You do not need their permission to give all you can
give

For when you put your heart and soul in what you do
each day

The cause for celebration is evident straight away

To celebrate (ctd)

Others may try and take away the right for you to do
Certain things in a certain way, but you can always be
you

Others may try and take away the right for you to say
Certain things in a certain way, but you will find a
way

For when you use your heart and soul the wisdom can
flow free

Using the benefit of what you know to help your
world to be

A better place than when you came, for you and
others too

So don't give up, give it your all, that's what we're
here to do

What do you leave?

What do you leave in your wake?
What do you leave for heaven's sake?
What do you leave for others to know?
What do you leave for others to grow?

What do you leave for others to see?
What do you leave for others to be?
What do you leave in your wake?
What do you leave for heaven's sake?

What do you leave for others to hear?
What do you leave for others to fear?
What do you leave in your wake?
What do you leave for heaven's sake?

What do you leave for others to touch?
What do you leave for others as such?
What do you leave in your wake?
What do you leave for heaven's sake?

What do you leave for others to feel?
What do you leave for others that's real?
What do you leave in your wake?
What do you leave for heaven's sake?

Feeling

It's not about doing, having or being
It's all about expanding your feeling
Feeling what's it's like to be
That's all we're for, do you see?

So now there's no need to hesitate
When you have the desire to create
For with that desire comes the chance
To feel how you and your energy dance

A different tune each day of your life
Depending on what you see as your strife
For strife is the contrast that you use
To expand whichever feeling you choose

So enjoy the contrast, whatever the pain
Feel the contrast and feel it again
Feel it until you need it no more
Feel it until you can explore

More of who you really are
More of the energy shining your star
More of the contrast to make it clear
That there is nothing you ever need fear

Feeling (ctd)

For when you turn the other cheek
Another perspective you can seek
Nothing need ever stay the same
It's up to you to play your game

The way you want to every day
Even though others may want you to stay
Always align with who you are
You can help others more when you are far

Away from their pain, away from their ache
Focussing only on your wake
That which is there, when you leave
That's what the others of you will perceive

So what is it that the others will see
What have you left as your reality
A life of survival, battling through
Or a life full of contrast revealing more of You

Here and now

What is tugging at your heart strings?
What is pulling at your purse strings?
What is it about these things that makes you feel this way?

What is it about your life?
What is it about your strife?
What is it that's running rife that makes you feel this way?

Do you want to understand?
Do you want to feel grand?
Do you want your promised land to show up here and now?

Your life can flow more easily
When you live life chikily
Harmonising energy of what you think and feel

Then that tugging of the heart strings
Then that pulling of the purse strings
Will remind you that these things are meant to be that way

Helping you to discover, helping you to recover
Helping you to be a lover of life here and now

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Living her life as best she can
Always thinking of her fellow man
Mothering the world is what she does best
Even when her physical is telling her to rest

She always seems to find a way to do
What is needed to help you through
Words of wisdom, a loving smile
Helping us to feel worthwhile

A wonderful lady, so ready to share
Thank you Mum for being there
I dedicate this book to you
With grateful thanks for being true

withlovefromruth.com