

**Daily Life Lessons from
"The Inner Coach"
2010**



Keith Collins

DECEMBER

Overcoming Victimhood

Dec 31 2010

The same freedom of choice that allows me to choose to be a victim also allows me to overcome victimhood.

To overcome victimhood in our modern society requires us individually to make a conscious choice to do so.

Overcoming victimhood requires me to overcome the polarity of the relative dual reality energy that allows it to exist.

That energy is my belief system that drives my thinking.

Overcoming victimhood allows me to be:

- Problem free
- Fearless
- Emotionally Powerful
- Authorised to choose
- Able to live happily and well

It allows me to no longer be a victim of my problems, my fears, my emotions, my choices, or my lack of ability.

The ability to live life happily, well, and free from victimhood, requires my personal connection to my own power and authority. It requires me to own my power and authority.

My dependency on the power or authority of another will render myself a victim of that power or authority.

The ability to connect to my own power and authority requires a fundamental understanding of what drives the universe and the world in which I live.

Overcoming victimhood requires a unique understanding of the inherent beliefs within our society and within our self that are creating the victimhood.

Overcoming victimhood requires an understanding of the 'Law of Attraction' and how the fact that "Like energy is drawn unto itself" is creating everyone's reality in a personal, individual and unique way.

It requires an understanding of the 'Golden Rule' that:

- "What I do unto others, I will experience in return"
- "What goes around comes around"
- "What I do unto others, I do unto myself"

What I think creates my reality and what you think creates yours. We only share the same reality when we share the same thoughts, limiting beliefs and fears about our life.

I am a victim of life only as long as I believe myself to be one.

Once I take responsibility for creating my own reality, I am no longer a victim of my reality but the creator of my reality.

"Why on earth would I choose to be the victim of my own creation"?

The Cause of Victimhood

Dec 30 2010

The Cause of Victimhood is always our personal thinking. It is either a fear or a limiting belief.

Whatever I fear, I become a victim of.

Whatever I need emotionally, I become a victim of.

I am a victim of my programmed sub-conscious beliefs about life.

When my personal beliefs create a reality that I do not want, I am a victim of the reality that my beliefs have created.

My victimhood is created by the belief that I can be a victim of life.

It is created by the belief that life has problems.

It is created by the belief that what occurs is beyond my control.

It is created by the belief that bad luck and misfortune exist.

It is created by my personal judgment that life is good or bad, right or wrong, light or dark, black or white, positive or negative.

The polarity of my energy that creates the existence of duality, polar opposites, and opposing genders, and gives me individual choice, also creates the possibility of my victimhood existing.

A victim is not created by a villain; it is the sub-conscious choice of the individual victim themselves.

Victimhood

Dec 29 2010

Victimhood affects 99.9% of the population.

Almost everyone is a victim of something at some time.

Only a chosen few, a few that have chosen, have taken the steps to overcome victimhood in our society today.

We live in a society where victimhood is seen as an ongoing social problem that society is hopelessly trying to solve.

We live in a compensation culture that rewards victims and seeks revenge over those who are to blame, in the name of justice.

The current solution to the problem is to turn the villains into victims by prosecuting and persecuting them.

Victimhood is part of the duality of victims and villains.

It is defined as a control drama that is played out between victims and villains, between an intimidator and a poor me in an extrovert and active way, or between an interrogator and an aloof in a passive and introvert way.

To stop being the victim, we also have to stop being the villain.

The villain is always our own belief system.

Logic

Dec 28 2010

Logic is formal.

It defines form and follows a formula.

The physical world is logical. It follows the formulae defined as the Laws of Physics.

A world that follows a logical formula is seen to be rational, but not all logic is rational.

Spirit and emotion are not rational, but they are logical.

Spirit and emotion become logical to me once I know the formula.

In the absence of a formula, spirit is seen as illogical and emotion is seen as irrational.

Spirit means energy and emotion is energy in motion.

Energy has a formula even though it does not appear to have form.

Everything that is physical is the form that energy is assuming.

Einstein gave us the formula for Energy: $E=MC^2$.

We now need to understand what Energetic Mass is as opposed to material mass and to understand what C^2 or the speed of light means logically.

Once we understand the formula $B^2 + C^2 = A^2$, Energy will become logical.

Instance & Instants

Dec 27 2010

An **Instance** is an occurrence or a happening.

It is something that occurs to me or happens to me.

A normal instance upholds reality as normal and unchanging.

An abnormal instance is seen as surreal or paranormal or is an experience that is seen as an accident or a disaster that changes current reality.

I see a disastrous instance as changing my normal reality against my wishes.

Instances of change are seen as blips in the One Reality of Life and are perceived as changes to reality over time.

An **Instant** is a point in space and time.

We perceive points in space as places and points in time as moments, which we see as different aspects of reality.

When I observe a particular point in space & time, I see an Instant of Reality.

An instant of reality is the product of that point in space and that point in time.

Space-Time creates Instants of Reality

Without space-time there is no point to reality.

An Instant is continuously changing.

That is the point of Reality and the point of Life.

When I observe the instant, I get the point.

An instance happens to me, whereas an instant is of my own creation.

Attaining Forgiveness

Dec 26 2010

Acceptance is the gateway to Forgiveness.

When I accept that everything in life is for-given and that everything in life is given-for me, I attain forgiveness.

When I see everything that occurs in life as a gift and a present, forgiveness is a given.

I forgive everyone who gives me what I want.

My Soul forgives unconditionally of my Self.

My Soul unconditionally gives my Self everything that my Soul & Self co-operate with.

It is only my ego self's non-acceptance of a given situation that disallows my Soul's presence and my Soul's present.

Without my Soul's presence there can be no acceptance of its gift.

My Soul can only present within my reality that which is appropriate for my growth.

When I do not know that my Soul is for-giving, I cannot be accepting myself or Accepting of my Self or Accepting from my Soul.

I attain Forgiveness when I become my Soul and give my Life to my Self.

Attaining Forgiveness requires being Forgiving not being forgiven.

Being Accepting & Acceptance

Dec 25 2010

Acceptance is attaining the attribute of being Accepting.

Being Accepting is not the same as doing accepting.

Accepting is what I do when I receive something.

It may be given by another or it may just occur in my presence.

I always have choice.

When I receive something with gratitude and appreciation, I get the opportunity that is present and I receive it acceptingly.

I am being accepting of what is occurring.

When I receive something that I think I do not want it is a problem, which I accept as a problem and I am accepting the problem.

Accepting the problem is what I am doing, being tolerant is who I am being.

I am tolerating the problem that is occurring because all problems are a toleration.

When I endure a problem, I am being tolerant, I am not being Accepting.

When I accept a problem, I have not attained acceptance.

Attaining Acceptance requires me to be problem-free and tolerating nothing.

I attain Acceptance when I am being Accepting of whatever occurs in my Life because I see it as an opportunity for growth and I accept that opportunity for my Self.

The distinction is not between Being Accepting and Acceptance, one is the attribute that allows the attainment, but between doing accepting and Being Accepting.

When there is a distinction between what I am doing and who I am being, I am out of alignment with my Soul.

Being My Soul

Dec 24 2010

Being my Soul is being who I am.

Who I am is my authentic Self.

My Authentic Beingness is my Soul.

My Self allows me to do.

My Soul is; it doesn't do.

Learning who I am requires my Self to do the learning.

I can only learn, experience and understand my Soul, as my Self.

I am required to be my Self, to know who I am.

My Self is essential to finding the essence of who I am.

It is only in the separation from my Soul as my Self that I can see, feel and know who I really am.

Illogical & Irrational

Dec 23 2010

Neither being **Illogical** nor being **Irrational** is being rational but they are not the same state of being.

They share the same negative polarity, but not the same gender.

Logic and rationale have the same positive polarity, yet have different genders.

Being rational is masculine logic, whereas my rationale is feminine intuition. Both are positive attributes.

Being illogical is negative male energy, whereas being irrational is negative female energy.

Irrational has an opposing female positive energy of being emotional.

Illogical has an opposing male positive energy of being rational.

Being unemotional is a negative male energy that is not the same as being illogical.

Being illogical has a negative polarity, whereas being unemotional has a negative gender.

When being rational, I know my energy.

When being emotional, I feel my energy.

When being logical, I see my energy.

When being irrational, I am disconnected mentally.

When being unemotional, I am disconnected emotionally.

When being illogical, I am disconnected physically.

When being illogical, irrational and unemotional, I am disconnected from all three aspects of my Beingness.

Intuitive Logic is balanced, harmonious and charge neutral.

Being Complete

Dec 22 2010

I am complete with life when life is flowing effortlessly and freely.

Being Complete is being connected to my Divinity.

It is being in full power and authority that allows me the ability to fulfil my life and complete my destiny.

I am incomplete when my power or my authority is divided and not completely whole.

My authority is incomplete when the polarity of my mental energy is either positive or negative.

My power is incomplete when the gender of my emotional energy is either male or female.

My ability is complete when my gender is balanced, my polarity is neutral and my intensity is in harmonic resonance.

My life is complete when I have the power, the authority and the ability to be, to do and to have whatever I choose in life.

When my life is complete, I am complete with life.

Being complete is not the end of my life it is the beginning of my Life.

Completing & Finishing

Dec 21 2010

Completing & Finishing are not the same thing.

The opposite of complete is incomplete, unfulfilled and not whole.

The opposite of finished is unfinished or just started.

What I do has a start and a finish.

What I am doing is either finished or unfinished.

Whether I am finished or unfinished determines the degree of achievement.

Who I am, is either complete or incomplete.

I am being either complete or incomplete.

My state of being determines whether I am complete or incomplete, unfulfilled or whole.

Who I am being is the attribute that I have attained.

What I am doing is the success that I have achieved.

I need to finish in order to achieve and to succeed.

I truly value the attributes that I have attained as complete.

My journey of completion has only just started.

Getting My Direction

Dec 20 2010

My Soul gives my Self direction.

Yet my Soul is never directive.

My Soul never tells my Self what to do.

Telling others what to do is directive and arrogant.

My Soul always gives my Self choice.

I always have self-choice.

Being directive makes a choice for another.

My Soul gives direction, acts as a sign-post, but never determines which path I will take.

I get my direction when I understand my path and I get the direction that it is my path to follow.

When I am receiving direction, I am getting that direction either from my ego self or someone else's ego self.

When I am getting my direction, I get it; I understand the way I need to be in order to see that I am on my path.

My direction is my polarity.

When I can see the polarity of my emotional energy, I feel and know who I am being on my path and I know in which direction I am travelling.

Getting My Direction requires my intuitive sense to see it, feel it and know it to be the way.

My direction is the way to Be.

Beingness is my direction.

Hearing My Messages

Dec 19 2010

Hearing my Messages is the key to my effortless life.

But, how do I hear my messages?

I hear my messages intuitively.

I hear my messages when:

- I see my opportunities
- I know my right choices
- I feel my emotional intensity

I do not see opportunities with my physical eyes.

They exist in my imagination as a visualisation.

I do not know my right choices from my memory, my programmed beliefs or my learned knowledge.

They are an innate knowing that arrive as an inspired revelation in a moment of silence.

I do not feel emotional intensity with my hands or fingers.

It is an inner feeling from my solar plexus that vibrates throughout my Beingness.

I do not hear my messages with my ears.

There is no audible sound.

I see, know and feel intuitively when I get the message.

Dying to Live

Dec 18 2010 [Edit This](#)

Having a life & a death is a duality of Life.

Living or dying is a choice.

It is a choice that I make in every moment of Life.

It is not an action but a state of being, based on my perspective of Life.

I can choose a state of being 'alive' in each moment, or I can choose a state of being 'dead' to each moment of time.

I can choose to be alive to my reality or dead and unawakened to my true reality.

In a reality where I am dead to my truth, I am slowly dying in each moment of life.

It is not I that is dying, it is my perspective of reality that is dying.

When my perspective of reality is dying, dying becomes my reality.

Appreciating Life is a process of overcoming the duality of life & death.

I am neither living to die nor am I **dying to live**.

I am living a Life without any perception or focus on death or dying.

In each present moment, I do not give a thought to either death or dying, only to living in each present moment of my reality.

A Free Spirit

Dec 17 2010

A Free Spirit has no attachments to physical life.

My Spirit is free.

The question is: “Am I as free as my spirit”?

Am I free to follow my spirit?

Or, is my body enslaved to the rituals, habits, obsessions, addictions and attachments of earthly life?

Earthly life is a programme that is learned from our birth into a physical existence.

Can I be free and operate to a programme?

Whilst my mind and body are enslaved, my spirit is not free.

My Soul becomes free when my Self overcomes being a slave to my programming.

A Self that is a slave to the mastery of its Soul will also be confined by the duality of the master & slave.

Overcoming duality is the only way to free my spirit.

Releasing

Dec 16 2010

Releasing is letting go of what I am attached to in life.

What I am emotionally attached to in life is the result of my belief that I need it.

Releasing my emotional attachments involves a 'cleansing' or a purification of my emotional energy.

Releasing a mental belief, that I am attached to, creates an emotional cleansing and a 'deliverance' or redemption of my truth.

Redeeming my truth is akin to being 'delivered from evil'.

Emotional needs and limiting beliefs create the roles and the dramas that exist in my life.

Releasing my limiting beliefs and cleansing my emotions, delivers me from the problems, the fears and the dramas of life that cause my suffering.

Re-leasing is contracting a new set of beliefs and a new lease of Life that allows my life-force energy to flow effortlessly and to grow expansively.

Manifestation

Dec 15 2010

Manifestation requires a manifesto or agenda.

My agenda is the list of things that I would like to manifest into my reality.

My agenda is the manifesto of my ego Self.

My Soul has no agenda. It allows my Self unconditional choice.

Choosing to manifest whatever is in alignment with my vision and my purpose has the authority & power of my Soul and can be realised effortlessly.

I am often unaware of how effortlessly I am realising what I have come here to experience.

When unawakened to my Soul's path, I did not realise what I was manifesting in my life. I left it to my fate.

My Soul has no agenda but it does hold the blueprint of my choices for my life.

My Soul sends me opportunities to follow my path and realise my vision.

My biggest blockage to the realisation of my vision is my ego self's agenda of manifesting what it thinks that I want in my life.

When my ego's agenda is out of alignment with my Soul's path, manifestation is not effortless.

Skills & Abilities

Dec 14 2010

Skills & Abilities are not the same.

A skill is the ability to carry out a task.

The more skill that I have the better I am able to carry out the task.

A skill is a learned ability but it is not a natural ability.

We all have the ability to learn but this is not a skill, it is an innate ability.

Ability requires both Power & Authority, not skill.

I can have all the skill in the world but without both my power and my authority I will not be able to use that skill effectively.

Ability may be learned or it may be natural.

Natural ability is my connection to the power and authority of my true nature.

Skills have to be learnt.

My ability is learning to master my power and my authority.

My skill is being able to use the ability of my power and authority skillfully.

I Will

Dec 13 2010

I Will is a statement of intent for my future.

I will is the will of the ego Self.

My Soul inhabits the Present.

My Soul has no past or future.

My Soul 'just is'.

It has no 'will'.

My Soul is the 'I Am' not the 'I will'.

Whatever 'I will', will need will power to manifest into reality.

I will is a statement of who or what I choose to be in the future.

It is a statement of who I am not, or what I do not have in the present.

Focusing on what I do not have at present, brings more of what I do not have in my future.

'I will' cannot change the future.

When I change the present with a new perspective of who 'I Am', I put that into my future.

I can only change my future with my focus in the present moment.

I can only put into my future what I focus on in each present moment.

I am, creates and re-creates my future for my Self.

Temperate Hydration

Dec 12 2010

Water is essential to Life.

Hydration is essential to Health.

Water balance is essential to a healthy life.

Water balance is measured as temperature and humidity.

With a high temperature and low humidity, it is hot and dry.

With a high humidity and a low temperature, it is cold and damp.

When temperature and humidity are balanced, it is both cool & moist and warm & hydrated.

Temperate Hydration is neither too hot or too cold, nor too wet or too dry.

A breath of fresh air both cools and hydrates.

An air of inspiration is both inventive and innovative.

Temperate hydration allows life to breathe and allows the 'breath of life' to flow.

It allows nature's natural process of detoxification to be effective.

The Prime Attributes of a Coach

Dec 11 2010

1. A Coach is Charge Neutral

When a Coach is being 'positive', they are in empathy or in compassion with the Coachee and involved in their drama. When the Coach is being 'negative', they are in sympathy or apathetic to the Coachee and involved in the drama. When the Coach is being 'charge neutral', they are sensitive to where the Coachee is emotionally yet detached from the outcome and not involved in the drama.

The Attribute of being Charge Neutral is being Sensitively-Detached.

2. A Coach is Emotionally Intelligent

Being sensitive to where the Coachee is requires Emotional Intelligence. An emotionally intelligent Coach understands emotional energy and the Coachee's need for emotional energy. This is what is driving the Coachee. Being detached is not the same as being unemotional, which is being insensitive and disconnected emotionally. Being irrational is not the same as being sensitive, which is understanding the emotions of another.

Being Sensitively-Detached allows the Coach to be Emotionally-Rational, which is the attribute of being Emotionally Intelligent.

3. A Coach is Intuitive

Being sensitive to the Coachee requires the intuitive sense of 'feeling'. Without feeling there is no emotional intelligence. For emotional feeling to be intelligent requires a rational understanding that comes from an intuitive 'knowing'. When a Coach both knows and feels, in a guiding and supporting way, they can clearly 'see' the best intentions for the Coachee, which is their true direction for their life. Intuition connects the Coach to the Coachee in a way that allows them to follow their exclusive path.

Guiding and supporting the Coachee on their unique life path requires the attribute of being Exclusively Connected and Intuitive.

Clarity of Intention

Dec 10 2010

Clarity of Intention requires the answers to:

- *What* do I intend?
- *Why* do I intend it to occur?
- *Who* do I intend to be in relationship to what is occurring?

Clarity of Intention requires the intuitive sense of:

- Seeing *what* I intend
- Knowing *why* I intend it
- Feeling *who* I intend to be

Clarity of Intention requires me to:

- Know my vision for life
- Feel my purpose of life
- See my mission in life

Clarity of Intention requires me to:

- Acknowledge *what* I intend
- Affirm *why* I intend it
- Attest to *who* I will be in relationship to it

With Clarity of Intention I am able to:

- Accept *however* it will occur in my life
- Allow *whenever* it will occur in my life
- Approve *wherever* it will occur in my life

Where is God?

Dec 09 2010

Where is God?

God is everywhere.

There is nowhere where God is not.

God is 'now here' and God is 'here now'.

In a world divided by love & light, God is in life.

In a world divided by gender & polarity, God is in the potential.

In a world divided by frequency & wavelength, God is in the vibration.

In a world divided by matter & motion, God is in the energy.

In a world divided by time & space, God is in the reality of each individual being.

In a world divided by magnetism & repulsion, God is in the attraction.

In a world divided by the haves & the have-nots, God is in the contentment of enough.

In a world divided by duality, God is in the triality of the third way.

In a world divided by the within & the without, God is with us all everywhere, infinitely, eternally & continuously.

For ever & ever with All Men.

What Is God?

Dec 08 2010

What is God?

God is a Divine State of Being called Divinity.

The state of being Divine is what God is.

Omniscience is the state of being 'All Knowing', which is indeed Divine.

Omnipotence is the state of being 'All Powerful', which is also Divine.

Omnipresence is the state of being 'All Present' and having a Divine Presence.

God is the state of being in total Power, Authority & Ability.

God is the ability of being 'all seeing', 'all knowing' and 'all feeling'.

God is the state of being 'Pure Love', 'Pure Light', and 'Pure Life'.

Whatever state of being is Divine, represents and re-presents what God is, in each moment of reality.

God represents 'Goodness', 'Greatness', 'Gentleness', 'Well-being', 'Happiness', 'Health', 'Wealth', and 'Wisdom'.

Whatever state of being that Man experiences as Divine, is what God is.

Who Is God?

Dec 07 2010

Who is God?

Who is the **Grand Overall Designer**?

We are! Individually and collectively.

Individually, I create my part of the whole and so does everyone else.

Collectively we are creating and we have created everything that exists right now.

Everything occurs because of the Law of Attraction.

The Law of Attraction is 'how' everything has been created.

Why has everything been created?

So that we collectively and all of us individually can experience who we are.

Who we are is Who God Is.

God is not separate from us, even though we have created a world where God appears to be a separate entity from us.

We are all made in the image of God.

We may judge some of those images to be far from Divine.

These are an expression of who God is not.

God is the all of everything that we deem to be Divine.

We have created a world of opposing realities in order to define for our selves what is and is not divine.

To explore, to experience and to discover who God is and who is not being God.

Respect for Authority

Dec 06 2010

People who need others to have a **Respect for Authority** usually have a respect for someone else's authority.

People who respect and follow other people's authority do not understand authority.

Authority is my ability to choose. It is my ability to make the right choice for my Self.

Making the right choice for my Self requires an understanding of my own authority.

Unless I understand my own authority, I will probably be following or respecting someone else's authority.

When I follow someone else's choice and authority, I disconnect my self from my true source of power.

Whosoever's authority I follow will need to motivate me to do so. Without my own true source of power it will require will power, mine or someone else's, to do so.

I respect authority once I understand authority.

I never choose to disrespect someone else's authority.

Nor do I choose to follow someone else's authority.

I choose to follow my own path and allow others to follow theirs.

In so doing I have a great respect for my own authority and a great respect for everyone else who owns their own authority.

Life Coaching in Business

Dec 05 2010

Companies don't employ Life Coaches.

Companies employ Business Coaches.

Business Coaches may be Executive Coaches for Directors, Leadership Coaches for Managers, Team Coaches for workers, or Corporate Coaches for all levels of employment.

Business Coaches promote Personal Professional Development.

Their objective is to develop the individual professionally in order to grow the profitability of the business.

Whereas all employees of a Company will benefit from Life Coaching, few companies will pay large sums of money to develop their employees' well-being and happiness.

Employers want good problem-solvers and good risk assessors rather than employees who are problem-free and fearless.

Companies and Corporations want measurable results and increased income in exchange for their expenditure.

Life Coaching promotes Personal Development not Professional Development, even though it can be argued that it is very beneficial in the work place as well as at home.

A successful Business Coach knows this and will develop their client in both their personal and their professional development.

It is often the personal development that the client finds most beneficial, whereas it is the professional development that their employer is paying for.

Whether the client knows the difference is not relevant as long as the Coach does.

Personal & Professional Development

Dec 04 2010

Personal Development is the development of a person's perspective on life by developing their personality, their character and their true identity.

The development is personal to each individual, personally.

Professional Development is the development of a person's ability to be effective in business, professionally.

Professional development can be unique and personal to each individual, but it is not personal development.

The purpose of professional development is to gain knowledge and skills that achieve a higher status in the organisation in order to earn more profit for the business and a higher remuneration for the employee.

The purpose of personal development is to gain more emotional power, more authority to make choices that allow more ability to live life well and be happy.

Personal development is beneficial to both a work life and a home life.

It is a common personal goal to be well and happy at home and at work.

Professional development will never achieve happiness at home.

Personal Development & Professional Development are two very different reasons for having Coaching.

Without a clear distinction they are often confused in a work environment.

Coaching Supervision

Dec 03 2010

Coaching Supervision is a metaphor for Advanced Therapist Training & Development.

Coaching supervision is not Coaching, it is supervision. Supervision of Coaches.

It is perceived to be good training for therapists because it uses coaching skills to develop therapists professionally.

Supervision means to 'over-see'.

It is a process of mentoring and controlling the standards of performance of others.

It is hierarchical in that a supervisor oversees a therapist, a training supervisor oversees the supervisor, a training manager oversees the training supervisor, an accreditation company oversees the training company etc. etc.

In Management, supervision is a management skill. It is a skill of managing, using and controlling others. It belongs to a culture of Directive Management, not Leadership through Coaching.

Coaches are encouraged to have a Coach, therapists are required, for accreditation purposes, to have a supervisor.

Supervision is not within the original ethos of Life Coaching.

Super-Vision, the super-conscious intuitive sense of seeing beyond that which is apparent, is the essence of being a Great Coach.

An Open Heart

Dec 02 2010

An Open Heart connects my Self to my Soul.

With a closed heart, I am disconnected from my Soul.

My Soul is at the heart of my Beingness.

It is the Heart of my Beingness.

It is the centre of my Self.

It is who I am when I am centred, balanced and in harmony with my Self.

My Soul is always open to my Self.

From my Soul's perspective, my heart is always open.

My Soul is always connected to Source and to my Self.

An open heart connects my Self to my Source.

It connects my self to my true power and authority.

The question is: "Am I open to my heart"?

Do I have an Open Heart?

Open heart surgery is a drastic remedy for a closed heart.

Mischief

Dec 01 2010

Mischief is my non-conformity to the standards of authority of my family and my society.

In the eyes of the authority figures in my society, those who do not conform are up to mischief.

The chief of any society is responsible for the laws and the standards of that society.

Mis-taking the standards of behaviour of a society is mis-chief.

Those who do not conform to the morals, ethics and principles of a society are deemed to be mischievous.

Mischief is a judgment by those in authority about those who are not.

It is an objective view of those deemed to have authority about those deemed to be subject to that authority.

I never see myself as being up to mischief but as following my path and living my life under my own authority.

Mischief is seen as not good by people who see rules and laws imposed on others as good.

They see people who are not under their control as potentially up to mischief.

It is perpetrated by a belief that without rules and laws there would be anarchy.

A belief instituted by the ruling classes called monarchy.

No one has created more mischief in our civilisation than those who purport to rule over us.

Without chiefs and hierarchies there can be no mischief.

NOVEMBER

Having a Clear Intention

Nov 30 2010

Having a Clear Intention allows an effortless journey along my life path.

Clarifying my intention requires empowered inspiration.

Being empowered and inspired is clearly my intention.

Clarity of intention comes with an inspired revelation.

A revelation that is empowered and inspired is my clear intention.

I have a clear intention to follow the path of my Soul.

My Soul illuminates my path with clear revelations.

When I hear my messages, my intention has clarity.

Clear intention opens doors to opportunity.

With no clear intention, I am challenged and confused.

Choosing the path of my ego's desires is clearly not my intention.

Having a clear intention requires the clarity of my Soul's intention for my Self.

My Soul's clear intention is aligned with my vision, mission and purpose for my life.

It is aligned with what I truly value in life.

My clear intention is for my Self to align with my Soul.

Why Do I Need A Coach?

Nov 29 2010

I **Need A Coach** because it is very difficult to see every opportunity that presents in my life.

When I miss an opportunity, I am presented with a challenge.

It is not possible to meet every challenge in my life because the possibility of failure exists.

When I fail a challenge, I am presented with a problem.

I don't need a Coach to solve my problems.

I need a Coach to guide and to support me to be problem-free, to meet my challenges, and to see my opportunities in life.

When I am problem-free, I am journeying effortlessly on my chosen path in life.

Without a chosen path that is aligned with my vision, my purpose and my true values, I have no need for a Coach, except to help me remember my path, see my vision, realise my purpose in order to discover and experience that which I truly value in life.

I choose to follow my path, fulfil my vision, mission and purpose for my life and enjoy doing what I truly value.

I choose for my path in life to be effortless and problem-free.

Guiding and supporting me to accept the opportunities that are presented in my life, is the role of my Coach.

That is why I choose to have a Coach.

I need a Coach when life is full of problems.

I choose to have a Coach when life is full of opportunities.

High & Low Spirits

Nov 28 2010

High & Low Spirits are not the same as high and low emotional energy.

My spirits are high or low depending on the frequency and wavelength of my emotional state of being.

My emotional energy is high when the intensity (frequency x wavelength) of my energy vibration is balanced.

High spirits and low spirits both result in low emotional energy.

With low spirits, I am driven to get my emotional needs met in order to raise my emotional energy.

Low spirits is the feeling of being disconnected from my True Source of Emotional Energy, my Soul.

High spirits is a description of having too high an intensity of emotional energy.

It is the inability to process or channel my life-force energy efficiently and effectively.

A high intensity of emotional energy is only beneficial to one who is able to experience it in a beneficial way.

A balanced individual has no need of either high or low spirits.

It is balanced energy that is most beneficial to our Self.

Unless the wattage of electricity is correctly balanced with the voltage it cannot realise its potential (amps) and will overload the circuit and blow a fuse.

Life-force energy works in a similar way. Low spirits don't empower us to work and high spirits eventually wear us to a frazzle.

When I am balanced and grounded (earthed), I am in harmony and synchronicity with the True Spirit of my Self.

It is my attachment to other peoples' high and low spirits that disturbs my peace and disconnects my balance and harmony.

High emotional energy is attained by overcoming the duality of high & low spirits.

Metaphorical Spirit

Nov 27 2010

A metaphor is a figure of speech.

Metaphor means to transfer or to carry across.

A metaphor uses a word without its literal meaning.

Having 'high or low spirits' is a metaphor when spirits are deemed not to be real.

Spirit has several definitions:

- A supernatural being
- A ghost of the dead
- The essence of a human
- The Soul
- Enthusiasm
- An alcoholic beverage
- Emotional Energy

It is interesting that we currently have seven dictionary definitions for something that allegedly doesn't exist.

Yet emotional energy does exist and when it is depleted I experience low spirits and when it is flowing freely I experience high spirits.

So are high spirits and low spirits a metaphor or just the description of the intensity of my emotional energy and how well I am connected to the source of my power?

Is that Source of Powerful Energy and Enthusiasm, my Soul, the Supernatural state of Being that is the essence of every Human Being, that is eternal and never dies?

Or does my **Metaphorical Spirit** come in a bottle?

Psychotherapy

Nov 26 2010

In Ancient Greek, **Psychotherapy** translated as “Beneficial for the Soul”.

What is beneficial and therapeutic for the psyche or soul is for my Self to be at one with my Soul.

Psychotherapy literally translates as a therapy that aligns one with one’s Soul.

Then along came Sigmund Freud who is credited with being the creator of ‘psycho-analysis’.

He believed that the ‘Psyche’ was composed of the three aspects of Consciousness, that are the id, the ego and the super-ego.

This became confused when Carl Jung created a conceptual distinction between the psyche and the soul.

From this point in time, therapists have been studying the psyche and the soul has been relegated to ancient history.

Modern day psychotherapy sees itself as a treatment for the ‘Mind’ that is one’s brain.

It has become confused between the sub-conscious and the super-ego, with no clear distinction between the Id and the Entity.

With no clear distinction between the Id (Self) and the Entity (Soul), there is no clear personal identity.

This leaves psychotherapy treating the misalignment of personality and character as discerned by modern morality and ethics, which are the standards of an individual conscious ego.

Accidentally on Purpose

Nov 25 2010

Accident & On Purpose are a duality. What I do not do on purpose, I call accidental.

When I live life on purpose, there are no accidents.

People who know their purpose, live life on purpose.

People who are unaware that they have a purpose, believe in accidents.

Unawakened Souls believe that life was created by accident.

Where life is created by accident, it has no purpose.

People without a personal purpose believe that the purpose of life is to evolve because life evolves by accident.

They call this the survival of the fittest and believe that unfit people have accidents.

They believe the purpose of life is to survive in order to be the fittest and propagate one's genes to further the evolution of our species.

However the evolution of our species has no perceived purpose, other than to evolve.

Apparently, accidents endanger life, make us unfit, stop us propagating our genes, but are none-the-less still part of the evolutionary process.

Unless that is, we know that accidents are just a negative perspective of what is occurring in our life and our inability to remain on-track in the fulfilment of our life purpose.

The purpose of an accident is to wake one up to one's purpose, on purpose.

My Soul has been waking me up to my purpose for some time.

Since I have realised this, I have encountered no accidents in my life.

My Soul is **accidentally on purpose**, reminding me of my path.

When following my path on purpose, there are no accidents.

Everything is perfect.

Advising & Advice

Nov 24 2010

Advising is a Coaching skill.

Giving **Advice** is not.

As a Life Coach, I advise people to always make their own choices and to follow their own path.

Ad-vice means 'to see'.

A Coach guides others to see the best direction for their life path.

When I advise another of what I would choose, I am doing just that, advising them of what I would choose. I am modeling, mentoring or encouraging another to see a different path.

As a Coach, I never give advice on what I believe another should do. This is not coaching it is consulting.

I consult another for advice and I seek a Coach for guidance.

Ad-vice means 'to vice'.

Giving advice is telling someone what to do.

Telling someone what to do is arrogance. Therefore taking advice is an act of humbleness.

Giving advice is directing someone along my path rather than advising someone on their path.

When I do not understand the distinction, I may need to indemnify my Self against the consequences of my advice.

I always advise others to never give advice.

Be advised by another, yet never take their advice.

Treat or Treatment

Nov 23 2010

Is Therapy a **Treat or a Treatment**?

That is determined by the perspective of the patient or the client.

A masseur treats a patient who is unwell and needs treatment for aches, pains and muscular tension.

A masseur treats a client who is well with an enjoyable, sensual and spiritual experience.

A hypnotist treats a patient who is unwell and needs to get rid of the fears and false beliefs that are the cause.

A hypnotist treats a client who is well to an enjoyable, peaceful and serene meditation.

A counselor treats a patient who is unwell and has personal problems to be solved.

A Coach treats a client to an enjoyable journey of expansive growth and opportunity.

Working with a great Coach is an enjoyable treat for those who are well and want to become even better.

Working with a great counselor or therapist is a treatment for those who consider themselves unwell and need someone to make them better.

Therapy is a treatment that is practitioner driven.

Coaching is a treat that is client driven.

In Absolute Reality

Nov 22 2010

In Absolute Reality there is no Reality.

Reality is not Absolute.

To be absolute is to have no comparison, no duality, no opposite, no choice, no reason.

Reality exists as a duality of unreality in a triality of Time & Space.

What is real is measured as a comparison with what is not real.

Reality is relative to experience & non-experience of what is and what is not.

Reality is defined as a distinction between this & that, in the here & there of Space, and the now & then of Time.

Reality is relative to Time & Space and our personal experience of time and space.

To define my reality, I make it definite by defining it and by so doing, it cannot be absolute.

By definition 'Absolute' is beyond definition.

Reality is defined relative to something else that is considered to be unreal.

Absolute is relative to nothing.

Absolute zero is nothing.

The Need for Self-Worth

Nov 21 2010

When I know my value and my worth, I have no **Need for Self-Worth**.

When I value my Self, I have self-worth and I have no need for self-worth because I have it.

Having emotional needs depletes my self-worth.

Emotional needs are created by my belief that there are aspects of my Self that lack value and are worthless.

Any belief that creates an emotional need is a limiting belief, because it limits my ability to connect to my true power.

My self-worth is a measure of my emotional power.

The magnitude of my emotional power determines my level of self-worth.

The more valuable I know my Self to be, the more powerful that I am.

The more powerful I feel my Self to be, the more worthy I am.

My Source of Power that is the source of my self-worth, is within me.

It is the disconnection from my Source and my source of emotional power that devalues my self-worth and creates my emotional needs.

It is the disconnection of my Self from my Soul that creates my need for self-worth.

I need self-worth when I do not see my Self as worthy.

Conspiracy Theory

Nov 20 2010

Conspiracy is no longer a **Theory**.

It has become a reality of our world.

People conspire with each other to agree a reality that is beneficial to themselves.

People who conspire with others believe that they need the agreement of others to make their reality real.

Life apparently, is only a theory until it has been scientifically approved by a consensus majority.

It is the belief that there is only one truth and one true reality that drives people to conspire to make things happen in a beneficial way for themselves.

It is the belief in cause and effect that drives people to create a cause that will affect them in the most beneficial way.

It is the belief that power comes from money; authority comes from status; and ability comes from knowledge; that drives people to manipulate other people's beliefs in order to gain more money, more status or more knowledge.

People conspire with other people to gain more status, more money and more knowledge.

The power, authority and ability of my personal health, wealth and wisdom is inherent within my Self and requires no conspiracy with others to attain.

My Soul inspires my Self to aspire to create my own Ideal Reality with my own Truth that requires no conspiracy with others to realise.

Bending the Truth

Nov 19 2010

Bending the Truth is not possible.

The Truth is the Truth; it cannot be bent.

When I believe that my perspective of reality is the truth then I can bend it, shape it, change it and alter it any time I choose.

I am not changing the Truth, I am changing my perspective of Reality.

People who believe that there is only one reality and that is the truth are confused between reality and truth. They will in their confusion try to bend the truth to their way of thinking.

Bending the truth to my way of thinking is totally unnecessary as whatever I think will become my reality eventually anyway.

Thought creates reality.

Bent thoughts create a perverse and false reality.

I cannot bend the Truth but I can bend my perspective of my false reality into any shape or form that I choose, just by imagining it to be that way.

People may believe that there is only one truth and one reality but the Truth is that everyone is creating their own version of reality and bending their version of the Truth for their own personal benefit.

Most people believe that it is most beneficial to believe to be true what the consensus of people believe to be true, which creates the illusion of having only one reality.

The Absolute Truth cannot be bent.

Personal truth can be manipulated at will.

My Soul knows the Truth.

My ego bends the truth to suit my Self.

'Worth Fighting For'

Nov 18 2010

Nothing is **'Worth Fighting For'**.

Nothing of True Value needs fighting for because I already have it.

The only thing that I am fighting for is what I believe that I need emotionally.

My fight for justice is my need to be proved right and just.

My fight for freedom is my need to be free.

My fight for survival is my need to live well.

Whenever I am fighting for something, I am really fighting against my own perceived victimhood.

I perceive myself to be a victim of what I believe that I do not have in my life.

In the absence of knowing what I truly value, I will pursue that which I believe that I need.

When I fight against my victimhood, I am fighting an enemy of my own creation.

When I am fighting for my life, I am fighting against it as well as for it.

I am fighting for what I need emotionally in my life and fighting against that which I fear and I hate.

Fighting for or against anything has no value or worth to my Self.

Fighting is a need not a True Value.

Which Mind?

Nov 17 2010

Dual reality life allows two of everything.

Asking: **“Which Mind”?** means I have at least two minds to choose from.

I have a rational mind and an emotional mind.

I have a conscious mind and a sub-conscious mind.

I have a brain and a solar plexus.

So, do I have two minds or six minds?

I can learn to focus my mind anywhere within or without my physical body.

My physical body needs a mind, though my mind does not need a physical body.

My mind does not reside in a physical place.

When my conscious mind is rational, it appears to be in my brain.

When my conscious mind is emotional, it appears to be in my solar plexus.

When my conscious and sub-conscious minds unite, they become Super-conscious, emotionally rational and appear to be in my heart.

My Heart, the centre of my Beingness, is where the Super-conscious Mind that is my Soul can be found.

Personal Importance

Nov 16 2010

When my **personal importance** is important, I am deceived.

My emotional need to feel important, honoured and praised is just that, an emotional need.

When my ego needs to feel important, my self-esteem is dependent on other people.

What is important is my ability to be my True Self.

Importing my true attributes and attainments from my Soul to my Self is important and of sole importance.

How other people see my Self is of no real importance to me.

How I see other people is important to me because they are a reflection of where I am on my path. They reflect my personal gravitas.

When how others see myself is of no importance to my Self, others will see my True Self and that is of universal importance.

It has True Gravitas.

Engaged with Life

Nov 15 2010

Engaged with Life means awakened to the opportunities that are present in life.

Without opportunity and the opportunity to engage with life, I am unawakened to life's opportunities.

I am vacant and life is empty.

To be engaged with life requires my personal connection to my Life Source.

The Source of my Life is my Soul.

My Holy Communion with my Soul requires my engagement with my Inner Coach.

When I engage my Soul in direct communication, I receive direction and I receive my messages of opportunity.

My Soul is my power and my authority to live life fully engaged.

My Self has the ability to fully engage with life.

I engage with life when my Love unites with my Light and I become empowered and enlightened.

With the ability to be empowered and enlightened, I am able to be fully engaged with Life.

Thinking Outside of the Box

Nov 14 2010

My thinking inside the box is limited by my fate and my beliefs.

Thinking inside the box manifests dramas in my life, which are driven by my sub-conscious perceptions of my current reality.

I am using my physical experiences and programmed beliefs to determine my choices in life.

The dramas that manifest in my life are created by my limiting beliefs and my emotional needs. They determine the environment within, and the boundaries of, my box.

My thinking within my box is in alignment with my character and my personality.

Thinking Outside of the Box allows the development of my personal spiritual growth and my true identity.

It allows me to discover who I am and why I am here.

My thoughts that are outside of the box, which has become my comfort zone, are the inspired revelations of my super-conscious Self.

The instructions for thinking outside of the box are printed on the outside of the box.

My Soul holds the blueprint for what I have chosen for this life-time.

Thinking outside of the box is aligned with my Soul's thoughts for my Self.

Prays & Praise

Nov 13 2010

Prays and Praise are the same word with a different spelling.

I praise the highest aspect of my Self.

My Self prays to the highest aspect of my Self.

My Self prays by giving gratitude and appreciation for my Soul.

I praise other people by giving thanks and appreciation for who they are and for what they are doing.

My Self prays for guidance and direction.

My Soul guides and directs my Self with praise.

Prayers of gratitude and appreciation praise what I am currently experiencing in my life and put them into my future.

Praise of what I have attained in my life attributes this to my future.

My Self prays only for a beneficial life.

I have only praise for a beneficial life.

My Self Prays for the Praise of my Soul.

My Soul Prays for the Praise of its Self.

“Two’s Company, Three’s a Crowd”

Nov 12 2010

Two people are good company because they meet each other’s emotional needs.

If someone doesn’t meet my needs emotionally, they are not good company and I wouldn’t spend my time with them.

Three’s a crowd means that I am not getting my emotional needs met by either of the other two. I may as well be in a crowd, for all the benefit that I am getting emotionally.

In a crowd, I lose my space and I drain my energy when my emotional needs are not being met.

Two alike people who like each other will develop a co-dependent relationship.

A co-dependent relationship is one which meets the emotional needs of both partners and allows them to relate together well.

A co-dependent relationship between three people is a very rare development.

It is an ‘eternal triangle’ that requires all three people to meet each other’s emotional needs equally, fairly and consistently.

When all emotional needs are met, the threesome is no longer a crowd, it has become a ‘team’.

My Purpose for God

Nov 11 2010

When I am busy seeking a purpose for my Self, I am too busy to ask:

“What is my Purpose for God”?

Unless I ask this question, God will have no purpose in my life, no definition in my life and no reason to be in my life.

God does not choose a purpose for my life, I do.

God does not choose the purpose for being in my life, I do.

God does not choose for God to be in my life, I do.

God does not make my choices for me, I do.

My Purpose for God is:

- To be the Omniscient Light that reveals my path
- To be the Omnipotent Power that is my support
- To be the Omnipresent Ability to which I aspire
- To be the Ideal One, in whose image I am made
- To be the Magnitude of the Guiding Force that empowers me to fulfil my potential

I choose my Purpose for God.

I choose for God to be On Purpose.

Busy Being Idle

Nov 10 2010

Busy & idle are a duality.

My limiting belief says that if I'm not busy I must be idle.

I am only idle from someone else's perspective.

I am idle when I am not doing what someone else wants me to do.

I am only busy from my own false assumptions.

When I am busy, I am really 'too busy' to do something else as well.

When I am busy I am never present.

When I am present, I am never idle.

When I am present, I am engaged with life.

I am engaged with my Soul, when I am present.

When I am engaged, I am neither busy nor idle.

When I am in communication with my Soul, I am engaged, not busy, though some may presume that I am idle.

Being engaged with my Soul, requires a clear connection and the presence to be neither busy nor idle.

When I am busy, my Soul can't get through.

When I am idle, I am vacant and not engaged with my life.

Being Politically Correct

Nov 09 2010

Being Politically Correct is trying to please everyone.

Politicians seek to do the right thing.

To do the right thing, we have to please everyone by doing what everyone believes to be right.

Politicians are skilled in the art of getting the public to buy into what they want.

Once the public has bought into their ideas, they can present their ideas as what the public wants.

It is politically correct to do what the public wants.

Unfortunately the general public generally wants different things.

Trying to please all the people all the time is not possible.

Trying to please some of the people some of the time is not politically correct because it displeases others.

Trying to please one's self as a politician always leads to appearing greedy, superior and insensitive to others.

Trying to please anyone is never a good strategy.

Autocratic Dictatorships do not try and please anyone, which is why, when they are presented as Democratic Leadership, they are accepted as politically correct.

Individual Souls

Nov 08 2010

When I see my soul as an Individual Aspect of God, I disconnect and separate my Soul from God.

My Soul knows that it is at One with God.

My Soul is at One with Everything.

It knows that there is only One Version of Everything, One Universe.

Separating one's Soul from God is the perspective of a mind that is itself separate and disconnected from God.

God is Divinity.

Divinity is the State of being Divine.

Being Divine allows the state of being omnipotently all-powerful, having omniscient and all-knowing wisdom and authority to choose, whilst being omnipresent in one's ability to create each moment of reality.

My Soul has the power, the authority and the ability to be Divine.

My Soul is God, and so is everyone else's.

There is only One God.

There are no **Individual Souls** in absolute reality.

Actualising Real Potential

Nov 07 2010

Potential is not real until it is actualised.

Actualising potential means living up to my potential.

I am challenged to realise my potential and to make my potential a reality.

When I am actually living to my full potential, it is being realised.

My potential is not real, it does not exist, until I make it my reality and I realise that it is my reality.

Before I can actualise my potential, I first have to realise that I have a potential.

I cannot give someone else my potential. They have to realise their own potential.

Once someone realises that their potential is potentially real, I can guide, support and coach them to realise their potential.

Once my potential has become actualised, I have realised my potential and my potential has become my reality, I have fulfilled my Potential for my Life.

The way to **Actualising Real Potential** is to realise that potential is actually real and that potentially we are actually real.

We are all Pure Potential.

Wellness & Wellbeing

Nov 06 2010

Wellness is a duality of illness.

We can all be diagnosed on a relative scale of illness & wellness as being relatively well or relatively ill.

Whether I am ill or well is a subjective discernment that can be influenced by the objective diagnosis of a medical professional.

The medical profession diagnoses illness. It sees wellness as the absence of an illness that is either physical (medical) or mental (psychotic).

Wellbeing is a state of being Well.

It has no duality.

Wellbeing is a positive emotional state of being in balance & harmony.

The experience of positive emotion is the experience of wellbeing.

I cannot experience a negative emotion and feel well.

The more positive the emotion that I am feeling, the more well-being that I am experiencing.

I cannot develop my sense of wellbeing from a state of illness, only from a state of already being well.

Wellbeing is the experience of overcoming the duality of illness & wellness.

Being well requires the emotional intelligence of understanding emotional states of being and the ability to consciously choose them.

I cannot have emotional needs and consider my Self to be well.

Consciously meeting my emotional needs is a prerequisite to Wellbeing.

M Theory

Nov 05 2010

M Theory is the theory of Multiple Universes.

Multiple Universes are an oxymoron.

Universe means one Version or the version of Oneness.

There can only be one version of Oneness and one Universe. There is only One God.

M Theory allows for Multiple Realities to exist within the One Universe.

Science, in its quest for the One Reality, is looking for it to exist in many different universes.

Religion is looking for God's Reality to become the one version of reality.

Spirituality is the understanding of many realities existing simultaneously within the One Universe.

Science believes that M Theory will combine everything into One Reality, which if multiple realities are real can never happen.

Science will never discover a Theory of Everything because it omits the energy of spirit from the equation.

This physical world allows the illusion of one reality. A study of the physical world is a study of this one reality.

Multiple Realities existing within the same physical space and time are currently beyond the remit of scientific thinking.

An Opportune Moment

Nov 04 2010

In every moment of time there is **an Opportune Moment**.

Every degree of space reveals an opportunity to change reality in an instant.

Every instant of reality occurring in each moment of time is an opportunity for expansive growth.

Every moment of now is an opportunity to:

- Allow the Force of my Authority
- Affirm the Fulfilment of my Wisdom
- Approve the Magnitude of my Power
- Attest the Joy of my Wealth
- Accept the Potential of my Ability
- Acknowledge the Contentment of my Health
- Appreciate the Effortlessness of my Expansive Growth

Now is an Opportune Moment to Resonate with Peace & Harmony and to bring my Mental, Emotional & Physical Entities into Unity and Alignment with Oneness.

The Attributes & Virtues of a Strong Will

Nov 03 2010

The Attributes of a Strong Will are:

- Commitment
- Determination
- Dedication
- Persistence
- Perseverance
- Compulsion
- Resilience

Together they manifest a Character that is stubborn, obstinate, and driven to win, succeed and conquer.

The Virtues of a Strong Will are:

- Pride
- Envy
- Extravagance
- Lust
- Arrogance
- Greed
- Diligence

Together these combine to create a personality that is able to survive in a male dominant world.

The character and personality created by a strong will is perceived to be negative to one who has attained an effortless life of contentment, fulfilment and expansive joy.

The attributes and virtues of a strong will are designed to successfully obtain and meet our physical and emotional needs, but they will never succeed in attaining True Happiness & Well-being.

Light Is:

Nov 02 2010

Light Is:

The omniscient thought of my force of authority.

The omniscient force of my authoritative thought.

The omniscient authority of my forceful thought.

The thoughtful force of my omniscient authority.

The thoughtful omniscience of my force of authority.

The thoughtful authority of my omniscient force.

The force of authority of my omniscient thought.

The force of omniscient thoughtful authority.

The force of thoughtful omniscient authority.

The authoritative force of omniscient thought.

The authority of omniscient thoughtful force.

The authority of a thoughtful force of omniscience.

Light Is:

- The Force of my omniscience, authority & thought
- The Authority of my force, thought & omniscience
- The Thought of my omniscience, authority & force
- The Omniscience of my thought, force & authority

Which ever way I know my Self to be Light:

“Light is the omniscient force of authority that is my Soul’s Thought”

“Thou art Light”

“Light is Thou”

Life Is:

Nov 01 2010

Life Is:

The omnipresent reality of my potential ability.

The omnipresent ability of my real potential.

The omnipresent potential of my real ability.

The real potential of my omnipresent ability.

The real ability of my omnipresent potential.

The real omnipresence of my potential ability.

The potential omnipresence of my ability to be real.

The potential reality of my omnipresent ability.

The potential ability of my real omnipresence.

The able reality of my potential omnipresence.

The able potential of my omnipresent reality.

The able omnipresence of my real potential.

Life Is:

- The Potential of my omnipresence, reality & ability
- The Ability of my potential, omnipresence & reality
- The Reality of my ability, potential & omnipresence
- The Omnipresence of my reality, ability & potential

Which ever way I see it:

“Life is my Omnipresent Ability to make my Soul’s Potential a Reality & Realise that Potential in Life my Self”.

OCTOBER

Love Is:

Oct 31 2010

Love Is:

The omnipotent magnitude of power that is wealth.

The magnitude of power that is omnipotent wealth.

The magnitude of wealth that is omnipotent power.

The power of wealth that is my magnitude of omnipotence.

The wealth of power that is my omnipotent magnitude.

The magnitude of omnipotence that is my wealth of power.

The omnipotent wealth that is the magnitude of my power.

The wealth of omnipotence that is the power of my magnitude.

The power of my omnipotence that is my magnitude of wealth.

The omnipotent wealth that is the magnitude of my power.

The power of the magnitude of my omnipotent wealth.

The omnipotent power of the magnitude of my wealth.

Love Is:

- The Power of my magnitude, omnipotence & wealth
- The Magnitude of my omnipotence, wealth & power
- The Omnipotence of my wealth, power & magnitude
- The Wealth of my power, magnitude & omnipotence

Which ever way I perceive it to be, Love Is:

“The magnitude, wealth, omnipotence & power of my Soul’s Love for my Self”.

Powerful Thoughts

Oct 30 2010

Powerful Thoughts are empowered.

Empowered thoughts inspire me.

I am inspired to realise my empowered thoughts.

Powerful thoughts have the power to be realised and made real.

Powerful thoughts require my Self to realise how powerful they are and to use that power to make them real.

All reality originates from thought.

Powerful thoughts can create a new reality.

Only powerful thoughts have the power to be realised as a new reality.

Before I can realise a powerful thought, I am required to realise how powerful that thought is.

Not all thinking contains a powerful thought.

Not all thinking is inspired and empowered.

Powerful thoughts have the power to become fulfilled.

They are filled full of power.

Powerful thoughts that are realised bring fulfilment.

The fulfilment of powerful thoughts is why I am here.

Qualities of Life

Oct 29 2010

Time & Space are Prime **Qualities of Life**.

My quality of life is a direct reflection of my personal reality.

Time & Space allow my Reality to change.

Beneficial change is expansive growth.

Expansive growth is beneficial change.

Time & Space are essential elements of expansive growth.

Without Time & Space, personal Reality is unchanging and expansive growth is not possible.

Improving the quality of my life requires expansive growth, which requires my personal time and my personal space.

An expansive quality of life requires an awareness and feeling of Love together with a conscious thought of Light.

Connecting to Love requires my personal space and connecting to Light my personal time.

With time for Thought in a space of Love, the reality of my Life can be realised and allowed to appreciate and grow.

An Instant of Reality

Oct 28 2010

Each **Instant of Reality** is determined by my degree of personal space in each moment of personal time.

Reality is Instantaneous.

I can change my personal reality instantly with a thought that is empowered and inspired.

Empowered inspiration requires a degree of space and a moment of time.

In each moment of time, with a degree of space, I am able to change my reality in an instant.

A degree of space connects my Self to my power.

A moment in time connects my Self to my authority.

With both power & authority, I have the ability to create an instant of reality.

Without time or space, I will continue to create a continuous, unchanging instance of reality.

Time and space are therefore very valuable qualities in my life because they allow my personal creation of a new instance of reality, a new instant reality, and a new instant of reality.

My omnipotent power and my omniscient authority is omnipresent in each Instant of Reality.

They are relative to my personal Degree of Space in each personal Moment of Time.

Moments of Time

Oct 27 2010

Moments of Time are a measure of my mental authority.

Time is a valuable quality of Life.

Moments of Time are a measure of the quality of my life.

A moment of time connects my Self to an inspirational thought.

An inspirational thought exists in each and every moment of time, for a moment of time.

The moment of time, that I have, allows my connection to an inspired thought.

Moments of time measure my force of personal authority.

360 moments of time are an Omniscient Force of Mental Consciousness.

One moment of time allows one perspective of reality.

One moment of time is required to experience each instant of reality in one degree of space.

Rational Consciousness connects my Self to my Time.

Rational Consciousness is equal to Energetic Mass, which is equal to a Moment of Personal Time.

Degrees of Space

Oct 26 2010

Degrees of Space are a measure of my emotional power.

Space is a valuable quality of Life.

Degrees of Space are a measure of that value and quality.

My 'Space' is the degree to which I am empowered with emotional energy.

The degree to which I have space is a measure of my connection to my emotional power.

Degrees of space measure the magnitude of my emotional power.

360° of Space is an omnipotent magnitude of emotional energy. It is 'Whole' or 'Holy'.

One degree of space allows one perception of Life and defines one direction.

One degree of Space is all that I require to experience each instant of Reality in each moment of Time.

Emotional Awareness connects me to my Space.

Emotional Awareness is equal to Energetic Mass, which is equal to my Degree of Personal Space.

My 'Degree' in the Universe-ity of Life.

Forces of Nature

Oct 25 2010

Forces of Nature are natural properties of energy.

There is only One Energy, although many perspectives of energy are created by many forms and many aspects of energy.

Energy, in all forms, aspects and perspectives, has just three properties:

- Magnitude
- Force
- Potential

The Magnitude of the Energy of Nature is called Gravity. This causes natural events called landslides, tsunamis, volcanic eruptions, geysers and spring tides.

The Force of Nature is called Magnetism or magnetic spin. This causes natural events called day & night, winter & summer, spring & autumn.

The Potential of Nature is called Electricity. This causes natural events called thunder & lightning and high & low pressure systems called weather.

The Forces of Nature are natural, as is the Magnitude of Nature and the Potential of Nature to change and to evolve.

Being Healthy

Oct 24 2010

Being Healthy means being Able.

It requires the ability to be healthy.

It requires also, the ability to not be unhealthy.

Being Healthy is the ability to overcome the dualities of good & bad health; illness & wellness; and sickness & health.

When I am able to live life as I consciously choose, then I am Being Healthy.

Being Healthy requires the physical ability to be connected to both my emotional power and my mental authority.

My power is my Wealth.

My Wisdom is my authority.

With both power and authority, I have ability.

With Wealth and Wisdom I am Truly Healthy.

Health is the result of my ability to harness my Wealth & Wisdom.

My Ability is the Health of my Power & Authority.

When disconnected from my true power & authority, I am unable to be Wealthy, Wise or Healthy.

Creative Ability

Oct 23 2010

My **Creative Ability** is both physical and spiritual.

My Physical Creativity is determined by:

1. My power to **materialise** objects and possessions, which requires money. With enough money, I can materialise anything physically.
2. My authority to **manifest** things, which requires knowledge. With enough know-how, I can manifest anything physically.
3. My ability to **manufacture** goods, which requires status. With enough status, I can manufacture anything physically.

My Spiritual Creativity is determined by:

1. My power to **visualise**. With enough power, I can see my purpose, which is who I am being.
2. My authority to **idealise**. With enough authority, I can know my vision, which is why I am here.
3. My ability to **realise**. With enough ability, I can realise my mission, which is what I have come here to do.

When I know who I am and why I am here, I can realise my own life and make my own life a reality.

I have the ability to create my own Life, not just obtain the props, gadgets, toys and attachments that I believe that I need in my life.

My 7 Ideals & 4 True Values

Oct 22 2010

My 7 Ideals:

1. Attesting to the Greatness of my Wealth of Power.
2. Approving the Joy of my Emotional Rationale.
3. Affirming the Goodness of my Wise Authority.
4. Allowing the Fulfilment of my Exclusive Connection.
5. Acknowledging the Gentleness of my Healthy Ability.
6. Accepting the Contentment of my Sensitive Detachment.
7. Appreciating the Effortless Expansiveness of my Happiness & Well-Being.

My 7 ideals create my 4 True Values;

1. Attesting & approving the emotional joy of the great & wealthy power of my emotional-rationale.
2. Affirming and allowing the mental fulfilment of the good & wise authority of my exclusive-connection.
3. Acknowledging and accepting the physical contentment of the gentle & healthy ability of my sensitive-detachment.
4. Effortlessly appreciating the expansiveness of my happiness & well-being.

An Ideal

Oct 21 2010

An Ideal is in alignment with my Vision for my Life.

My Vision is an alignment of my Ideals.

An ideal is a True Value.

What I truly value in life is ideal.

An ideal has authority.

What I do, with authority, has value and is ideal.

An ideal is what I deal myself.

It is the 'deal' that 'I' have with my Soul.

When I am in alignment with my Soul, life is ideal.

When I am living my vision for my life, life is ideal.

An ideal is one 'L' of an idea.

Not every idea is ideal.

Not every idea is aligned with my path.

My ego Self has ideas, my Soul has Ideals.

Mental Resilience

Oct 20 2010

Mental Resilience is my ability to tolerate or endure the reality created by my limiting beliefs.

When I have mental resilience, it is because I am emotionally disconnected.

My negative beliefs create my negative feelings.

The more emotionally disconnected that I am from my feelings, the more resilient that I am to the negative emotions that are caused by my negative beliefs.

I can choose to deny a belief, but I cannot ignore an emotion that I am connecting with or that I am attached to.

Mental resilience requires a denial, an ignorance of, or an unawareness of my emotional feelings.

This is called being contained and rational.

Containing my emotions in a place where they can be ignored or denied, will make me mentally resilient, but will eventually make me ill.

Unexpressed emotional energy will eventually manifest in the physical as a chronic illness or disability that will defy my mental resilience or test it beyond endurance.

Mental resilience measures the strength of my ego's will, not the Truth of my Mind.

My Soul is never resilient to my Self.

Massive Energy

Oct 19 2010

Massive Energy has Energetic Mass.

The Mass of Energy is the product of its power and its authority.

The magnitude of power and the force of authority of energy determines its potential ability.

Its force and magnitude determine how potentially massive the energy is.

Energy is infinitely massive.

Energy has infinite mass.

Matter has a definite mass.

Mass is defined relative to matter.

Matter is defined relative to its mass.

Matter is defined relative to its potential mass of energy.

Matters of Consciousness, thoughts, are defined by their energetic mass.

Massive thoughts have massive potential because of their massive energy.

Weighed Down

Oct 18 2010

I am **Weighed Down** by the magnitude of my limiting beliefs.

My fears and false beliefs weigh heavy on my shoulders.

My sense of duty and responsibility are a heavy weight to carry on my shoulders.
They weigh me down and inhibit my ability to respond with lightness.

My limiting beliefs create a mass of entropy and a massive resistance in my life.

It is the polarity of my beliefs, my energetic mass, that determines its density and the weight that is on my mind.

The polarity of my thoughts creates the density of my existence.

I am never weighed down with inspirational thoughts and empowered ideals.

My 'Light' is a massive potential energy, with a magnitude of power and a force of authority.

The cure for being weighed down is to 'lighten up', become enlightened and to be awakened to my Light.

Imagination

Oct 17 2010

Imagination is the creativity of my Soul in action.

The action or activation of my imagination requires:

- Visualisation
- Idealisation
- Realisation

Visualisation is the power of my imagination.

Without the ability to visualise who I am being in my life, my imagination has no power.

Idealisation is the authority of my imagination.

Without the ability to know what is ideal in my life, my imagination has no authority.

Realisation is the ability of my imagination.

Without the ability to realise my reality, I have no use for my imagination, my imagination is useless, it has no ability and it is not real.

For the ability to realise my own reality to be enabled, my imagination requires the power of visualisation combined with the authority of idealisation.

Without imagination, life is just a manifestation of my ego's manifesto, which is my fate.

Lighter & lighter

Oct 16 2010

Less heavy is **lighter**.

Less weight is lighter.

Less specific gravity is lighter.

Less relative density is lighter.

Less dense is lighter.

Less dark is lighter.

Less evil is lighter.

Less ignorance is lighter.

Less serious is lighter.

More Awareness is **Lighter**.

More Consciousness is Lighter.

More Truth is Lighter.

More Authority is Lighter.

More Choice is Lighter.

More Energetic Mass is Lighter.

More Emotional Energy is Lighter.

More Balanced Vibration is Lighter.

More Harmonic Intensity is Lighter.

More Realised Potential is Lighter.

More Enlightenment is Lighter.

More Light is Lighter.

That's more or less it.

Weight & Density

Oct 15 2010

Weight is the force of attraction between the matter of the Earth and the matter that is separate from the Earth.

The heavier an object is, the more attractive it is to the Earth.

It is not its weight that makes an object attractive to the Earth but its likeness.

It is not its physical likeness that is attractive, it is its energetic likeness.

Energetic likeness is measured as relative density.

From a different perspective, relative density is specific gravity.

Density is a measure of the 'space' between the atoms of physical matter.

Physical gases have more space between the atoms than physical liquids, which have more space than physical solids.

Solids are therefore more dense than liquids, which are more dense than gases.

Density is the magnitude of Attraction between matter of like energy vibrations.

The potential for energy to materialise is determined by the weight of its force and the density of its magnitude.

The Nature of the Universe

Oct 14 2010

The Nature of the Universe is Attraction.

Attraction is Natural and Universal.

The Universe has an Attractive Nature.

The Nature of Attraction is Universal.

Our Universal Nature is Attractive.

The Attractive Nature of the Universe.

Nature is Attractive and Universal.

The Universe is Attractive and Natural.

The Attraction of Nature is Universal.

The Natural Attraction of the Universe.

The Attraction of the Universe is Natural.

The Natural Universe is Attractive.

The Universal Attraction of Nature.

The Attractive Universe is Nature.

The Universal Nature of Attraction.

Whichever way I look at it:

Attraction is **The Nature of the Universe**.

Being Indebted

Oct 13 2010

Being Indebted is being in debt.

Being indebted to someone is being emotionally in debt.

I am indebted to someone who meets my emotional needs.

Being emotionally in debt is being emotionally dependent and emotionally needy.

The debt that I owe someone emotionally can only be repaid by meeting their emotional needs for them.

Co-dependent relationships are indebted to each other for what they give, receive and owe each other emotionally.

I cannot pay in money, my emotional debts.

Money will never meet every emotional need.

Once I am no longer in emotional debt, I am empowered with life and I never need to be indebted to anyone again.

I can choose to be in gratitude and in appreciation for the joy of Life that I am able to share with all others.

I am free to express my true power, my true authority and my true nature.

Intuitive Radiation

Oct 12 2010

Radiating Energy is called Radiation.

Energy is continuous motion.

Energy in motion is 'seen' to be radiating.

Energy is not physical and therefore cannot be seen with the visible eye.

I can only see, with my physical eyes, radiating energy that is within the visible light spectrum of frequencies.

I require instruments to see the effects of different frequencies of radiating energy that are called infra-red, x-ray, radio-waves, ultra-violet, or gamma radiation.

I require Intuition to receive radiating energy that is the frequency and wavelength of Thought.

Thought is a frequency of radiating energy, even though science has not yet invented an instrument to receive it.

Thought is **Intuitive Radiation**.

My brain is a Thought Transmitter, a Thought Receiver, and a Thought Interpreter.

My Mind is a Thought Creator and a Thought Radiator.

Positive Thinking

Oct 11 2010

Positive Thinking is the result of having positive beliefs.

Positive beliefs cause positive thinking.

I cannot have negative beliefs and think positively.

Positive thinking is about overcoming negative thinking not about choosing a positive thought rather than a negative one.

Negative thinking is caused by negative limiting beliefs and fears.

Overcoming limiting beliefs and fears allows positive thinking.

Overcoming limiting beliefs and fears requires positive emotional energy.

Positive emotional energy comes with positive beliefs.

Negative emotional energy is the result of negative beliefs.

I cannot permanently change my beliefs from negative to positive until I have learned to change my emotional energy from negative to positive.

Until I consciously meet my need for emotional energy, I will not have the power to change my limiting beliefs.

With the power to change my limiting beliefs, I have the authority to think positive thoughts.

The Reality of the Illusion

Oct 10 2010

Reality is not an Illusion, it is real.

By definition reality is real.

Illusion & Reality are a duality.

I can live in a reality or I can live in an illusion.

Duality always offers two options.

Do I choose to live in the real world or in the illusion, or is there a third way?

The 3rd Way is always Divine. because it overcomes the duality.

My choice is to live in the **Reality of the Illusion.**

From the perspective of my Spiritual Soul, physical life is an illusion.

From the perspective of my Physical Self, spirit is the illusion.

When my Self is truly aligned with my Soul, there is no duality of either illusion or reality.

When I see my Self through the eyes of my Soul, I am living an illusion of reality and I am making an illusion real.

I am living the Reality of the Illusion and I am making the Illusion Real.

Equality & Equalness

Oct 09 2010

Equality is the quality of my emotional energy.

Equalness is the balance of my mental thoughts.

The quality of my emotional energy is its vibration.

The vibration of energy is the product of its wavelength and its frequency.

When the gender of the wavelength of my emotions is balanced, I attain 'Equanimity'.

When the polarity of the frequency of my thoughts is neutral, I attain 'Equability'.

Being 'In Equanimity' is the state of Being in the flow.

Being 'In Equability' is the state of Being in the gap.

When my equanimity and my equability attain Equalness, my energy is 'In Equality' with my Divinity.

When my energy wavelength & frequency attain Equalness, my vibration is Divine.

When the gender of my emotional energy attains Equalness, I have overcome the duality of male & female attributes.

When the polarity of my thoughts attains Equalness, I have overcome the duality of positive & negative alignments.

When the gender & polarity of my energy attain Equalness, I access the vibration of Equality.

The Equalness of my Equability and my Equanimity determines the Equality of my Life.

The Magnitude of Emotion

Oct 08 2010

The Magnitude of Emotion determines how well I feel.

Absolute Energy has an infinite magnitude of Pure Feeling, which is called Love.

The force of energy allows me to experience the physical world of radiating energy.

In actuality the 'real world' is a very low vibration of radiating energy.

It is the low radiation of physical matter that allows me to experience radiating energy in physical form and to see the physical world objectively whilst feeling the experience emotionally.

It is the magnitude of the energy that allows me to feel and experience life emotionally.

Life is both a physical and an emotional experience.

Emotion is the magnitude of energy in motion (e-motion).

When the magnitude of my emotional power unites with the force of my mental authority, I connect to the full potential of my ability in Life.

Radiation

Oct 07 2010

Energy Radiates.

Radiation is the natural state of energy.

Energy is eternally in motion, which is a state of continuous radiation.

All forms of energy have a force, a magnitude and a potential.

The force of radiating energy is called a photon. I can see photons of energy that are within the visible light spectrum.

Force is measured as frequency. The frequency of energy determines whether I experience it as a radio wave, a microwave, an infra-red light wave, visible light, ultra-violet light, x-rays, gamma rays or thoughts.

As the frequency of radiation increases its wavelength decreases and as its wavelength increase its frequency decreases.

The vibration of radiation is constant because its frequency is relative to its wavelength, even though its appearance may vary to the experiencer.

Vibration = Frequency x Wavelength.

The Magnitude of Radiation is measured as Emotion. I feel emotion.

Emotion is felt to emanate or emote, rather than to radiate.

Science currently measures only the force of energy.

- Force = frequency = form.
- Magnitude = wavelength = experience.
- Force x Magnitude = Potential.

Different physical forms of energy or different physical effects of energy are experienced relative to the frequency and the force of the energy radiation.

Science is rational. It studies energy without any magnitude of emotion.

Without a magnitude of the radiation or energy in motion (e-motion), science cannot see its full creative potential.

Types of Relationship

Oct 06 2010

There are many **Types of Relationship**.

What type of relationship that I have with someone depends upon the roles that we are both playing within the relationship.

As the roles change, so does the type of relationship.

Husband & wife, father & son, mother & daughter are all different types of relationship.

Teacher & pupil, trainer & trainee, therapist & client, coach & coachee are all different types of relationship.

Director & manager, manager & worker, employer & employee, employee & customer are all different types of relationship.

As I change my role within a relationship, I change the type of relationship that I am having and how I relate to another person.

A mother & daughter may relate to each other as a parent & child during the early years of their relationship and relate to each other as best friends later in life, even though they remain a mother and a daughter by virtue of their ancestral lineage rather than as their roles in life.

The Quality of a Relationship

Oct 05 2010

The Quality of a Relationship is determined by the compatibility and the co-operation of the individuals within the relationship, rather than the qualities, attributes and attainments of the individuals themselves.

The compatibility and co-operation of the people within a relationship is determined by the Law of Attraction according to how alike people are or how attractive they are to each other.

People who are alike, like each other and relate well. They are compatible and they co-operate with each other.

Relationships become strained because as well as 'like attracts like', opposites also attract.

Gender opposites attract and relate well, whereas polar opposites repel each other and find each other repulsive.

Miserable people can get on well with miserable people, whereas happy people can't.

An arrogant person may be seen by their humble partner as confident.

A meek person may be seen by an arrogant partner as weak.

The quality of the relationship is not determined by the quality of the emotional state of being of the individuals within the relationship.

Collections, Attachments & Connections

Oct 04 2010

Collections are things that I collect in life because they have value.

They are similar things that have come into my possession and have become my possessions.

Attachments are things that I collect in life that I value because I need them emotionally.

Things that I am attached to I need emotionally and value emotionally because of what they give to me emotionally. If I did not value something, or I did not need it, why would I collect it?

Connections are things that I collect in life because they fulfil one of my True Values.

I do not need my connections, but I truly value the enjoyment that I experience when connecting to them.

My connections are not physical or material.

My physical and material collections, I discovered to be attachments.

My Connections are my:

- Daily Life Lessons
- E-Books
- Articles
- Revelations
- Fundamental Questions
- Conundrums
- Limiting Beliefs
- True Values

I collect them all on my web-site, yet I am attached to none of them.

The Speed of Light

Oct 03 2010

The Speed of Light is an illusion.

Light has no speed.

Light is the Motion of Energy.

The motion of energy is constant.

It is the wavelength, frequency and vibration of energy that is variable.

The motion of matter relative to energy (Space) is always constant, consistent and continuous.

It is the momentum of matter relative to matter that is variable.

Energy is expansive and in continuous motion.

It is infinite, eternal and continuous.

Because Energy is Absolute and relative to nothing, it has no speed.

It has stillness & depth.

It is not light that is speeding through space but space & time that are in motion relative to our Self.

That motion is always constant.

It is our Self relative to that motion that creates the illusion of the Speed of Light.

The Reality of Science

Oct 02 2010

The Reality of Science is Physical.

Science studies physical reality.

From a scientific perspective, if it is not physically detectable and provable, its not real.

Spirituality is not seen as real by scientists. It is seen as the irrational thinking of Religion.

Spirit means energy.

Spirituality is the Reality of Energy.

Even though science studies the effects of energy, it does not perceive the energy to be real, only the effects that are experienced.

Science studies the physical effects of energy, but not the Reality of Energy.

Science sees energy as a potential of matter.

Spirituality knows that matter is the potential of Energy.

Science believes that the source of energy is matter.

Spirituality knows that the source of matter is Energy.

Our individual reality is determined by our individual beliefs.

The reality of science is determined by the beliefs or our scientists.

Scient-ist means one who knows.

A Scientist has become one who thinks they have the knowledge of the reality of science, which like themselves is continually changing and evolving.

How interesting that the immutable Laws of Science are continually evolving and changing from the perspective of our Scientists.

A Contextual Field

Oct 01 2010

A field is a two dimensional space.

Fields are not usually seen as cubic or spheroid.

A Contextual Field is a three dimensional space of infinite size.

The two dimensions of a field are its length and its breadth that determine its acreage.

The three dimensions of a contextual field are its space, its time and its reality.

It is the reality of a field that gives it context and determines it to be a contextual field.

The two dimensions of space-time, time & space, produce the 3rd dimension of reality or context.

Without space or time there is no reality, no context and no field.

In a two dimensional field, the space is within the boundaries of the field.

In a 3 dimensional field, space is one of the boundaries.

Space is a boundary that is infinitely expandable over the eternity of time and the continuum of reality.

A Contextual Field of space-time-reality has three dimensions of infinity, eternity & continuity.

SEPTEMBER

'Light' & 'light'

Sep 30 2010

'**Light**' is the force of Spiritual Energy.

Love is the magnitude of Spiritual Energy.

Life is the potential of Spiritual Energy.

Love & Light reveal the potential of Life.

Love, Life & Light are a Triality, a Triune Reality.

'**light**' & heavy are a duality.

'light & heavy' are the measure of weight by volume.

The density of matter (weight/volume) is either light or heavy.

The Density of Energy is its force (weight) x magnitude (volume), which is called its potential.

The denser the energy, the more potential it has.

Potential is the latent energy of matter.

The denser the matter, the less energetic potential it has, the more resistant it is, the less motion it has and the more static it becomes.

The denser the matter the heavier it is by volume, the less 'light' it is and the less 'Light' that it has.

The less 'Light' that I have, the denser and thicker I am, irrespective of how much I weigh.

Attraction & Gravity

Sep 29 2010

Attraction is 'divided energy' attempting to re-unite.

Gravity is 'divided matter' attempting to re-unite.

Energy = Matter, therefore gravity is attraction in action.

Atoms of similar mass attract to form similar molecules.

Molecules of similar density attract molecules of similar density.

It is not the chemical structure of matter that is attractive but its energetic density and mass.

Density x mass = weight = force of gravitational attraction.

The attractive gravitational force within an atom is the polarity of its electrical potential.

The magnitude of attraction between atoms that create molecules is their magnetic gender, or the magnetism of their gender.

Gravitational force and magnitude create a relative gravitational potential.

Gravity is the effect of the attraction of energy to like energy that is the potential within every atom.

The gravitational effect of matter being attracted to matter is caused by the energetic mass and density, which are the result of the gender and the polarity of its potential energy.

Gravity & Attraction are the same thing, and are the consequence of their Matter & Energy being in a separate state.

Energetic Mass & Density

Sep 28 2010

Energetic Mass is the space within atoms. The more space within an atom, the more energetic mass the atom has and the Lighter it is.

Energetic Density is the space between atoms. The more space between atoms, the less dense the molecules, the less material the physical substance and the lighter it is.

The space between atoms is physical space. Without atoms there is no physical space.

The space within atoms is energetic space.

A single atom has mass but no density. It is weightless.

Density requires more than one atom.

Density is relative to the amount (weight & volume) of atoms within matter.

Energetic Mass is relative to Consciousness. It is a measure of the magnitude of energy in matter.

Density makes mass relative to weight.

Mass makes light relative to consciousness.

Consciousness = Light x Mass

Weight is the attractive force of matter or the attractive force created by the density of energy within matter.

The Energetic Mass is the attractive magnitude of Energy or the magnitude of attractive energy.

Infinite Mass is Absolute Attraction.

Energetic Density creates relative attraction and specific gravity.

Relative density is energetic attraction.

Will Power

Sep 27 2010

Will Power is the power of my will, not the Power of I Am.

It is the power of my ego Self when disconnected from who I really Am.

Three aspects of will power are:

1. Determination

Determination is my mental choice that is driven or determined by my personal beliefs, personal standards and personal boundaries. My determination is relative to my conviction.

2. Dedication

Dedication is an emotional feeling that is driven by my emotional needs and the attachments that are dedicated to myself. My dedication is relative to my need for emotional power.

3. Commitment

Commitment is my physical involvement in a life drama that is driven by either my belief or my need to be in that drama, or both. The degree of dedication to my conviction will determine my commitment .

My will power is relative to my determination, my dedication and my commitment, although it may appear to be the other way about.

Commitment

Sep 26 2010

A **Commitment** is a promise to please someone else.

It is a toleration, a have to, a must, an ought to or a should.

Commitments are not empowered by my Soul. They will therefore require will power to deliver them.

Being committed to something diminishes its value.

There is no true value to a commitment.

Fulfilling a commitment is never fulfilling, although it may meet an emotional need.

A commitment is an attachment. It attaches me to another emotionally.

My Soul gives my Self unconditional choice. There is no commitment required.

When I commit my Self to life, I commit to my fate not my destiny.

My Life Path is my Destiny.

It is a Covenant not a commitment.

When I never have to make a commitment, I never need to break a commitment.

When I make a commitment it becomes my duty to carry it out.

There is no duty to pay to my Soul.

My Soul is free.

Nuclear Mass

Sep 25 2010

The greater the orbit of an electron around its proton at the nucleus of an atom, the more **Nuclear Mass** the atom attains.

Atomic mass is the weight of a combination of single (hydrogen) atoms collectively called an element. It determines the density of matter by volume.

Nuclear Mass is relative to the 'space' between the electron and the nucleus within an atom. It determines the density of latent potential energy by volume.

The closer the electron is to the proton, the less massive is the atom and the less nuclear mass it has.

Nuclear Mass is the measure of the magnitude of energy within matter.

The magnitude of matter is the measure of the latent energy within matter, which is relative to the space within matter.

Space = energy = power.

The nuclear mass of matter is relative to the magnitude of its latent energy.

Matter is formed by the separation of the electron and the proton from the neutron.

The more separation between the electron and the neutron, the more material it becomes, the more massive it becomes and the more nuclear mass it has.

The more nuclear mass it has the greater the potential energy it achieves and the greater the force of attraction it has to manifest into form.

As Energy expands its Motion, Matter contracts and becomes massive.

Frightful & Dreadful

Sep 24 2010

Frightful people and **Dreadful** people are both fearful.

Fearful people are limited in life by their fears and false beliefs.

People with breeding see well-bred people as frightful and common people as dreadful.

They judge others as being either frightfully good or dreadfully bad.

Common people judge others to be frightfully bad or dreadfully good.

Middle class people have no distinction and judge others to be both frightfully dreadful and dreadfully frightful.

Being frightful, dreadful or fearful is seen as normal for an unawakened soul.

Unawakened people have been taught that fear is a positive attribute and many have been taught to be god-fearing.

An awakened Soul understands the limitations of fear and the necessity to overcome limiting beliefs and become Fearless.

Becoming fearless requires one to overcome being frightened, in dread and in fear.

We inherit our limiting beliefs and fears from our family & relatives, in accord with our breeding and our ancestral lineage.

The attainment of Fearlessness is not an inherited quality.

Vitality

Sep 23 2010

Vitality is the product of thought and emotion.

Thought plus feeling creates form.

To measure the vitality of form requires a perspective of thought and a perception of emotion.

Without the consciousness of thought and emotion, there is no life.

My vitality is the quality of my Life.

The quality of my thinking determines the quality of my emotional feelings and the quality of my life.

My vitality is the quantity of my Well-being.

The highest quality of my mind is Pure Thought, which is called 'Light' and has an infinite quota of force called Omniscient Authority.

The highest quality of my emotions is Pure Feeling, which is called 'Love' and has an infinite quantity of magnitude called Omnipotent Power.

The highest quality of my Vitality is Pure Beingness, which is called 'Life' and has an infinite quality of potential called Omnipresent Ability.

Energy, Mass & Momentum

Sep 22 2010

Energy, Mass & Momentum are the three prime aspects of matter.

They are formulated in Einstein's equation as $e=mc^2$.

Science is the study of physical matter. It sees life from an empirical or physical perspective.

From a Spiritual perspective there are 3 prime aspects of Consciousness.

They are Energy, Matter & Motion.

It is the Motion of Consciousness called Thought that perceives reality as Energy or manifests it as Matter.

Whilst studying the energy, mass and momentum of Matter; Energy and Motion are required to be added to the equation.

Light travels at the ultimate momentum of Matter, which is the speed of light (c^2).

The speed of light is also the speed of Conscious Thought.

It is the Matter of Energy in Motion.

Below the speed (Motion) of Conscious Thought, Energy manifests as Matter.

Beyond the speed of light, Matter becomes infinite energy with infinite mass.

Infinitely massive Matter in Motion is Energy.

Energy is infinitely massive Matter in Motion.

Empirically: e (energy) = m (mass) \times c^2 (momentum).

Spiritually: E (Energy) = M (Matter) \times C^2 (Motion).

When we see the Potential of Energy then Matter becomes the Potential of Thought.

Latent Potential

Sep 21 2010

Latent Energy is the ability of matter to become energy.

Potential Energy is the ability of energy to become matter.

Food is an example of latent energy. It is matter that converts to energy through digestion.

Fire is an example of latent energy being released from burning matter.

Steam is an example of latent energy being released from water.

Atomic power is the latent energy of uranium being released.

Man has discovered many ways of exploiting the latent energy of matter to harness that energy.

Few Men have so far discovered ways of exploiting the potential of energy to create matter.

All matter is created from energy. Matter is energy changing form.

Energy is never lost or destroyed, it just changes form.

Creation is the Latent Potential of Man.

My potential ability to creatively manifest matter from Energy is in the most part still latent.

I am too busy manifesting energy from matter to focus on the potentially creative thoughts that create my matter of reality.

I exist in a world of Energy, Matter & Motion.

Motion, specifically E-motion, is the key to the realisation of my **Latent Potential**.

My True Thoughts

Sep 20 2010

My True Thoughts come from my Soul.

My Soul communicates with my Self through my super-conscious mind.

My conscious mind has the ability to both receive and transmit pure thought.

It also has the ability to process experiences and create new thoughts based on old experiences.

This is called thinking.

My super-conscious mind creates Thought.

My conscious mind thinks.

My sub-conscious mind stores past experiences as memories and silently processes them.

New Thoughts always emanate from my Higher Mind, my super-conscious Soul.

New thinking is just old thoughts re-processed through my sub-conscious mind.

Thinking blocks True Thought being received.

Inner conflict creates interference to the clear reception of my True Thoughts.

My True Thoughts are my inspired & empowered revelations from my Soul.

Hearing them requires a quiet mind.

Inner Conflict

Sep 19 2010

My thinking is in conflict with my emotions because of my programmed beliefs.

My programmed beliefs create **Inner Conflict**.

My programmed beliefs are the experiences of my life that I believe to be true. They are a perspective of life that appears to be real that I have inherited from family, friends and acquaintances.

Experiences of life that I believe to be real are an illusion of my physical reality that will hold me in that reality and inhibit my spiritual growth.

From my physical perspective, these beliefs are the foundation of how I have been taught to live in my physical body in this physical existence.

From a spiritual perspective, these beliefs are limiting my life and they are the foundation of my fears.

Fears, limiting beliefs and programmed truths are all the cause of my inner conflict.

They all conflict with my Higher Truth, the Truth of my Real Self, the Reality of my True Self and my True Thoughts.

From a spiritual perspective, they are all negative beliefs because they do not allow an effortless path through life.

A negative path creates a negative reality that is the fate of my fears and my limiting beliefs.

Once I overcome my Inner Conflict, I am free to fulfil my Destiny.

In Two Minds

Sep 18 2010

I have two minds.

My mental mind processes rational conscious thinking with my brain.

My emotional mind processes emotional conscious feeling with my solar plexus.

I am **in two minds** when my thoughts are in conflict with my emotions.

Inner conflict is the battle that rages between my two minds.

I am confused when my conflict and lack of peace appears to be between my head and my heart, or my heart and my mind.

My Soul is at the Heart of my Mind. It is never in conflict with my Self.

My conscious mind is centred within my brain and my sub-conscious mind is centred in my solar plexus.

When my two minds connect and resonate in harmony, I become of One Mind and I connect to my Super-conscious Mind, my Soul.

My Soul is at my core, the centre of my being, and is the balance of my two minds. It is at the Heart of my Beingness.

All the time that I am in two minds, I cannot be open to my Heart, I cannot open my Heart to my Soul.

Malignant & Benign

Sep 17 2010

Malignant means misaligned or badly aligned.

When I am badly aligned, I am not aligned with the Truth and my Soul.

The truth is that this is bad for me when it is not what I want.

When mis-aligned and not guided on my path, I am not spiritually growing.

For an awakened Soul, this is not good.

Benign means beneficial, kindly and good for my Self.

What I experience as beneficial and good is what I want.

My spiritual path in life is the way of a kindly Soul. It is the Path of Goodness.

My spiritual path is the expansive growth of my spiritual energy – my Consciousness, which is always Kindly and Benign.

Cancer is a symptom of chaotic growth at a cellular level, which I experience to be malignant.

It is the chaos of too much disorder and an external sign of my internal disconnection from my Truth.

Cancer is never Benign.

My Soul is never Malignant.

Kindliness & Pleasing

Sep 16 2010

Pleasing others is conditional on what they give to me.

I please other people because of the emotional power and the authority to choose that they give to me.

I do not please another when there is no personal pleasure for myself.

I do not bother to please other people if they do not please me in some way in return.

Kindliness has no dependency on others and places no conditions on them.

It recognises the Goodness in all others and is not conditional on others being kindly to me.

Kindliness recognises the inherent kindness in all other people.

It sees the oneness and the unity of all people.

Kindliness knows that what I do unto others, I do unto my Self.

Pleasing is conditional love.

Kindliness is unconditional Love.

Fulfilment

Sep 15 2010

When I attain the ability to consciously choose to do what I truly value, I will be eternally fulfilled.

When I am filled full of the experiences in life that express true value for my Self, I am fulfilled.

Doing what I truly value is Self fulfilling.

Attaining fulfilment is consciously choosing to be Happy.

Doing what I truly value and having what I truly value makes me very happy.

When I am happy and empowered, I do what I truly value to do.

Fulfilment is mental happiness.

Happiness is fulfilling when I consciously (mentally) choose to do and have what makes my Soul happy.

Joy is the feeling of doing what I love whilst Being my Soul.

Contentment is the ability to be physically happy with enough of everything.

With Fulfilment, Contentment & Joy, I am Truly Happy.

The Road to Redemption

Sep 14 2010

Life is a journey on the **Road to Redemption**.

My life path concerns my redemption.

I am here to Redeem my Life.

I am here to 'see' life from a new perspective.

When I see life from a new perspective, I re-deem my life and I am redeemed.

I attain redemption when I redeem an attainment.

I am here to Redeem my:

- Health
- Wealth
- Wisdom
- Happiness
- Well-being

Health, wealth, wisdom, happiness & well-being are all natural states of being and my birth-right.

I am here to attain Redemption.

I am here to redeem the attainment of my health, wealth, wisdom, happiness & well-being.

This is my journey on my road to redemption.

Pure Beingness

Sep 13 2010

Pure Beingness is Love.

Love has no mass. It is pure feeling.

To experience pure Beingness requires omnipotence.

Being all powerful is being all feeling.

When I am all feeling, I am all powerful, I am feeling my full power and I am fully empowered.

Light is experienced with Pure Beingness.

I cannot have Pure Beingness and not be my True Light.

Light has no mass. It is pure motion.

Light in pure motion is called Thought, which originates from the Pure Mind of Consciousness.

The Pure Consciousness of the Eternal Mind is Omniscient. It is all knowing.

The Pure Beingness that is the Energy of Love is eternally attracted to the Pure Motion of Light, which together create the True Matter of Life.

Pure Life is a state of being Omnipresent.

It is the appearance of mass & matter that allows omnipresence and the state of being All Seeing.

All Seeingness requires the presence of all Beingness and all Knowingness.

Velocity & Speed

Sep 12 2010

Velocity is rapid motion or the rapidity of motion.

Speed is the rate of change for the better.

Change happens at the speed of light. The speed of light is the speed of thought. Thought is the creator of change.

The speed of light is Absolute. It is absolute motion.

Velocity is relative motion. All velocity is absolute motion at a reduced rapidity relative to the absolute speed of motion.

From my physical perspective (at rest), matter appears to increase in velocity up to its limit at the speed of light.

In Absolute Reality, absolute motion reduces in velocity until matter becomes static and motionless relative to other matter.

At the speed of light, mass becomes infinite.

Mass has an infinite magnitude of energy at the speed of light. Matter has a relative mass below the speed of light. It is relative to density and volume.

Matter with infinite mass ceases to exist as matter and changes form back to energy. $[E=MC^2]$.

Energy is Matter at the Speed of Light.

At the speed of light, infinite matter has infinite Space, eternal Time and a continuous potential to re-materialise and change its form instantly.

Below the speed of light, velocity is relative to time and distance.

The velocity of molecules undergoing a change in speed and appearance is called heat.

Being of Service

Sep 11 2010

Being of Service is a state of Being.

It is not 'being in service to', which is an act of doing.

To 'be of service to another', I just have to Be.

To Be or not to Be, of service to another, that is the question.

I can only be of service to my Soul when I allow my Soul to be in control of my Life, by Being of Service to my Self.

How can my Soul be of service to my Self?

I choose for my Soul to be of service to my Self by guiding and supporting me on an effortless path of Happiness & Wellbeing that fulfils my vision and allows me to experience that which I truly value in Life.

How can I be of Service to my Soul?

By accepting, approving and allowing the guidance, the support and the direction of my Soul.

My Soul chooses to be of service to its Self by being 'in control' of itself, without controlling itself or being controlled by itself.

My Soul is always, continuously and eternally, **Being of Service** to my Self.

Absolute Space-Time-Reality

Sep 10 2010

In this present Time & Space, Science has declared our Reality to be Relative to our experience. We live in a Relative Space-Time-Reality as defined by Science.

My experience of Life is relative to the reality that I experience. In other words, what I experience becomes my reality and my reality creates my experience.

Science has declared that:

- Space is not Absolute it is relative to distance. Distance is relative to space.
- Time is not Absolute it is relative to speed (velocity). Velocity (speed) is relative to time & distance.
- Reality is not Absolute it is relative to time. Time is relative to the reality of our age or the era in which we exist.

Space is perceived as the distance between Stars, Planets or Galaxies.

Time is perceived as the speed at which life is experienced.

Reality is a perspective of the Age in which we live or the age of the individual who is living at that moment of time.

Science has not yet connected:

- The energy of emotional space with the magnitude of Absolute Love
- The motion of personal time with the force of Absolute Light
- The matter of physical reality with the potential of Absolute Life

Natural Philosophy, now known as Metaphysics or Spirituality is the study of:

“The Matter of Energy in Motion in Absolute Space-Time-Reality”.

In Absolute Space-Time-Reality:

“Space is the Power of Conscious Love, Time is the Authority of Conscious Light, & Reality is the Ability of Conscious Life”.

Kindness & Kindliness

Sep 09 2010

Kindness & Kindliness are not the same thing and they are often confused.

Kindness is my affinity in a generous way to my own kind.

Kindliness is the 'spark of light' that is my affinity to my own True Self.

The opposite of kindness is the meanness and miserliness that is expressed to people who are not like me, not of my kind and whom I do not like.

I am never kind or generous to people whom I do not like.

The opposite of kindliness is a malignancy that is negative and often seen as bad, dark or evil.

Kindliness is benign. It is warm, welcoming, embracing and accepting of life in a positive way.

Unkindliness is malignant. It is cold, aloof, disconnected and intolerant of life in a negative way.

I can be benign and kindly without being generous, although giving of my kindliness will always be seen as generosity.

I give with kindness, I express my kindliness.

Kindness gives to others material possessions that others want and need.

Kindliness is a compassionate state of being that I share with another person who also has a kindly disposition.

Awe

Sep 08 2010 [Edit This](#)

Awe is the experience of something more powerful than my self.

My ego can never be more powerful than my self, it is my self.

My Soul is more powerful than my Self, when I forget how powerful I am as my Soul.

I am not in awe of my Soul, I am in **Awe** as my Soul.

When my self is in awe of my Soul it is humbled by my Soul, feels inferior to my Soul, and is in fear of my Soul.

When I am in fear of my soul, the experience will be awful.

When I feel the compassion of my Soul's Power, I am in Awe as my Soul and full of Awe.

Whether I choose my experience in Life to be full of Awe or awful is always my own personal choice.

My Soul is in Awe as my Self.

My Soul knows that I can be as powerful as my Soul once I become in Awe as my Self.

Students & Pupils

Sep 07 2010

I am a **Student** of a Course.

I am a **Pupil** of a Teacher.

Pupil & Teacher is a role duality.

It is where one believes that they have the knowledge and the other believes that they need the knowledge.

It is the duality of superiority and inferiority.

The pupil will always defer to the superior knowledge of the teacher.

It is only in my disconnection from the Truth that I seek to become the pupil of a teacher.

Jesus is the example of a Teacher without pupils. A Disciple is the student of a course, not a pupil.

My Inner Teacher and Coach does not seek to teach me about life.

My Inner Coach has given to my Self the gift of Life for the purpose of learning and growth.

My Soul chooses for my Self to be a Student of Life and to allow life to follow its natural course for my Self.

I am a student of the Nature of Life – of course.

Teachers teach, pupils are taught, students learn and disciples follow their own path.

A Spiritual Coach

Sep 06 2010

A Spiritual Coach coaches spiritual people.

A spiritual person has awakened to the reality of their spiritual path in life.

They require a spiritual coach to support and guide them on their path.

A spiritual coach does not coach as a profession or as a hobby.

A hobby meets one's emotional needs.

A profession meets one's material and monetary needs.

A 'calling' fulfils one's vision for one's life.

It is not my vision to be a coach.

Being a coach and coaching spiritual people allows me to fulfil my vision for my life.

It is the means, the reason and the purpose.

Aligning others to their path in life, aligns my Self to my path.

Empowering others empowers my Self.

What I give to others, I allow my Self to receive more of.

I give to my clients my Time, my Space and my Reality.

These are the most essential elements of my abundant Life.

A Professional Coach

Sep 05 2010

A Professional Coach coaches as a profession.

When Coaching is a profession, it is a business and it is commercial.

Commercial businesses and professions operate within a set of professional guidelines.

A professional service is required to give value for the fees charged for that commercial service.

A professional coach is required to coach professional people.

An aim and objective of professional people is to become more professional so that they can make more money.

The aim of business and commerce is to make money.

The aim of a professional coach is to make money.

A business that is not professional does not make money and will soon go out of business.

An activity that costs money is called a hobby.

Hobby coaches are not seen as professional people.

Spiritual Coaching is neither a profession nor a hobby.

It is a calling.

“Many are called, few are chosen”.

Resentment

Sep 04 2010

Resentment is being unaccepting.

I resent what I cannot accept.

I resent that which I am tolerating in life and I find intolerable in life.

Whatever I find intolerable, I tolerate and I do not accept in life, will always be re-sent.

I resent whatever I do not see or receive as a gift.

Forgiveness is the state of Being without resentment.

It is the total acceptance of what is given without resentment.

It is re-sent-ment without resentment.

Forgiveness is justice, because everything just is re-sent.

Forgiveness of a resentment is the acceptance of a gift and an opportunity for growth.

Resentment is the state of being without forgiveness.

Bliss

Sep 03 2010

Spiritual **Bliss** is Pure Feeling.

Emotional Bliss is the feeling of Joy.

Feeling the emotion of pure joy is bliss, but it is not Spiritual Bliss.

Pure Feeling is more than just joy or the feeling of bliss.

Pure Feeling is True Happiness. It is the natural state of our Spirit.

When the spirit of Pure Feeling resonates with True Happiness, everything is Bliss.

In the Physical Realm, bliss is the attainment of True Happiness.

In this physical realm, I am a triality of physical, mental and emotional energy.

The attainment of true happiness requires all three aspects of my Self to resonate in harmony:

- My physical self resonates with contentment
- My emotional self resonates with joy
- My mental self resonates with fulfilment

The joy of **Bliss** without contentment & fulfilment may be a pleasurable experience but it is not an expression of True Happiness.

Toxicity

Sep 02 2010

Toxicity is the absence of Light.

My disconnection from the Light of my Consciousness creates a toxic reality.

Fears and false beliefs make my world toxic.

The unhealthiness of my Life is relative to the toxicity that is created by my fears and my limiting beliefs.

Fears and false beliefs are without Light.

Any unhealthiness is the manifestation of the toxicity of my fears and my beliefs.

Toxic thinking comes with the absence of Light. It has no Presence.

My toxic thinking results from my programmed beliefs that hold my fears.

My toxic negative thinking creates toxic negative emotions that eventually materialise as toxins in my physical body.

Bacteria and Viruses are not inherently toxic.

It is my mental and emotional energy vibrations that are toxic.

The role of a virus is to cleanse my physical cells of toxicity.

The role of a bacterium is to cleanse my lymphatic system of toxins.

My lymphatic system is how my body cleanses cell toxicity to keep my body healthy.

Viruses clean the cells and bacteria clear away the cell waste.

Toxicity is a fact of life that the body is designed to accept and to deal with naturally.

My body cleanses, processes and eliminates toxic waste efficiently when I am healthy in order for me to remain healthy.

Toxicity is not a problem. Being unable to process toxicity and eliminate it effectively is the reason that illness exists.

Sharing Perspective

Sep 01 2010

Sharing Perspective is sharing the same reality.

I can only share my perspective of life with someone who has that same perspective of life to share with me.

A different perspective of life creates a different reality for each perceiver.

Expecting someone with a different perspective of life to share my perspective of life, is arrogance.

I cannot divide my perspective of life and give half to someone else.

We all have choice and we all make different choices.

We all have different thoughts, which create different realities and different perspectives of reality.

Sharing my perspective requires me to communicate my perspective to another, receive their perspective from them and then compare any similarity.

We all create and live in different realities, yet still share the similar aspects of our reality that have the same perspective.

Changing someone else's reality is not an option.

Changing my own perspective takes but an instant to create a new instant of reality, instantly.

AUGUST

My Alter Ego

Aug 31 2010

My ego is my sense of self. It is who I believe myself to be.

My Alter Ego is my alternative ego, a different perspective of my Self.

I have 3 perspectives of my Self and 3 perspectives of life.

I have therefore, two alternative perspectives of who I am and two alter egos.

A subjective sense of self is an ego that sees myself as good from a positive perspective.

An objective sense of self is an ego that sees the bad aspects of myself from a negative perspective.

An adjective sense of self is an ego that sees my Self as Being only Good from a Divine perspective.

Being Good is Divine and sees only the Goodness attributable to my Self, to others and to all of Life.

Being good or bad is a duality of a relative dual reality world and will alter my ego's perspective dependent on which extreme that I am perceiving life to be from.

My ego, my alter ego or my alternative Ego.

Second Nature

Aug 30 2010

That which is **Second Nature** is instinctive and intuitive.

Instinct & intuition are my 2nd nature, or are they?

My first nature is the personality and the character of the role that I am playing out in life. My ego sense of self.

My second nature is my True Nature, unless that is, I have been programmed to act with a different nature.

When my True Nature has been overwritten by fears and limiting beliefs, my 2nd nature becomes my mental programming, and my true nature becomes my Third nature.

I have 3 natural ways of being, which are potentially 3 different natures. In my world everything comes in threes.

My 1st nature is my Conscious Self that adopts the personality and the character of who I believe my Self to be.

My 2nd nature is my autonomic sub-conscious Self that is driven by my emotional needs and programmed with my limiting beliefs and my fears.

My first and second natures create the conflict and dilemmas of my heart and my head.

My 3rd nature is my instinctive and intuitive Super-Conscious Self that is my Soul and my Inner Coach, my True Self and my True Nature.

When I am being my True Self, instinct and intuition are Second Nature, but I had to overcome my fears and limiting beliefs before I could realise it.

The Paradox of the Law of Attraction

Aug 29 2010

The law of attraction is both true and untrue, depending on our own personal point of view.

The Paradox of the Law of Attraction is created by the law of attraction itself.

Because of the Law of Attraction, that states that like energy is drawn unto itself, what we think becomes our reality.

What makes this difficult to understand is a general belief that there is only one reality. Currently, the consensus view of the 'one' reality, is formulated by either Science or Religion.

When we change our thinking and accept the possibility that we all individually can and do create our own reality, then the law of attraction becomes not only feasible but experienceable.

We can only experience what we believe to be true or untrue.

When I believe that the law of attraction is untrue, then that becomes my reality.

When I am unsure whether the law of attraction is true, experiencing it as a reality is not assured.

When I know the law of attraction is not only True but Universal and Immutable, it proves to be so in my reality.

The Role of a Life Coach is to guide and support others to change the reality of their life. To help them understand what created their old experiences, guide them to choose new experiences and support them through that change.

That means the Law of Attraction is essentially a fundamental aspect of Life Coaching.

Disillusioned

Aug 28 2010

Disillusioned means no longer experiencing an illusion.

I can only be disillusioned when what I believe in the first place proved to be an illusion.

A projection of my reality into the future is just an illusion.

An illusion is a figment of my imagination that has not or does not materialise.

Imagination is the sole cause of a new reality.

What I am presently imagining is not yet a reality otherwise I would be experiencing it, not still imagining it.

I cannot unimagine something. I don't need to. I just need to focus my imagination elsewhere.

Not everything that I imagine becomes a reality. Thank goodness.

If everything I imagined manifested instantly, I would soon become very disillusioned with my ability to create reality.

If everything that I focused my attention on, materialised instantly, there would be no imagination, no illusion, just instant manifestation and disillusionment.

When manifestation requires both time and space to become a reality, I have plenty of opportunity to refine my illusions in my imagination before they manifest into my reality.

When what I imagine materialises into my reality, I am never disillusioned.

My imagination is no longer an illusion it is a real creative ability.

Detached & Disconnected

Aug 27 2010

Detached means that I am not attached to other people or things emotionally.

It means that I do not need them to supply my emotional power.

I am detached when I am emotionally independent and connected to my own source of power and authority.

This requires the awareness of knowing my emotional needs, feeling when they are active, i.e. my power is low, and seeing how to simply and effectively meet them myself.

Disconnected means that I am not connected to my true source of authority that connects me to my true source of emotional power.

It means that I am unaware of my need for emotional power.

Whether we are conscious of our need for emotional power or not, we all have emotional needs, because no-one is permanently connected to their emotional power in this physical realm.

We are all disconnected from our source of emotional power until we consciously learn or remember how to re-connect.

The opposite of Disconnected is Connected or Empowered.

The opposite of Detached is attached or needy.

Two Types of Passion

Aug 26 2010

There are **Two Types of Passion**:

1. The passion I get from receiving what I need emotionally.

The pleasure and fun of receiving what I need emotionally, motivates me passionately. I am passionately motivated to get my emotional needs met and receive what I need to have emotionally. I value what I passionately need because it has value for me.

2. The Passion that I experience when I am doing what I truly value.

The Joy of being in the experience of what is truly valuable, empowers me with Passion. I am passionately empowered to do what I truly value to do, be who I truly value to be, and to have what has true value for me.

I truly value the Passion that I enjoy when experiencing my True Values, fulfilling my Vision, and living my Life on Purpose.

I also understand that I passionately need to get my needs met and connect to my true power before this becomes possible.

Mastery & Slavery

Aug 25 2010

Mastery & Slavery, like master & slave, is a duality.

Slavery is the inability to master freedom of choice.

Mastery is the ability to make choices for other people.

Mastery requires and utilises greed and gluttony.

Slavery requires and utilises humbleness and poverty.

Attempting to master my slavery will only result in becoming a slave to my path of mastery.

It is not my purpose to master physical life but to live and experience it.

It is not my purpose to be a slave to my physical existence but to discover and explore it.

I have an individual, unique and exclusive path that I have chosen to follow.

It is the belief that there is only one path that will make me either a slave to, or a master of, that path.

I follow my own path with equanimity, choice and contentment.

I am a slave to neither another's path nor my own.

Life Mastery is the process of overcoming the duality of slavery and mastery, so that I am neither a slave to my own ego nor the master of my own ego.

It is about overcoming the duality of physical and spiritual existence by attaining a degree of Mastery of Life.

Physical Time & Space

Aug 24 2010

From the perspective of this physical world, time is linear and space is empty.

Linear time allows reality to be consistent and continuous. It allows reality to appear to be real.

Empty space allows objects to be individual and separate. It allows objects to be real and objective.

Physical reality cannot exist without linear time and empty space.

In Absolute Reality, Time just is, the energy of Light; and Space just is, the energy of Love.

Light is the authority of Consciousness and Love is the power of Consciousness.

With the power and the authority comes the ability to create Reality by making Time & Space real.

Time becomes a physical reality when it is slowed down and experienced in each and every moment.

Space becomes a physical reality when a point in space is slowed down sufficiently to become matter that manifests within that space.

Physical Time & Space create Physical Reality.

Giving & Receiving

Aug 23 2010

When **Giving and Receiving** is an expansive act of sharing it is balanced.

For an act of sharing to be expansive, both parties are required to have, to be or to do what is being shared.

Sharing is expansive when what I am receiving, I am giving in equal measure.

Giving and receiving is out of balance when I am not giving and receiving in equal measure.

For giving and receiving to be in balance, I am required to already have what I am proposing to share with another by giving and receiving it.

The act of giving to balance what is being shared is by definition not balanced to start with.

Unless I already have what I choose to give and receive in an act of sharing, I am acting from a position of scarcity, which is always divisive.

When I give to someone who is needy or without what I am giving them, my giving is not balanced.

When my giving is balanced and equal to what I am receiving, it expands exponentially into my future.

When my giving is divisive, it will eventually deplete my reserves and create limitation and scarcity.

When my giving is focused on the scarcity of others, I will attract that scarcity into my own reality.

Giving material possessions and money in return for emotional gain is driven by an emotional need for love.

Giving emotional support in return for material gain is driven by lust.

Lust & love are a duality of one of the 7 deadly sins, which always take us out of balance and inner harmony.

Give & Take

Aug 22 2010

Give & Take are often confused with giving & receiving, yet taking and receiving are not the same thing.

Taking is seen as something that is not given willingly.

When both partners are not giving and receiving equally, then one is being greedy and the other is pleasing that greed.

When one partner is taking more than the other is willing to give, then assertiveness and appeasement ensues with one partner asserting their dominance over the other.

Give & take are never in balance.

Giving and receiving are only in balance when what is given is received with gratitude and what is received is given with gratitude.

When give & take are replaced with being accepting and being allowing, the partnership attains equability.

When I am accepting of whatever is given and allowing of whatever is taken, I experience no energy loss and no energy gain. I become charge neutral, in balance and in harmony with my partner.

When my partner is accepting of whatever is given and allowing of whatever is taken, then we are able to share in the true sense of give & take, which is the balanced and equal state of being in equanimity with each other.

When give & take becomes allowing & accepting, there is no superiority, no selfishness, no conflict, no intimidation, nor any inferiority, unselfishness, appeasement or pleasing, just a loving relationship that unconditionally approves of each other's actions, what each other has, and who each other is being.

Compassion has truly replaced compromise.

In Service to my Soul

Aug 21 2010

I am **In Service to my Soul** when I am in service to the Soul of another.

Before I can be of service to the Soul of another, I must overcome being in service to the ego of that other.

Being in service to the ego of another is slavery, often disguised as employment.

Serving others for monetary gain will always take me away from service to my Soul.

Being in service to the Soul of another requires me to be allowing, accepting and approving of whatever is occurring.

I am not required to do anything to be in service to another. I am just required to be.

When I am being the highest aspect of my Self, I am in service to the Souls of all others that I encounter.

I am showing the way, shining my Light, and modeling my Soul.

When I am allowing, accepting and approving of who all others are being, I am in alignment with my Soul and serving my Soul.

My Soul always serves in alignment with my Self.

In Service to my Soul, I am in alignment with my Soul.

My Soul is always in alignment with all other Souls.

Identify my Identity

Aug 20 2010

I am here to experience, to explore and to discover who I really am.

My character and my personality define the role that I am playing, which is what I do.

Who I really am is my Identity.

Experience, exploration and discovery are the essence of identifying who I really am.

My nature is the essence of who I am Being.

Who I am Being is the emotional state of being that I am feeling.

Without emotion and feeling, there is no essence and no sense of who I am.

My emotional state of being is the feeling that I attribute to my Self.

My Attributes **Identify my Identity**.

My attributes identify who I am and who I am Being.

I am a Being.

The question is:

“Who am I Being”? and “Who do I choose to Be”?

“What state of being do I attribute to my Self”?

A Confidence Problem

Aug 19 2010

Confidence is never a problem.

A lack of confidence will create a problem, or two.

Without confidence, opportunities do not appear.

When opportunities are not apparent, problems are.

Confident people do not have problems.

When I am problem-free, I am confident of my success.

When I have a problem with confidence, I am confident only of having a problem.

Confidence is knowing that I will succeed.

Arrogance is thinking that I can solve all my problems.

When I think that I can overcome problems, I am being arrogant not confident.

When I am confident of overcoming a problem, I am being arrogant.

The only way to become confident and problem-free is to see the opportunity.

When I am confident, I do not have a problem to solve or overcome.

I have an opportunity to develop and an opportunity to develop that opportunity with confidence, no problem.

The Carrot & The Stick

Aug 18 2010

The Carrot & The Stick are forms of motivation.

Motivation is how I give another the emotional energy to follow my authority and my choice.

I can motivate them with a 'carrot' and reward them or I can motivate them with a 'stick' and punish them.

The carrot and the stick are a duality of love and fear.

I love the reward and I fear the punishment.

All forms of motivation utilise one or the other, or a combination of both.

Whenever I need someone to do something for me that is not aligned with their true path, I will need to motivate them.

Whenever an individual is aligned with their true path, they are empowered and need no motivation.

Motivation is only required for unempowered, disempowered or uninspired workers.

Positive Criticism

Aug 17 2010

Positive Criticism is an oxymoron.

Criticism is always negative.

A positive appraisal is called praise.

When a critique looks for improvement, it is focusing on the negative aspects that are potential areas of positive improvement.

A positive critique is called a review.

A positive review expresses praise and encouragement.

A negative review is full of criticism.

Criticism is negative because it is a toleration.

Criticism is never acceptable.

Acceptable feedback is never seen as criticism.

Whether feedback is seen as negative criticism or positive encouragement is determined by the perspective of the receiver, not the giver.

No matter how much I believe my criticism to be positive, it is the belief of the receiver of my criticism that determines its polarity.

Criticism motivates with fear. It is not empowered.

Option & Choice

Aug 16 2010

When an option is a choice, there is no distinction.

One option is not a choice.

Two options are required to have one choice.

With only one option, I have no choice. There is nothing to choose between.

Having only one option is a deception and a false reality.

There is always more than one option.

We always have choice.

We live in a world of contrast, choice, options and infinite possibilities.

When I believe that I have no choice, I am deceiving myself and denying or ignoring my other options.

Two options are a dilemma, which means I will have difficulty choosing between the two.

With 3 options, I am 'at choice'.

I can only be at choice once I have clearly identified three distinct options.

With 3 options, my choice is clear and has distinction.

With multiple options, I will be confused.

When I reduce my options down to three, I can then choose with clarity.

My best choice is always my 3rd option.

Team Spirit

Aug 15 2010

Team Spirit requires a Harmony of Souls.

When a Team of Spirits have no discord their Souls are in Harmony.

Team Spirit has no discord at a Soul level.

Souls are never in conflict.

Individuals are often in conflict with their Soul and with each other.

When there is no conflict within one's Self, there is no conflict with others.

Team spirit is relative to the amount of conflict within a team.

The amount of conflict within a team is relative to the inner conflict within each individual team member.

Inner conflict within a team member will express itself as an external conflict within the team.

Individual team members who are in harmony with their selves are aligned at the soul level.

They will produce a great team of Spirits and a great **Team Spirit**.

Empathy & Compassion

Aug 14 2010

Compassion means sharing my positive emotion with the same positive emotion of another.

Empathy means sharing the same positive thoughts as another.

I feel compassion with another.

I know empathy with another.

Compassion and empathy both share in an expansive way, which makes them positive.

Sympathy and apathy, conversely, are both negative and divisive.

When I resonate in sympathy with another who is emotionally negative, they deplete my emotional energy in a divisive way. I harmonise with them in a negative way.

I am unable to share my emotional energy with another who is negative and apathetic to my state of being.

Compassion has a female gender, which requires an awareness of feeling and emotional intelligence.

Empathy has a male gender, which requires a rational intelligence and an intuitive logic.

Empathy and Compassion are essential attainments that facilitate expansive spiritual growth and the development of both the Self and others.

Strategic Planning

Aug 13 2010

Strategic Planning requires both a strategy and a plan.

A plan is a to-do list designed to achieve my objective.

My plan is not my objective.

My objective is the end result of my planned actions.

A strategy contains the conditions and the boundaries under which my plan can be achieved.

An action plan is a list of actions that I am planning to do to achieve an objective.

Action plans fail because of the interference and detrimental actions of others.

A strategy is designed to stop my action plan from failing.

It is designed with the purpose of allowing my action plan to succeed by nullifying or eradicating external interference.

A strategy determines the boundaries that need to be put in place to ensure that the behaviour and the actions of others is beneficial to the plan rather than detrimental to it.

A strategy determines the conditions under which a plan cannot fail.

My planned behaviour is always conditional on having strong boundaries within which to be successful.

The boundaries and the conditions for success require Strategic Planning.

When a successful strategy is pre-planned, I follow my path and attain my objectives effortlessly.

The Purpose of Charity

Aug 12 2010

The Purpose of Charity is to aid the victims of life.

The main causes of victimhood are seen as poverty and injustice.

Charities seek to compensate victims of life's apparent scarcity and injustice.

Ironically, a victim of injustice who has plenty of money is often not considered a victim in need of help and therefore not a charitable cause for concern.

To receive a charitable donation requires one to be a victim of both injustice and poverty.

Even Cancer Research is a victim of the perceived poverty or lack of funding within the Health Service.

I create in my life what I focus my attention on.

My focus on the injustice in my life brings more injustice into my life.

My focus on the poverty in my life brings more poverty into my life.

The more charity I receive, the more charity becomes the focus of my attention and the more charity that I need.

The more charity that I give, the more charity becomes the focus of my attention and the more charity I will need to give.

Charities need charity to fund the focus of their attention.

All charities are victims of not having enough money. There are always more victims than money available to help, which is seen as an injustice.

Without victims of life, charity has no purpose.

Help for Heroes

Aug 11 2010

Help for Heroes is a Victims Charity.

Charities are set up to help victims.

Charities are the heroes that help victims.

When heroes become victims, they need to be rescued from their victimhood by heroes.

When charities run out of money and are the victims of scarcity and poverty, they need to be rescued by heroes who donate large sums of money.

Without the heroes who donate money to poverty stricken charities, the heroic charities cannot donate money to the poverty stricken heroes, who have become the victims of life and need charity.

Who is the hero?

The heroic soldier wounded in battle, the heroic charity that aids their recovery, the heroic donor that gives their money, or are they all heroes?

Who is the victim?

The wounded soldier who has lost the will to fight, the hard working charity worker who needs to feel morally good, the rich donor who needs to appease their feeling of guilt, or is everyone a victim?

Victims, Villains & Heroes

Aug 10 2010

All Heroes are potential Villains.

All Villains are potential Victims.

Villains become the victim of the heroes heroic action.

Heroes become the villain of the villain's victimhood.

Heroes, villains & victims are all roles played out in the drama of conflict, intimidation and revenge.

In the control drama of the 'intimidator & the poor me', there is always a villain, the intimidator, and a poor me, the victim.

The hero rescues the victim from their assailant by intimidating the villain and making them a victim of the heroes heroic action.

Victims, Villains and Heroes are all potential heroes, villains or victims because they all share the same energy vibration.

Whether I am being the victim, victimising a victim or saving a victim from being victimised, I am participating in the same drama of victimhood.

A True Hero is one who overcomes their own Victimhood.

My True Hero is my Saviour – My Soul.

I am never a victim of my Soul and my Soul is never a victim of anything.

Inconsideration

Aug 09 2010

Inconsiderate is the term that I give to another whom I believe has not considered my situation and acted accordingly.

I believe that their inconsideration is due to their lack of consideration.

Consideration and inconsideration are a personal perspective and a duality.

It is not possible to consider life from the perspective of another.

I may see another's perspective or point of view when they explain it to me, but it is impossible to go through life considering what reality another chooses for their self.

All that I can consider doing is to presume that all others share my reality, which they do not.

Consideration for others is totally flawed and will often be seen as its duality of **Inconsideration**.

The paradox is that the more considerate I become of others, the more inconsiderate they will judge me to be.

In consideration of this reality, I choose to be neither considerate nor inconsiderate.

I choose to be faithful to whatever I consider to be my Path.

Being inconsiderate is seen by others as being selfish.

Being considerate is believed by others to be unselfish.

I choose to be Truly Selfish and become my True Self – my Soul.

Agenda

Aug 08 2010

An **Agenda** is a 'to-do' list.

My to-do list is a list of things that I need to do to achieve my objectives.

My agenda is the list of things that I need other people to do to achieve my objectives.

A Company Chairman is responsible for achieving the objectives of the Company.

A meeting agenda is the to do list of that company of people. It is what the Chairman needs other people to do.

The purpose of a meeting is to agree who is responsible for doing and achieving what needs to be done.

Objectives are achieved by the completion of relevant tasks successfully.

An agenda sets out the tasks that are required to achieve those objectives.

People who have their own agenda do not work well within a team or a company.

A Chief Executive who has an ulterior motive or agenda to that of the company, will never succeed.

My Soul has no agenda and no to-do list.

My Soul has a 'To-Be' list.

I don't need other people to decide who I choose to Be.

My 'to-be' list has no agenda.

Happiness & Well-being are states of Being.

An Ego that follows its own agenda will never attain Fulfilment.

My Life Path

Aug 07 2010

My Life Path is in alignment with my Soul.

It is to align my Self with my Soul.

My Soul never deviates from my Life Path.

My Soul is always aligned with my Path.

When I am aligned with my Path, I am aligned with my Soul.

When I am aligned with my Soul, I am aligned with my Path.

My Soul has given my Self choice.

My Self can choose to align with my Soul or not.

My Self can choose to align with my Path or not.

From the perspective of my Self, I can be misaligned with my Path and off-track.

From the perspective of my Soul, I am never off-track.

It is my path to be on-track and off-track.

Without the choice to be on-track or off-track, I have no choice to make.

With no choice to make, I have no path to follow and no Life to choose. There is no Life Path.

My Life Path is to choose my Life Path.

This is the Life that I choose and the Path that I choose.

My Reality

Aug 06 2010

My Reality and the Reality of this World are not necessarily the same.

I do not necessarily share the reality of this world.

The reality of this world is the sum total of the reality of each individual who is alive today.

Each Individual's individual reality makes up the reality of Life on Earth.

I can choose to experience other people's reality or I can choose to experience my own reality.

I share the same world, Planet Earth, as all other inhabitants of this world.

I co-habit this world with all others.

Yet I do not choose to share the same reality as all others or any other.

Sharing the same reality as other people proved to be my fate, not my destiny.

To create my own destiny, I am required to choose my own reality.

I choose to share my reality with those who choose to share my reality with me.

I only choose to share my reality with people who share the same reality as me.

I cannot share my reality with someone who experiences reality in a different way to my Self.

Creating and living in one's own unique, exclusive and individual reality is essential in order to follow one's own unique, exclusive and individual Path in Life.

My path is only ever blocked by someone else's version of what reality should be.

The belief that there is only One Reality blocks everyone from following their own path and puts everyone on a path of trying to discover the One Truth.

In the reality of my physical existence here on Earth, I believe that all possibilities exist and all possible realities exist simultaneously.

I just have to choose my reality and then experience it.

Whatever I choose becomes My Reality.

Remember, Remind, Reprogramme

Aug 05 2010

Other people remind me, when I have forgotten what they wish me to remember. I have become programmed by other people's beliefs, standards and boundaries.

I **Remember** what is stored in my sub-conscious memory.

I **Remind** my Self when I Remember what is stored in my super-conscious mind.

When I Remind my Self of my Truth, I am required to **Reprogramme** my truth into my sub-conscious memory, otherwise I will forget and I will need to be reminded in future.

Once I have Reminded my Self of my Truth and Reprogrammed my Truth my Self, I will then Remember my Truth that I had once forgotten.

Memories are programmed into my sub-conscious memory as programmes.

These programmes become the beliefs and the standards that determine my behaviour.

When I am unable to Remember to choose my Truth, I need to Remind my Self of my Truth and then Reprogramme my Truth, so that my behaviour is always an expression of my Truth.

Practising Coaching

Aug 04 2010

I am a Practising Coach.

I have a Coaching Practice.

I practise coaching within my Coaching Practice.

My Coaching Practice allows me to practise my coaching.

The purpose of practising my coaching is to master it.

The purpose of my Coaching Practice is to Coach Mastery.

I will master my coaching when I become a Master Coach of Coaching Mastery.

When I become a Master Coach I will attain a mastery of coaching.

I will practise my coaching until I master my coaching and I can practise coaching with mastery.

Practise will not make me a perfect Coach.

The ability to practise is perfect.

I will never be a perfect coach, no matter how much I practise.

A perfect practice allows my attainment of the Mastery of Life.

I am the Master of my Practice and a student of Life that is still practising.

Paying Attention

Aug 03 2010

Paying Attention is being aware of what I am attending to.

When I am paying attention to the needs of my Self, there is always a cost or a price to pay.

It takes a lot of physical energy to meet my needs for emotional energy, until I learn to meet my own needs, simply and effortlessly.

My Soul meets my need for emotional energy when I am paying attention to my Soul.

When I attend to my Soul's Choice and follow my Soul's Authority, my Soul attends to all my needs for emotional energy.

When I am on track and inspired in my actions, I have no need for emotional energy as I am fully empowered. (When I have a full tank of petrol, I don't need to look for a garage to fill up my car).

It is my Soul's sole intention for my Self to pay attention. That is all I have to pay.

When I pay attention to my Soul, instead of the intentions of my ego Self, I am in attendance with my Soul and my Soul is in attendance with my Self.

My Soul attends to all things in my Life that need attention, at no charge or cost to my Self, except paying attention to my Soul.

That is all I have to do as my Self.

The Prime Attributes of my Destiny

Aug 02 2010

In a **rational** physical world, I lose my awareness of my emotional energy.

Without awareness of my **emotional** energy, I become disconnected from the source of my emotional power, and I choose an **unemotional** or an **irrational** way of life.

When I am **disconnected** from the source of my emotional power, I need to **attach** myself to people who can give me the emotional power that I need.

Without power, I contain my emotions and become introverted and **insensitive** to other people or I become extrovert and **inclusive** with others and share my emotional energy in order to gain my emotional power.

Gaining an awareness of my emotional energy requires me to rationalise my emotions and to emote my rationale in order to become both **emotionally-rational & rationally-emotional**.

With my logic and my emotions balanced, I am able to relate to other people in a **sensitive** way, yet stay **detached** from their dramas and their needs.

When I am too needy and attached to others for what I need emotionally, I **inclusively-attach** myself to others instead of **exclusively-connecting** to my True Source of emotional power.

Once I become **emotionally-rational & sensitively-detached**, I have the ability to **exclusively connect** to my emotional power within and become **connectedly-exclusive** to my own Authority, my Life Path and my Destiny

Dharma & Karma

Aug 01 2010

In a dual reality world, **Dharma & Karma** are seen as opposing realities of fate or fortune.

Dharma is seen as good fortune and the effect of good or right action.

Karma is seen as bad fortune and the effect of bad or wrong action.

From a positive perspective, Karma is seen as an opportunity to put right a past wrong, rather than as a punishment for a wrong-doing.

With no clear distinction between fate and destiny, it is assumed that the path in life is to overcome Karma in order to experience Dharma.

It is my fate to live in a dual reality world where fortune & misfortune, right & wrong, good & bad, karma & dharma are all opposing realities.

It is my Destiny to overcome these dual realities and overcome my fate & fortune by choosing to live in alignment with my True Authority.

I choose to overcome the good fortune of my dharma & fate that has an opposing energy of misfortune and doom.

I choose to overcome the problems of my karma & fate and see the opportunities that await me as my destiny.

My Karma is the Dharma of my Destiny, once I have overcome the distinction.

JULY

3 Choices

Saturday, 31. July 2010

There are always **3 Choices** in Life.

A choice is not an option. It is a choice.

An option means that I can opt for this choice or I can opt for that choice.

An option is a choice between one thing and another.

Duality and contrast allow different options.

In a dual reality world there are always 2 options.

An option is a choice, but one choice is not an option.

A choice is the realisation of what I focus my attention on.

At any moment in time, my attention is focusing on 3 choices.

1. What I have
2. What I am doing
3. Who I am being

My physical consciousness is able to focus on one choice at a time.

My spiritual awareness is conscious of my 3 present choices at all times.

I always have 3 choices. Whether I am aware of my choices is dependent on my options.

I have an option to be aware or unaware of my choices.

I can choose to:

1. Be physically conscious and have physical consciousness.
2. Be emotionally aware and have emotional awareness.
3. Be mentally consciously-aware and have Spiritual Conscious-Awareness.

When I choose both options, I automatically choose my 3rd Choice.

There are always **3 Choices** in Life once I have overcome the dual reality of my options.

Grace & Disgrace

Friday, 30. July 2010

Grace & Disgrace are a dual reality and a contrasting choice.

From my perspective, something or someone either raises my emotional energy or depletes it.

What raises my energy has grace.

Whatever depletes my energy is a disgrace.

What blesses my life has grace.

What curses my life is a disgrace.

What I see as good for me has grace.

What I see as bad for me is a disgrace.

What I see as a positive benefit has grace.

What I see as a negative detriment is a disgrace.

What I experience as graceful, I like.

What I experience as disgraceful, I dislike.

My True Power is not derived from people or things.

My True Power has neither grace nor disgrace, it is Divine Grace.

Divine Grace just is. It has not duality.

The Purpose of Dreams

Thursday, 29. July 2010

The Purpose of Dreams is threefold:

1. To solve problems
2. To succeed in challenges
3. To explore opportunities

Dreams give me the opportunity to solve problems in my life before they occur as problems in my life.

When I find the solution to a problem in my dream, it does not need to manifest as a problem in my reality.

Dreams give me the opportunity to complete a challenge in my life without being challenged in my real life.

When I succeed in completing a challenge in my dreams, I no longer need to be challenged in the same way in my real life.

Dreams give me an opportunity to explore life in the spiritual as a dress rehearsal for experiencing life in the physical.

When I explore an opportunity in my dreams first, it allows the exploration of an opportunity in real life to occur effortlessly.

From a positive perspective, every dream is an opportunity to learn, to grow and to develop spiritually.

Negative challenging problems in dreams, as in real life, are just opportunities in disguise.

The Purpose of Life is to dream, realise those dreams, and then experience those dreams.

Coping with Life

Wednesday, 28. July 2010

I never cope with life. I choose to live life.

I either cope with the problems of life or not.

When I cope with the problems in my life, I manage to either resolve them or to tolerate them.

Becoming intolerant of the problems in my life is a sign of not coping with the problems and not coping with not having a solution to my problems.

I cope with a problem by finding a solution to the symptoms of my problem.

When I find a solution to a problem, I can cope with that problem by tolerating the symptoms.

Coping with a problem never cured the problem or made it go away. It just found a way of managing the problem or managing to cope with the problem because the potential for that problem to reoccur still remains.

When I find the cause of a problem, I find what is creating the problem and I no longer have to cope with the problem or manage it.

When I find the cause of a problem, I find a way to become problem-free, and I no longer need to cope with the problem because there is no longer a problem or a potential problem.

The cause of a problem is always my perspective.

A problem is a missed opportunity, when my perspective is misaligned.

Coping with life is a required strategy until I learn to become aware of the opportunities for my life.

When I accept all the opportunities that life has to offer, I am truly problem-free and coping is no longer required.

Resilience

Tuesday, 27. July 2010

Resilience is the measure of my strength or weakness to resist the negativity of life.

I need resilience to tolerate the problems that continually confront me in life.

Without resilience, I am weak, unable to cope with the problems of life and I am descending into chaos.

Without resilience, life becomes intolerable and I become intolerant of the problems that are confronting me.

Strength and weakness are a duality of relative existence.

In a dual reality world, I am either strong or weak, with either enough resilience or not enough resilience to life.

Resilience is required in order to tolerate life when I am disconnected from my True Power.

When I am connected to my True Power, I accept whatever occurs in life as an opportunity.

In the absence of problems, I am in the presence of opportunity.

With Presence, I have the opportunity of attaining a problem-free life.

With a problem-free life, resilience is no longer necessary.

I choose not to be resilient to the wonderful opportunities that my Soul continually presents as a present and a gift to my Self.

Natural Disasters

Monday, 26. July 2010

Natural Disasters are an oxymoron.

Disasters are not natural.

All disasters are Man made.

Disasters occur when problems are beyond chaotic.

Disasters are an accumulation of problems that have no apparent solution, so that a disaster becomes the solution.

Disasters are not natural but they are inevitable in a problematic world.

Chaos is not the natural state of being.

Chaos is a creation of Man's thinking, beliefs and actions.

Nature does not create problems, Man does.

Nature is beauty and balance.

Beauty and balance are the natural state of being.

Problems are a perspective of a negative outlook on life.

What is seen as a disaster caused by nature is an opportunity for new growth and a change in perspective.

It is the nature of the Earth to change and to grow.

Resisting that change will always be disastrous.

Attempting to control the planet will be a disaster, naturally.

Advanceage

Sunday, 25. July 2010

Advanceage is the benefit of the wisdom of experience.

As I advance through life with age, I gain experience and wisdom.

Wisdom is my advanceage in Life.

All experiences in life can be seen as either an advantage and a benefit or a disadvantage and a detriment.

With the wisdom of advanceage, all experience becomes an opportunity to advance and grow with age.

Life is an opportunity to benefit from my wisdom.

Without wisdom there is no benefit and no opportunity. There are only problems that are always detrimental.

Lost in the chaos of solving detrimental problems, there is no opportunity for wisdom to grow.

Learning how to solve problems may increase my knowledge but it won't increase my ability to be wise.

There is no advanceage in learning how to solve problems.

A Wise Man chooses not to have problems.

This is the Age of Advancement.

I am here to experience the benefits and the advanceage of this advanced Age, as I advance in this Age and I advance in age.

Beingness

Saturday, 24. July 2010

Beingness is the natural state of Consciousness.

Three dimensional physical reality allows Consciousness to 'have' and to 'do' as well as to 'Be'.

My Beingness individuates me as a Human Being.

As a human Being, I have the choice and the opportunity to choose my state of Being.

The state of my Beingness determines who I am Being.

My beliefs concerning what I have and what I do determine my state of Beingness.

Knowing my emotional state of Being requires an awareness of my Consciousness and a conscious-awareness of my Self.

It is the Soul's intention to expand its Beingness through its Self.

Expanding Beingness expands Consciousness.

Consciousness seeks an expanded awareness of who it is, who it is Being, its Beingness.

A three dimensional physical world is one contextual reality that allows that potential to realised.

Happy Partners

Friday, 23. July 2010

Being Happy with my Partner requires both myself and my partner to be happy.

I can only be happy with my partner when I am happy myself.

I can only be happy myself when I take responsibility for my own happiness.

I am not responsible for my partner's happiness, my partner is.

When I am being unhappy with my partner, I am really being unhappy with myself.

When I am unhappy with my partner, I am blaming them for my unhappiness instead of seeing in them the reflection of my own unhappiness.

When I am unhappy, it is the purpose of my partner to reflect that state of being to me.

I am always happy to see my partner being happy.

When my partner is happy, I can be happy with my partner.

We can share our happiness together.

Happiness is the natural state of Being for us both.

We just have to learn to experience it together as **Happy Partners**.

Vibrational Intensity

Thursday, 22. July 2010

My **Vibrational Intensity** determines my experience of Life and my state of Being in Life, my Beingness.

How I process information is determined by my energetic state of being, which is the intensity of my vibration.

My Intensity is divided by Polarity, which creates a duality of positive & negative, heart & head, or id & ego.

My Intensity is also divided by Gender, which creates a duality of male & female, left brain & right brain, that makes me sinful or virtuous.

Energy that is divided by both polarity and gender creates four categories of intensity that determine my personality and my character.

1. A positive, male personality & character is: Rational, Exclusive, & Detached.
2. A positive, female personality & character is: Emotional, Connected & Sensitive.
3. A negative, male personality & character is: Unemotional, Disconnected, & Insensitive.
4. A negative female personality & character is: Irrational, Inclusive & Attached.

My True Identity is beyond my personality and my character, it is my True Vibrational Intensity that is beyond my relative dual reality.

Sloth & Laziness

Wednesday, 21. July 2010

Sloth is being off track.

It is being stuck in the density and the resistance of physical life.

Sloth is the 'goo' of entropy and the friction of resistance that slows life down to a crawl.

When being slothful, I am disconnected from the free flowing energy of Life.

Sloth is the consequence of a depleted life-force energy that has lost its will to continue.

Sloth is not laziness it is resignation.

In a slothful state of being, I need to be re-assigned.

Laziness is the opposite of hard work.

I work hard for other people.

Lazy is what other people call me when I am not doing what they want quickly enough.

I work for other people diligently.

I follow my own path effortlessly.

Working for others is never effortless.

Following my own path is never hard work and I am never lazy.

Effortlessly doing what I truly value with vision and with purpose requires me to overcome the duality of sloth and diligence, laziness and hard-work, and re-align myself with my true path and my true authority.

Perfection & Excellence

Tuesday, 20. July 2010

Perfection is being good enough. When I am good enough, life will be perfect.

It is the balance, the midpoint between being too good and not being good enough.

Excellence is the best that I can be.

It is the measure of my best achievement.

Excellence is the height of my achievement.

Perfection is the magnitude of my attainment.

Perfection is how Good I have become.

Excellence is a journey of becoming good, then better until I am the best that I can be.

Perfection is a journey of discovering Goodness or Godness by experiencing what is not good enough in comparison to what is too good or more than good enough.

Perfection is attained when I become Good enough or I have attained Goodness.

Excellence must be maintained in order to be achieved and must be consistently achieved in order to be maintained.

Excellence is never good enough, as the best that I can be can always be bettered.

There is nothing better than the perfection of Goodness.

Parent & Guardian

Monday, 19. July 2010

The Role of the **Parent & Guardian** is to foster the growth of an infant through childhood and adolescence to adulthood.

The Purpose of a parent & Guardian is to provide guidance and support during that process, called 'growing up'.

Growing up means learning to live in the physical world independently of other people by being able to make personal choices.

Guardians and parents set boundaries that are the standards of behaviour deemed suitable for the child, and meet their physical and emotional needs, in order for them to be safe, secure, comfortable and motivated in their life.

A Parent is distinct from being just a Guardian when they are emotionally attached to their child.

When the parent needs the child as much as the child needs the parent, a very strong emotional attachment is formed.

A True Guardian, as distinct from a foster parent, is sensitively detached in their role of guardianship.

When sensitive to my children's needs in a detached way, I allow them to follow their own path and grow and mature to independence naturally under their own power, authority and ability.

"Blood is only thicker than water when it stops flowing".

Rationalising & Emoting

Sunday, 18. July 2010

Rationalising is a left brain process of analysis and thinking.

Emoting is a right brain process of expression and feeling.

Rationalising my emotions is an activity of my brain to understand my feelings.

Emoting my rationale is an activity of my solar plexus to express my reasoning.

When explaining my emotions to a rational person, I am rationalising emotions.

When expressing my feelings to an emotional person, I am emoting my rationale.

When explaining my emotions to an emotional person, I appear to be unemotional.

When expressing my feelings to a rational person, I appear to be irrational.

When I unite my right brain and my left brain with my solar plexus, I become both emotionally rational, able to rationalise my emotions, and rationally emotional, able to emote my rationale.

This is a Prime Attainment of a Divine Human Being.

Balancing my mind and my emotions in a physical body unites the triality of body, mind and emotions, which allows the essence of my life to be divine.

Being Irrational

Saturday, 17. July 2010

All negative thinking is **Irrational**.

Negative thinking creates irrational behaviour.

Rationalising negative behaviour doesn't make it rational.

Being rational means rating my conscious choices on a spectrum between most beneficial and most detrimental.

Rational thinkers analyse situations and rate all the available options in preferential order to arrive at a 'best solution'.

Irrational thinkers default to someone else's best solution, which is never the best solution for them.

Irrational thinkers choose negative solutions because they are unable to rationalise a situation in a positive way.

Whether a solution is positive or negative is just a matter of perspective and is a subjective view based on the experience of the experiencer.

Being emotional is not irrational, although a rational thinker may believe it to be so.

Rational thinkers may confuse being irrational with being emotional, unless they have a distinction between the two.

We cannot know the true choice and direction of another soul. Deciding for another what is positive or negative, rational behaviour or irrational behaviour, is always counter-productive.

Other people **Being Irrational** is just a personal judgment based on a subjective observation of what is occurring, which lacks credibility when the observer is disconnected from their own emotional intelligence.

The Purpose of Relationship

Friday, 16. July 2010

The Purpose of Relationship is threefold:

1. To meet the emotional needs of both partners in a relationship.

I have a relationship with anyone who meets my needs emotionally. I develop my personality and my character in order to relate better to other people and be more successful in getting my emotional needs met by them. This may be the case whether it is with a marriage partner, a family relative, a friend, a work colleague, or even a family pet.

This is called a Co-dependent Relationship and is 'being together in separateness'.

2. To enable me to grow and to develop personally in a spiritual way.

On a spiritual path of development and growth, other people are essential as a mirror image of who and where I am on my path. As it is impossible to see the aspects of my own identity that I have chosen to develop, other people are attracted to me as my opportunity to see in them what I wish to change in my Self.

This is called an Interdependent Relationship and is 'Being Separate in Togetherness'.

3. To allow me to share the attributes and attainments of my true identity with others.

By sharing the highest aspects of who I am with another who has attained those attributes, allows us both to experience and to enjoy the exponential benefits of our mutual development and growth.

This is called an Interdevelopmental Relationship and is 'Being Together in Togetherness'.

Psychic

Thursday, 15. July 2010

My Psyche is my Soul.

My Psychic ability is determined by my ability to connect with my Soul.

It is my ability to see life through the eyes of my Soul, know with the mind of my Soul, and feel with the heart of my Soul.

Psychic power is the ability of my unconscious or super-conscious mind.

As the Psyche or Soul exists beyond the limitations of time & space, its powers transcend both. It exists in and is able to access a multi-dimensional reality.

From the perspective of my physical form, I appear to have an individual soul. This is my individual perspective of life.

From the perspective of absolute reality, in which my soul exists, I am at oneness with all creation and all realities.

From the perspective of my Self, there is my one self and many individual souls.

From the perspective of my Soul, there is but one Soul and many individual aspects of its Self in physical form.

From this perspective, one who is psychic can easily connect to the individual reality of each individual Self.

Simplicity

Wednesday, 14. July 2010

An effortless life requires Simplicity.

A life of simplicity has contentment, fulfilment and joy.

A simple life is not an easy life.

It is not easy living an effortless life in a world of paradox and dual reality.

An effortless life requires a deep connection to my power and my authority.

It requires the power and the authority to hear the messages and to see the signs that allow direction and clarity to be present.

With direction and clarity, simplicity is present, and I am able to follow my path effortlessly.

Attaining direction, clarity and presence is not easy.

It requires the attainment of my intuitive senses of seeing, feeling and knowing.

When I see the potential of my contentment, know the force of my fulfilment, and feel the magnitude of my joy, I am experiencing life effortlessly and life simply has simplicity.

A difficult life is hard and complicated, seldom easy, and never effortless.

Simplicity is simple but not easy, and not hard, it is effortlessness in action.

Simplicity flows from my Source.

With & Without

Tuesday, 13. July 2010

With & Without are confused with within & without and inside and out.

Belief in an external God is the belief in a god that is outside of one's self. It is a belief in a god that is without that creates a reality of being without God. With an external god, I am without God and separate and disconnected from God.

Belief in an Inner God is the belief in a God that is inside of one's self. It is a god that is within, rather than without. A belief that God is within me. With an internal god, I am outside of God and separate and disconnected from God.

It is not God that is within me but the potential to be Divine (my Soul) that is with me.

Within & without; inside & outside; internal & external ; inner & outer; are all dualities of the same experience.

God exists beyond the world of dual reality.

The question is not: "Is God within or without"?

The question is:

"Am I connected to my Divinity or separate from it"?

"Is it within my potential to be Divine or not"?

"Am I **with God or without God**"?

Disdain & Reverence

Monday, 12. July 2010

Reverence is the feeling of holding someone in high esteem.

Disdain is the feeling of holding someone in low esteem.

Holding someone in either high or low esteem requires a judgement of their apparent ability or status, which is a subjective perspective.

Status without ability is not a true measure of esteem, even though it is possible to treat a person of high status with reverence or disdain.

The true measure of esteem is the ability that comes with the confidence of one's true authority and the self worth of one's true power.

When I am connected to my true power and my true authority with the esteem of my true ability, it is impossible for me to be perceived with disdain by either myself or others.

Ministers are ordained into the christian religion as a Reverend. When a title is imposed by status rather than attainment, it cannot express true esteem or reverence.

Reverence is a state of being not a description of how well I am doing the role in life that I am playing and have been appointed to.

My disdain is a response to the apparent false reverence that I am experiencing in my Self, or others are reflecting to me.

With True Reverence there can be no disdain.

True Reverence is full of Awe, whereas as disdain is the experience of something that is awful.

Instructors, Personal Trainers, & Coaches

Sunday, 11. July 2010

An Instructor teaches me how to carry out a task and teaches me the instructions for using objects and equipment.

A Personal Trainer teaches me how to achieve my personal objectives.

The difference between an instructor and a personal trainer is that the personal trainer connects me to the emotional energy required to motivate me to meet my objectives, as well as instructing me how to meet those objectives.

An instructor gives me the ability to complete my chosen task, whereas a personal trainer gives me the power and motivation to complete my chosen goals.

A personal trainer motivates me by allowing me to meet my emotional needs whilst achieving my desired objectives.

A Coach empowers me to fulfil the potential of my own ability and guides and supports me to fulfil my objectives in the most beneficial and acceptable way.

Once I have been taught the ability to fulfil my objectives, my Coach enables me to aspire to the excellence of my innate ability by connecting to me to the true power and authority that inspires and empowers me.

An Instructor works with my ability to achieve.

A Personal Trainer works with my emotional power to achieve.

A Coach works with my authority to achieve.

Parental Pride

Saturday, 10. July 2010

Parental Pride is rooted in the need for my children to succeed and to do well.

It is the result of my children's achievement and a measure of how well they are doing.

Parental pride justifies my beliefs as a parent and my role as a parent.

It applies when my children meet my standards that are set by me.

Parental pride is about me, not about my children.

The question is: "Who is setting the standard, me or my child"?

When my children are achieving my success, they are pleasing me and seeking my approval and my proud attention.

Parental pride measures how well my child is doing from my perspective. It is about their well-doing rather than their well-being.

The success and achievement of my children doing well are my fleeting moments of pleasure.

Parental pride is a fleeting moment of pleasure that is dependent on my children's ability and successful achievement.

My well-being is the result of me following my path in life and attaining my own personal development and growth.

The attainment of well-being brings me lasting joy. A joy that I choose to share with my children.

Parental joy is the experience of well-being and compassion that is shared with my children as they attain their own sense of experiencing being Well on their own journey of development and growth.

My true happiness is the parental joy of my children's attainments, not the parental pride of their achieving my standards of material success.

My children are no longer my pride and joy. They are just a Joy.

Abeyance, Obedience & Obeysance

Friday, 9. July 2010

Abeyance is a gaping hole or a wide open space. A window in time.

It is an opportunity that is expected, waiting to happen or to be accepted.

A gap in space is an opportunity to grow and expand into that gap and that space.

The universe does not abhor a vacuum, it relishes an expansive opportunity.

Without a gap, or an opening, or a window in time, there is no opportunity for the expansion and growth of my reality.

Obedience means following the authority of someone else.

I give obedience to those whom I trust to make my decisions.

It is making the choice that someone in authority would make.

It is doing what I am told and obeying the master to whom I am a servant or slave.

It is confining myself within the boundaries set by other people.

Obeysance means being true to my Inner Self.

It is following the direction of my Soul and True Self.

It is obeying the direction, authority and the messages that guide and support me on my spiritual path.

Obeysance requires Faith not trust.

My obedience to another disconnects my provision.

My provision is in Abeyance awaiting my Obeysance and my Faith.

When I connect with faith and obeysance, I allow my provision to appear.

Clarity, Direction & Presence

Thursday, 8. July 2010

With enough emotional power, I have **Clarity**.

With enough mental authority, I have **Direction**.

With enough physical ability, I have **Presence**.

When my emotional power is low, I lose my clarity and I become confused.

When my mental authority is negative, I lose my direction and I become lost.

When my physical ability is diminished, I lose my presence and I become frustrated.

When I am unclear and confused, I need to get my emotional needs met and raise my emotional power.

When I am undirected and lost, I need to re-align with my authority and change the limiting beliefs that are causing my fears.

When I am not present and frustrated, I need to step out of the drama and overcome the duality of the past and the future in which I am stuck.

When I am not in the Gap of Clear Space, I will lose my power and I will get confused.

When I am not in the Flow of Authority & Direction, I will lose my choice and get lost.

When I am not Present in the Now, I will lose my Ability and become frustrated.

Clarity, Direction and Presence is the key to my Power, Authority & Ability.

A 3 Dimensional Consciousness

Wednesday, 7. July 2010

Consciousness has 3 Dimensions.

It is Physical, Mental & Emotional.

Emotional Consciousness Feels.

Mental Consciousness Knows.

Physical Consciousness Sees.

Emotional consciousness feels Power.

Mental consciousness knows Authority.

Physical consciousness sees Ability.

The power of emotional consciousness is called Love.

The authority of mental consciousness (thought) is called Light.

The ability of physical consciousness is called Life.

The Parable of a **3 Dimensional Consciousness** is called the Holy Trinity.

The mental authority of the Father (God) combined with the emotional power of the Mother (Holy Spirit) gives birth to the physical ability of the Son, who in the parable is called Jesus.

The Triality of Love, Light & Life that is my Soul, are the 3 Dimensions of my Consciousness, realised as my power, authority and ability, in my emotional, mental and physical Self .

A 3 Dimensional Universe

Tuesday, 6. July 2010

A 3 Dimensional Universe is 3 dimensional:

The Universe has 3 dimensions:

1. The Energy of Space
2. The Motion of Time
3. The Matter of Reality

The Physical Universe has 3 dimensions:

1. Energy (E)
2. Motion (C2)
3. Matter (M)

The Spiritual Universe has 3 dimensions:

1. Space
2. Time
3. Reality

Physical Energy has 3 dimensions:

1. Wavelength
2. Frequency
3. Vibration

Physical Matter has 3 dimensions:

1. Length
2. Breadth
3. Height

Physical Motion has 3 dimensions:

1. Distance (speed x time)
2. Speed (time x distance)
3. Time (speed x distance)

Spiritual Space has 3 dimensions:

1. Gender
2. Polarity
3. Intensity

Spiritual Time has 3 dimensions:

1. Past
2. Future
3. Present

Spiritual Reality has 3 dimensions:

1. Emotion
2. Mind
3. Body

A 3 dimensional universe creates an infinite number of perspectives and an infinite number of possibilities.

3 Ways of Competing

Monday, 5. July 2010

There are 3 Ways of Competing:

- Competing for
- Competing against
- Competing with

I compete for myself against another.

I compete for my team against another team.

Competing for and against is a duality.

The duality of competing for and against creates winners and losers.

When I compete with my Self, I improve, I grow, I develop, I become better, and I win.

I always win and I never lose.

When I compete with another, we both improve, we both grow, we both develop, we both get better, we both win and neither of us loses.

I compete for myself against another when I have a need to win.

When I compete against myself, I always lose.

When I compete for my ego against my Soul, I always lose.

I compete with my self when I truly value my own development and growth.

My Soul always competes with my Self, never for or against my Self.

My Soul always competes with others, never for or against others.

When I am not competing, I am just a spectator of life, I am not participating.

I can choose to compete in life, I can choose not to compete in life and I can choose how I compete in life.

There are always 3 choices in life and always 3 ways of competing in life.

There is no Room for Arrogance in Sport

Sunday, 4. July 2010

There is no room for arrogance in sport.

Arrogance will take me on a journey that I am unable to complete, and give me goals that I am unable to achieve.

Arrogance is a belief in my own superior ability.

It is my arrogance that makes others feel inferior to me.

Arrogant competitors are motivated by a need to win.

Arrogance abhors losing.

Arrogance breeds the greed of needing to prove one's superiority over others.

Arrogance needs to justify the personal belief that I am better than other people.

Arrogance ultimately lacks ability because it is without true power and authority.

The false belief in my ability disconnects me from my true power.

The false belief in my power disconnects me from my true authority.

Arrogance always promotes bad losers.

Humbleness always promotes good losers.

Confidence always allows Great Winners.

There is No Room for Humbleness in Sport

Saturday, 3. July 2010

There is no room for humbleness in sport.

Humbleness means adopting a lower stance than someone else.

It allows others to be superior to our self by virtue of our own inferior stance.

Superiority always wins over inferiority.

Inferiority and humbleness always loses.

There is no room for a losing mentality in sport.

With a losing mentality, competition has no worth.

Even when taking part in sport is more important than winning, there is no room for humbleness in sport.

When sport is about taking part and competing with others, winning or losing is no longer important.

When the objective of sport is to compete with one's self to improve and grow using all other competitors as a measure of our own performance, winning and losing is no longer important.

Winning is only important to someone who has a need to win.

Losing is only a problem to those who need to win.

When I compete only with my Self, I cannot lose.

When I overcome the duality of winning and losing, I can compete with equanimity and equability and there is no need for either arrogance or humbleness in sport.

A Bigot

Friday, 2. July 2010

A Bigot:

- Is one who is obstinately and intolerantly devoted to their own opinions and prejudices.
- Has a closed mind and sees only the version of reality that they have chosen and created.
- Suffers the hubris of believing that others are less equal than themselves and the greed of needing to be better than other people.
- Believes that there is only one reality and is both self-righteous and sanctimonious in believing that their reality is the only reality.
- Is prejudiced against other peoples' views that they believe to be wrong, because they have a need to be right and to justify their own perspective of life.
- Is not accepting of all others and lacks the ability to forgive their own shortcomings.
- Does not willingly allow others to follow their own path in life.
- Enjoys asserting their authority over other people.
- Rarely approves of who others are being, preferring to focus on their faults rather than their positive attributes.
- Will consistently encounter conflict because they will attract people who, like themselves, have very strong conflicting beliefs, opinions and convictions that they will obstinately defend with intolerance.

The qualities of a bigot are often confused with the qualities of directive leadership in our society today.

Being Unemotional

Thursday, 1. July 2010

Being Unemotional is technically an oxymoron.

It is not possible to be without emotion because we are all emotional creatures.

Being unemotional means being unaware of one's emotional state of being.

Being emotional or aware of one's emotional state of being has a polarity opposite of being unemotional.

Being emotional also has a gender opposite of being rational.

For this reason, being unemotional and being rational are often confused and seen as the same thing.

They are both male attributes that have different polarities.

Being rational is usually seen as a positive attribute, whereas being unemotional can be seen as emotionally disconnected and negative once we understand the benefits of emotional awareness and emotional intelligence.

Unemotional people have learned to manage or to contain their emotions, which are alternative terms for suppressing their emotions.

Whether we are managing, containing or suppressing our emotions, we are not expressing them and therefore not living life with purpose.

When emotion becomes contained and suppressed, the only emotion that is ever expressed will be negative.

It is not possible to be unemotional and to be emotionally intelligent.

JUNE

Observation & Opportunity

Wednesday, 30. June 2010

An Observation is a statement of my perspective of reality in the present moment.

What I observe, I see with my physical eyes or I see in my mind's eye as the fact of my reality.

My observations are how I see the world and how the world is relating to me.

An Opportunity is a statement of my perspective of how reality can be in the future.

I cannot see an opportunity with my physical eyes. I can only see an opportunity intuitively in the imagination of my mind's eye.

Imagination is essential to being able to see a future opportunity.

An observation is a reflection of my present reality, whereas an opportunity is a picture, a thought, a revelation or an insight of how life can be changed to become more beneficial in the future.

Observation is required to ascertain: "Where I am now".

Opportunity is essential to ascertain: "Where I choose to be".

Coaching may be required to ascertain: "How I will get there".

Proposal & Recommendation

Tuesday, 29. June 2010

A Proposal is a statement of what I choose to do or make happen in my future.

A proposal is my business and my concern and is in line with what I have the power and the authority to accomplish.

It is a statement of intent to other people of what I choose to occur and the reality that I choose to create for my Self.

A Recommendation is a statement of what I believe will be beneficial for other people to do or make happen in their future.

A recommendation is a piece of advice to someone else that offers the good of one's own intention but carries no power or authority.

It is a statement of: "This is how I would do things given this situation and these circumstances".

An Observation of what is, is neither a proposal nor a recommendation. It is just an observation.

A proposal and a recommendation concern an activity in the future, whereas an observation concerns an activity in the present moment.

My Soul makes no proposals or recommendations, only observations in each and every present moment.

My Soul's Agenda

Monday, 28. June 2010 7

My Soul's Agenda is my vision, mission and purpose for this life-time.

My Soul holds my blue-print for this life-time.

My Soul knows why I have come into this physical existence.

My Soul knows who I really am and has incarnated into this physical world as my Self, in order to experience Being in this physical world as my Self.

My Soul feels the true power of my emotion and seeks to experience it in physical form.

My Soul sees the bigger picture of my life beyond the limitations of linear time and physical space.

My Soul continually presents opportunities to my Self in every present moment of time.

The only thing that stops my Self choosing my Soul's Agenda is my ego's agenda.

An Old Soul

Sunday, 27. June 2010

My Soul is eternal and therefore timeless.

It is beyond duality and therefore neither old nor new.

An 'Old Soul' has had many incarnations in this physical world.

In my next life-time adventure, should I choose to incarnate into a different world, in a different form, and experience a different existence for the first time, I would be classed in that environment as a new soul.

Should I choose in my next life-time to re-incarnate again in this dual reality, relative world of physical form, I will be classed as an older soul.

The older the soul, the more re-incarnations that have been experienced in the same world or realm of existence.

The more incarnations that are experienced in this world, the more inclined beomes the ego-self to accept its true existence and the Identity of its True Self, its Soul.

As a New Soul, I can remain lost, confused and frustrated with physical existence for many life-times, before awakening to awareness and learning the clarity, direction and presence that is required to fulfill my vision, mission and purpose for each life-time.

An Old Soul is an ego Self that has learned the ability to experience, explore and discover life as its Soul intends.

Dogma

Saturday, 26. June 2010

Dogma is the authoritative ideology, belief or doctrine held by an organisation or a religion, that is not to be disputed, deviated from or diverged from.

It is the 'status quo', which is to be upheld at all cost.

Organisations that run on dogma are very dogmatic, stubborn and fixed in their views and perspectives of life.

The paradox is that dogma is prevalent within most western religions, even though it disallows personal spiritual development and growth.

Being fixed to one perspective disallows change, without which, there can be no growth and development of the individual.

It is not seen as beneficial for religious organisations to encourage, or even allow, spiritual growth to be personal and unique to an individual.

Unless spirituality is personal to an individual, growth and development become inhibited.

Dogma derives from the Greek Philosophy of "that which seems to one" and "as to think, to suppose, to imagine".

That which seems to one, pertains to a personal and individual perspective of life.

To think, to suppose and to imagine is the creation of a personal journey in life.

Religious leaders have taken dogma and 'written it in stone' to the detriment of an individual's journey with a unique and personal perspective of life.

The 10 commandments of mosaic law have become a prime example of religious dogma.

Feeling & Choice

Friday, 25. June 2010

Feeling & Choice are the two 'Abilities' of a relative duality world.

They are the Prime Duality of Life.

Feeling is my ability to process emotion.

Emotion is the wavelength of my Consciousness.

Choice is my ability to process thought.

Thought is the frequency of my Consciousness.

Feeling is emotional and choice is mental.

I am a mental and an emotional Being in physical form. This is my Spiritual Reality.

My feelings are centred in my Heart.

My choice is centred in my Mind.

The Heart of my Mind and the mind at my heart is my Soul.

My Soul knows no duality without the experience of my Self.

My feelings determine my Power.

My choice determines my Authority.

Authority + Power = Ability. The ability to feel and to choose.

This is the formula for overcoming a Dual Reality Life.

Feel the choice and choose with feeling.

Devoted & Beloved

Thursday, 24. June 2010

Devoted means following the authority of another.

I am devoted to the one who gives me confidence and direction.

My Devotion to the authority and path of my Soul will empower me.

My devotion to the path of another will disempower me and I will need their power to motivate me.

Self-devotion is following the will of my ego self, which is vanity and will be in vain.

Being devoted to another is not a good strategy.

Beloved means connected to my emotional power.

I am beloved by the one who values me with clarity.

I am beloved by my Soul.

My Soul is my connection to my emotional power.

When I am beloved with another who is also beloved, we are both connected to the emotional power of our Souls.

Two beloved empowered Souls share their love with a compassion that expands and grows exponentially.

Two devoted followers need their leader to motivate them as their emotional power is divided between them and is diluted in a contractive way.

Being Good

Wednesday, 23. June 2010

Being kind, caring and considerate to others is seen as **Being Good**, but it is not Divine.

What is good for me is what I want and desire.

I choose to be good because being good is good for me and that is what I want.

Being kind to others allows others to be kind to me but I don't need others to be kind to me nor do I need others to be unkind to me.

I choose to be neither kind nor unkind, but 'Allowing' of what all others have and choose for their self.

Being caring to others allows others to be caring to me, but I don't need others to be caring to me nor do I need others to be uncaring to me.

I choose to be neither caring nor uncaring, I choose to be 'Approving' of who all others choose to be.

Being considerate to others allows others to be considerate to me, but I don't need others to be considerate to me nor do I need others to be inconsiderate to me.

I choose to be neither considerate nor inconsiderate, I choose to be 'Accepting' of what others choose to do their self and of the path that they choose to follow.

Being Accepting, Approving & Allowing is the Attainment of Goodness, which is what I want for me.

Kind, Caring & Considerate

Tuesday, 22. June 2010

Being **Kind, Caring & Considerate** are modern virtues, but they are not Divine Attributes.

They all have a gender and a polar opposite.

The negative polar opposites are being unkind, uncaring and inconsiderate.

They have male gender opposites of being envious, insensitive and selfish.

Female gender energy is considered virtuous and male gender energy is judged to be sinful. Neither are Divine.

The female energy of being kind, caring and considerate is an act of humility, pleasing and unselfishness that is 'giving' emotional energy to another.

The male energy of being envious, insensitive and selfish is greedy, proud and arrogant that seeks to 'take' emotional energy from another.

Emotional energy that is divided by either gender or polarity is not Divine.

Divine Energy (Holy Spirit) is whole and undivided by either gender or polarity.

When I believe that it is better to give than to receive, being kind, caring and considerate will be seen as morally good.

When I believe that giving and receiving are required to be in balance, I will choose Compassion, Equanimity & Sensitive-Detachment to attain Goodness.

Blushing

Monday, 21. June 2010

Blushing is a sign of embarrassment.

It is the inability to process my emotional power effectively.

My emotional power is relative to my state of being.

When my state of being is out of alignment with who I really am, my power encounters resistance, which causes heat and flushing.

This emotional resistance can manifest in the physical as blushing and cause embarrassment.

Embarrassment is a self-worth issue.

I am embarrassed by the perceived value of my worth when I am not being my true Self.

Being shy of situations is an authority issue that affects my self-confidence.

My disconnection from my authority disconnects me from my emotional power.

Shyness and blushing occur when both confidence and worth are very low.

The antidote to shyness and embarrassment, which avoids blushing, is a smile.

It is impossible for me to smile and not connect to my power and my authority.

Reverence

Sunday, 20. June 2010

Reverence is a posh name for pleasing.

Reverence is idol worship.

It is a deep respect for someone whose position we hold in awe and honour.

I am pleasing someone's greed and desire to be seen as superior when I humble myself to the position and the status of another.

Worshipping or idolising someone's status is envy.

When I respect or revere a person's position, I am envying their knowledge, status or power that is conveyed through their character or their personality.

Reverence acknowledges and respects the esteem of another. When that self-esteem is founded on status and position in society, it is false.

I Truly Respect and hold in high esteem the attributes and attainments of another when expressing their true identity.

It is only possible to have a deep and profound understanding of the attributes that another has attained once one has attained those attributes oneself.

Sharing those deep and profound attainments with another is the act of True Compassion and is truly Reverent.

We all have an equal potential to experience true compassion and attain the state of being Reverent.

Being Reverent is the state of sharing the attainments of another at the level of one's Soul.

Corruption

Saturday, 19. June 2010

Corruption is a flaw in the programming.

When I have a flaw in my programming it is the result of a limiting belief or a fear.

A limiting belief is that I have to control and manipulate the system in order for it to work in my favour. This creates corruption.

A fear is that there is not enough of what I want or need. This creates corruption.

When I corrupt the divine flow of pure energy, my life becomes corrupt.

When I practice corruption, deception and manipulation, I create a reality that is corrupt.

What I give out, I receive. This is the Golden Rule and the Law of Attraction.

When I reprogramme my fears and my limiting beliefs, I have no need to be corrupt and life begins to run true.

Relative power corrupts absolutely.

Absolute Power is Divine.

Expansive Thought

Friday, 18. June 2010

Expansive Thought raises my Vibration.

An expansive thought is a new thought.

A new thought is a new perspective of reality.

A new perspective of reality changes my reality in an expansive way.

We all have choice.

I can choose to accept a new thought, reject a new thought or deny a new thought.

A new thought is an inspired revelation that emanates from my Soul on a pure frequency of Light.

A new revelation is received on a frequency that reflects the beliefs of the receiver.

The more expansive my awareness, the purer the frequency on which I receive new thoughts.

The more contained, unawakened and disconnected I am, the more resistance, denial and rejection I will experience to new thoughts and expansive change.

My Soul seeks for my Self to raise my vibration in harmony with my Soul.

My Soul is always sending my Self expansive thoughts.

The question is: "Am I receiving them"?

The Wavelength of Emotion

Thursday, 17. June 2010

Every Emotion has a Wavelength.

The wavelength and the frequency of my Consciousness is always the same yet always different.

The Wavelength of my Emotion is relative to the Frequency of my Thought.

Whether a thought is positive or negative is a matter of my perspective.

Whether an emotion is male or female is a matter of my perception.

Every wavelength of emotion has both a male and a female aspect dependent on the attitude of the experiencer.

The frequency of my thoughts determines what I think about a particular experience.

The wavelength of my emotion determines how I feel about an experience.

New thoughts create new realities; new realities create new situations; new situations create new experiences; new experiences create new emotions.

When a new frequency of thought combines with a new wavelength of emotion my vibration expands, my reality expands and my creative ability expands.

The frequency of my thought and the wavelength of my emotion combined, determine the vibration of my Beingness.

The Vibration that I am Being determines the Reality that I See.

The Frequency of Thought

Wednesday, 16. June 2010

Every Thought has a frequency.

Thought is creative.

Different frequencies of thought create different realities.

My ability to create my own reality is limited by the range of frequencies that I am accustomed to.

The range of frequencies that I am experiencing is the range of frequencies that I am creating.

With the acceptance of a new thought comes the opportunity to expand the range of the reality that I am experiencing.

When I accept a new thought, I expand the range of frequencies of my thought by one.

Every thought has a polarity.

Polarity is the direction in which my thought is directed.

The frequency of my thought has either a positive or a negative polarity.

A negative thought is contractive because I am experiencing growth, or a lack of growth, in a negative direction.

A contractive thought frequency lowers my energy vibration.

A new expansive thought positively expands my awareness, my wisdom and my vibration.

The Frequency of my Thought determines how much time I have to appreciate that thought in my present moment of reality.

Metaphysics

Tuesday, 15. June 2010

Metaphysics means beyond Physics.

What is beyond the study of physics is the study of Spirit.

Spirit or spiritual energy is the mental and emotional aspects of energy that appear in the physical world.

Physics studies the physical material world in a logical and rational way.

One cannot study emotion in a rational way because it is emotional not rational. To the rational mind it appears irrational.

Beyond physics is a world of metaphysical spirit.

To study Metaphysics requires a mental and an emotional appreciation of life as well as a physical one.

Beyond Physics is a Spiritual Reality or Spirituality.

Spirituality is the study of a real world that is the triality of physical, mental and emotional experience.

Physical Science or Physics studies the physical world as perceived with our 5 physical senses.

Scientists believe that if you cannot see it, hear it, smell it, taste it or touch it, then it is not real.

Metaphysics is the art of exploring the non-physical world with our 3 spiritual senses.

Spirituality uses a sense of seeing, knowing and feeling what is not apparent to an unawakened soul.

An appreciation of Art requires an emotional intelligence.

The study of the Art of Science combined with the study of the Science of Art will take us beyond Physics into the world of Metaphysics.

The Law of Karma

Monday, 14. June 2010

The Law of Karma is an oxymoron.

Karma has no laws. God has no laws.

The Law of Attraction delivers both my fate and my destiny.

It invokes the Golden Rule that what I give out, I will receive because like energy is drawn unto itself.

My Karma or destiny is my Soul's Choice for my Self.

When I make choices aligned with my Soul, the Law of Attraction manifests them.

My ego's choice determines whether I follow my fate or my destiny.

The Law of Attraction allows my Karma or destiny to unfold.

A wise person accepts whatever turns up in life knowing that it is an opportunity to fulfil their destiny or Karma.

An unawakened man is unaware of their spiritual path and will see what turns up as their fate. If what turns up is perceived to be a blessing it will be called fortune or dharma, otherwise it will be seen as an evil spirit and bad luck.

Just Cause

Sunday, 13. June 2010

Every Cause is Just.

Every Cause Just Is – a cause.

Every effect can be seen as good or bad.

A good effect is justifiable.

A bad effect cannot be justified.

A cause is just but the effect may not be seen to be.

One's perspective determines whether an effect is good or bad, justified or not.

Every action causes an effect.

Whether the action is just depends on one's perspective of the effect.

Man uses Justice and Judicial Law to decide whether an effect is good or bad.

All actions are judged to determine whether they are good or bad, legal or illegal, moral or immoral, legitimate or illegitimate.

We have come to experience life by taking actions and deciding whether they are good and whether we choose to just cause them to happen again or not.

With **Just Cause**, I have decided that my actions are justified and justify being repeated.

Self-Sacrifice

Saturday, 12. June 2010

Self-Sacrifice is the act of sacrificing oneself in favour of someone else.

It is putting someone else's wellbeing before one's own.

Sacrificing one's Self is never in alignment with one's Soul.

My Soul's choice for my Self is to discover, explore and experience Life, not sacrifice it for another.

The only reason for self-sacrifice is to allow another to experience the guilt that results as a consequence of this action.

In my experience, few people need my help in order to experience guilt.

Self-sacrifice is usually linked to attachment.

It is very unlikely that anyone would sacrifice their self for another to whom they were not emotionally attached.

The deeper the emotional attachment to another the greater the sacrifice that the ego self is willing to make.

Some people's attachment to another is so great that they would rather die themselves than risk the loss of the one that they depend on so much emotionally.

With the attainment of sensitive-detachment, self-sacrifice becomes unthinkable.

E.F.T.

Friday, 11. June 2010

E.F.T. is the abbreviation for Emotional Freedom Technique.

It is a treatment used by therapists to overcome blockages in one's life-force energy system.

It works in a similar way to acupuncture, without the use of invasive needles.

E.F.T is synonymous with a 'spiritual aspirin'.

It relieves the symptoms of an emotional blockage, such as fear, trauma, and panic attacks, but does not treat the cause.

My 'emotional freedom' is restricted by my belief system.

My beliefs create the emotion on which they are transmitted and received.

It is what I think about a situation, occurrence or experience, that creates the emotion that I feel.

The cause of emotional insecurity is always a limiting belief.

E.F.T. alone will not cure the cause of my emotional instability, but it may relieve the symptoms long enough for me to work on the limiting beliefs that are causing it.

Dharma

Thursday, 10. June 2010

Dharma means Fate.

It literally translates as that which upholds and supports.

I am upheld in life by the beliefs that I hold and supported by the emotional energy that I need.

My limiting beliefs and my emotional needs are my fate and my dharma.

The belief that my dharma is my righteous duty and my virtuous path is based on my fear and false beliefs.

I have no duty, whether righteous or otherwise. Duty is an inherited belief, which is my fate.

It is my fate to be virtuous. It is my destiny to be Divine. A virtuous path does not attain my destiny to be Divine.

I have chosen my karma for this life-time and I have a choice as to whether I see it as my dharma, my fate, or my destiny.

I can choose to follow my chosen path of fulfilment, or the path of my fate and disappointment. One is my karma and the other is my dharma.

In this relative dual reality world, I will always have a choice. How I define that choice will determine whether I am following my fate or my destiny.

Karma

Wednesday, 9. June 2010

Karma means Faith.

It is the act of fulfilling my Destiny.

The act of fulfilling my destiny requires faith.

Having faith in my destiny is truly fulfilling.

Karma is neither a 'curse', nor a 'punishment', nor an 'evil' that needs to be overcome.

Curses, judgements and evil thoughts all create a negative resistance to my Karma being fulfilled.

It is the curse of judgements and evil that I need to overcome in order to fulfil my Karma.

When my chosen life-path, destiny, or karma is unmet during my life-time, my Soul may choose for my Self to revisit the same destiny or karma in a new or subsequent incarnation.

Karma is always the choice of an individual Soul and a positive action. There is never any judgement, conviction, or punishment involved in the choices of my Soul.

Karma is not a 'generational curse'. These are limiting beliefs and fears that are passed down a family line and obstruct the fulfilment of my Karma.

Karma is not inherited. It is inherent and dormant within every individual until awakened.

Karma is the fate of the unawakened Self and the destiny of an awakened Soul.

Realising the destiny of my karma requires faith in my Soul.

Heart Disease

Tuesday, 8. June 2010

Heart Disease is a heart that is not at ease.

What is not at ease does not flow effortlessly and does not run smoothly.

My physical heart is a fuel pump that supplies oxygen to my physical 'engine', my muscles.

My spiritual heart supplies emotional fuel (energy) to my processor, my brain.

My breath is both the oxygen supply that fuels my strength and the emotional energy that fuels my spirit.

When I see life only from a physical perspective, I am conscious of the need for oxygen to my muscles for physical strength, yet unaware of the spiritual breath of life that I need to provide my emotional power.

Life is an emotional experience of a physical world.

My heart is the centre of my reality that combines and connects the physical, mental and emotional aspects of who I really am.

A disconnected heart will become dis-eased and eventually that dis-ease will manifest into the physical reality of Heart Disease in one form or another.

Cancer

Monday, 7. June 2010

Cancer is a disorder created by chaos at the cellular level.

It is the experience of cells not doing what they are supposed to do.

Cells are supposed to grow and die and replenish themselves according to a genetic pattern.

When the genetic pattern is not followed, chaos and disorder become apparent.

When my Divine Covenant is not followed, chaos and disorder become apparent.

What is apparent on a mental and emotional level eventually manifests into physical reality.

Spiritual reality is the reality of my physical, mental and emotional self acting together in unison.

Cancer is not in my genes.

My genes are a set of instructions, a blue-print for my spiritual well-being.

When the blue-print that I decided in the spirit is not carried out in the physical, then my ego has rewritten the operating instructions.

Following the life-path of my ego self will always encounter resistance and lead to chaos, dis-order and dis-ease.

The symptoms of this chaotic disease that manifest into the physical are called Cancer.

Inner Space & Outer Space

Sunday, 6. June 2010

Outer Space is the space between star systems and galaxies.

Inner Space is the space between molecular systems and atoms.

Space in physical terms is the distance between physical objects.

Outer space is more abundant between galaxies than between the stars in a galaxy.

Inner space is more abundant within an atom than between the atoms in a molecule.

Space in spiritual terms is 'Energy'. It is the Energy that is the power of Consciousness.

The more space that I have the more conscious I am and the more emotional power that I have to convey my thoughts.

The more outer space that there is, the less dense is the environment.

The more inner space that I have, the less dense is my perception of life.

The only thing that divides inner and outer space is my perspective of life.

Attachment

Saturday, 5. June 2010

An **Attachment** is something that I need emotionally.

I am attached to whatever gives me emotional energy.

We all need emotional energy whether we are aware of it or not. We sub-consciously attach our Self to whatever supplies our emotional energy.

In order to guarantee my supply of emotional energy, I seek to own and possess whatever gives me emotional energy.

Whatever I own or possess in my life, I need because it gives me emotional energy.

When I lose a possession, lose ownership of something, or lose contact with someone who meets my emotional needs, I will grieve for the emotional energy that I am no longer receiving.

The sense of attachment to material things and people is strong enough in some instances to allow them to kill another rather than incur its loss. Especially in the case of an attachment to a home and a family.

It is their emotional need and attachment that makes people possessive and want to own people and material things.

Being unconditionally free of needing material possessions and being emotionally independent of other people allows us to attain the prime attribute of 'Detachment'.

Being attached is not the same as Being 'Connected' to my True Source of Emotional Power.

The Focus of my Attention

Friday, 4. June 2010

When I focus on my action, I am unaware of the emotion that I am experiencing.

When I focus on my feelings, I am unaware of my actions.

When I focus on my intention, I am focused on the future and not present in the now.

The focus of my attention is important.

When the attention of my focus is on my action or my intended action, my intention, I am seeing life through the eyes of my ego self.

When the attention of my focus is attentive and on my attention, I am observing life through the eyes of my Soul.

My Soul is the attention of my focus.

When I make the focus of my attention my Soul, I am in alignment with my Soul and my Soul has my attention.

When the attention of my focus is on my action, I am being subjective.

When the attention of my focus is on my intention, I am being objective.

When the attention of my focus is on my attention, I am being adjective. I am being my Soul.

“Love is never having to say I am Sorry”

Thursday, 3. June 2010

Love is the Acceptance of knowing that Life Just Is.

Love forgives all actions. They do not need to be pardoned.

Love accepts the actions of all others as their actions and their choice.

Love is not dependent on the actions of others.

My power comes from within, not the action or non-action of another.

Love is the Equanimity of knowing that we are all equal.

Love does not humble itself to the arrogance of another.

Love does not please others by doing their bidding.

Love does not tolerate doing what I have to, I ought to, I should or I must.

Love is not greedy and selfish and detrimental to others.

Love is the authority to follow my own path.

Love is the power to allow others to follow their own paths.

Love is the ability to know no wrong.

Love is the ability to never need to apologise.

Love never crosses another's boundaries.

Love is never having to say I am sorry.

Reasons & Excuses

Wednesday, 2. June 2010

Reasons are an explanation for choosing what I choose for me.

Excuses are an explanation for not doing what someone else chooses for me.

I excuse myself from doing what I believe that I have to do, I ought to do, I must do, or I should do, on the grounds that they are all tolerations and therefore unreasonable actions.

What is reasonable for me is what I believe that I have good reason to choose.

My reasons for choosing may be rational or emotional or both.

My reasons for choosing anything are my own. I own them.

When my reasons for choosing are not my own, I am pleasing the person who has chosen for me.

I will need an excuse for not choosing another's choice as from their perspective, my perceived greed will need to be pardoned.

When I overcome the greed of pleasing others, I will have no need to excuse myself.

My reason for choosing is neither greed nor is it designed to please others. It is an expression of my true authority.

There is no excuse for being greedy or being pleasing to others.

Demon

Tuesday, 1. June 2010

Demon literally translates as ‘of my self’.

My disconnected Self is not Divine.

This relative world of dual reality disconnects me from my Divine Self – my Soul.

My Soul is Divine, my Self is ‘of me’.

My Demons are my programmed beliefs about life.

All Demons are inner demons that I have projected into my outer reality.

It is my inner beliefs that allow demons to exist in my external world.

It is my belief about demons that allows other people or other things to demonise me.

A demon is a false belief or fear that creates a negative resistance in my experience of reality.

I cannot fight my demons and win. The more I fight my demons, the more power I give to them.

When I become conscious of a demon or a limiting belief, I can change my belief from a negative demon to a positive angel and allow my life to flow beneficially and effortlessly.

Demons are a curse and angels are a blessing.

Angels are little messengers or messages of inspired revelation that come as thoughts to change my negative perspective and give me clarity and direction in life.

MAY

Common Sense

Monday, 31. May 2010

A rational, physical, objective view of life requires the common senses of sight, hearing, taste, smell & touch.

To a spiritually unaware person, common sense is what is common knowledge to everyone. It is what normally happens according to what is believed to be normal behaviour and is the normal effect that is experienced by what is being caused to happen.

Common sense requires an unemotional view of life. Irrational and emotional behaviour are considered to lack common sense.

An awakened spiritual perspective of life uses the common senses of intuitively seeing, feeling and knowing.

A spiritually aware person knows that nothing is normal, everything is continually changing, and a belief in faith allows miracles to happen. Metaphysics and the paranormal make sense.

To a non-spiritual person, intuition is not a common sense. What is not common sense is seen as nonsense because their common sense determines it to be so.

Common sense is a subjective perspective of life dependent on what senses, physical and spiritual, are commonly being used by an individual.

The irony is that emotion, intuition and sensitivity are not common sense to most people.

Counter-Intuitive

Sunday, 30. May 2010

I know intuitively what my intuition tells me.

Intuition is my spiritual sense of knowing, seeing & feeling.

It is my gut instinct, my imaginary visions and my inspired revelations.

I have knowledge of my physical world as experienced with my physical sense of sight, hearing, smell, taste and touch.

Scientific proof requires physical validation and is therefore counter-intuitive.

Rational thought requires logical analysis and is therefore counter-intuitive.

Counter-intuitive thinking belongs in the realm of the insensitive, unemotional, detached and rational observers of the physical universe.

Counter-intuitive feelings belong in the realm of the over-sensitive, irrational, attached and emotionally reactive experiencers of the physical universe.

Intuitive thought requires an exclusive connection to life that is sensitively detached from the accepted view of life and emotionally rational in one's own choice of experience.

An objective view of a subjective physical existence is counter-intuitive.

An Adjective view of Life requires Intuition.

Inherent

Saturday, 29. May 2010

What is **Inherent** in my Life is that which I am exclusively connected to.

My True Nature is Inherent within me.

My innate qualities are inherent. They are 'in here'.

Here in lies the truth of my inherent life.

What is inherent in me is:

- My Power
- My Authority
- My Ability
- My Destiny
- My Provision
- My Vision
- My Mission
- My Purpose
- My True Values

These are my Attainments for this Life-time. They are all inherent within me once I exclusively connect to each individually.

My Attributes are 'Innate'.

My Attainments are 'Inherent'.

My Qualities are the essence of my Essential Nature.

Innate

Friday, 28. May 2010

My **Innate** qualities are intrinsic and essential to my true identity and who I really am.

What is innate to my Self is my essence and the essence of who I am.

My “Inner Nature” is innate to me.

My Inner Nature is:

- Being Healthy
- Being Wealthy
- Being Wise
- Being Happy
- Being Well
- Being Good
- Being Gentle
- Being Great
- Being Expansive

Health, Wealth, Wisdom, Happiness, Wellness, Goodness, Gentleness, Greatness, & Expansiveness are all innate to me.

To ‘Innate’ is to bring an experience into existence and cause it to Be.

My Purpose in Life is to innately my innate inner nature – the Nature of my Soul.

An Open Heart

Thursday, 27. May 2010

With **An Open Heart**, I am without fear.

I cannot open my heart with love when I am full of fear.

Fears are the limiting beliefs that close my connection to my heart.

Becoming fearless is the process of opening to my heart.

With an open heart, I am problem-free.

I cannot open my heart with Light when I am tolerating problems in my life.

Problems in my life are the result of being disconnected from the authority of my heart – my Soul.

An open heart sees all opportunities in life.

When I see all opportunities in my life with an open heart, I am problem-free and life is effortless.

Becoming accepting of all others and accepting of whatever occurs in my life is the process of opening to my heart.

An open heart allows my Soul to experience Life as its Self and my Self to experience Life as its Soul intends.

On Borrowed Time

Wednesday, 26. May 2010

I am **on 'Borrowed Time'** when my time is not my own.

When I am actioning other people's choices under other people's authority, I am working in their time and not my own.

My Soul operates in its own Time.

When I operate in my own time, I am co-operating with my Soul, and life is Divine.

My own time is my Soul's Time, which is Divine.

When I operate in my own time, life flows effortlessly.

Existentially, all time is borrowed for the purpose of physical experience.

Without 'Time' there is no experience and there is no 'Space' within which to experience the experience of time.

I borrow both Time & Space for the sole purpose of experiencing Reality.

In Absolute Reality there is only Divine Time, which is 'All Time' & 'No Time' united in Oneness.

In actuality, I cannot own time, I can only borrow it and live 'in time' with 'life'.

We are all on borrowed time. My quality of life is determined by how well I spend the time that I have borrowed.

A Neutral Observer

Tuesday, 25. May 2010

A Neutral Observer is neither a Pacifist, nor a Peacemaker, nor a Mediator.

A Mediator mediates between two sides in a conflict.

A Mediator is a Peacemaker who seeks an end to a conflict.

A Mediator is a part of the conflict and appeasement of the warmonger and the pacifist, who are both the victim and the villain of a conflict.

A Peace-keeping Force cannot be a Neutral Observer.

A 'peace keeping force' is an oxymoron. Force will never maintain peace.

A Neutral Observer does not use any form of physical force.

A physical force against another is an act of conflict, irrespective of whether the motive is conflict or appeasement, or conflict appeasement.

A Peace Keeper is required to have a state of peace in order to maintain it.

A Maintainer of the Peace knows that peace cannot be maintained with force.

The only way to remain at peace and to keep one's peace is to become a Neutral Observer.

The only peace keeping force is the force of authority that chooses to accept what is occurring to others with sensitive-detachment and non-involvement which is the authority and choice of a neutral observer.

When I allow others to follow their path unconditionally, others allow me to follow my path without interference.

A Neutral Observer is at peace with their Self. Inner Peace requires the absence of fear and inner conflict.

When I observe my inner world reality to be balanced, neutral and free of conflict, this will become the experience in my outer world reality.

Secure in my Faith

Monday, 24. May 2010

I am **Secure in my Faith**.

My faith is my path and when I am on track and following my path faithfully, I am secure.

My security ties me to my path, yet allows me the freedom to choose my path.

Without faith, I am not secure, and I will need to feel secure.

Money is called 'security' because money meets the need to feel secure.

Insecurity is founded on the false belief that money buys security and security comes with having money.

A lack of money will then create a feeling of insecurity, which endorses the belief that security and money are the same thing.

A rich man offers his family the security that a poor man cannot.

A wealthy man knows that money cannot buy security. It just buys solutions to the symptoms of insecurity.

When I am **Secure in my Faith**, my provision allows me all the wealth that I need, in every moment of time.

Lust

Sunday, 23. May 2010

Lust is the craving for material or physical experiences and possessions.

Lust is the feeling of “I must have” and “I badly want”.

Badly wanting anything is by definition not good.

A man may lust after the physical experience of sex or the physical experience of driving a fast car.

A woman similarly may lust after the physical experience of sex or may lust after a new fur coat or a washing machine, in exchange for having sex.

Lust and sex are not gender specific.

The opposite of lust is the ‘love’ of emotional or non-material experiences.

When love becomes a need, it is also a ‘must have’ and a ‘badly want’.

It is not that a needy woman wants to own her man as a material possession but to possess a man that she ‘loves’ and needs because he meets her needs emotionally.

When I lust after or need to love something, I have a belief that I am without something, which disconnects me from my True Self.

Lusting after life is a statement of not already having what I want and believe that I need in life.

Once I am experiencing Life as I choose and intend, I have overcome the duality of the desires of lust and the passionate need for love.

I am then able to discern what True Love means to me.

Authenticity & Integrity

Saturday, 22. May 2010

Authenticity is choosing with Authority.

Integrity is being in my Power.

When my authenticity is authentic, it comes from my true authority.

When my integrity is in integrity, it connects me to my true power.

My authenticity is authentic when it is in alignment with my Soul.

When my authority is in alignment with my Soul, I connect to my true power.

When I connect to my true power, I am in integrity.

Authentic means: "In alignment with my Book of Life", of which I am the Author.

Integrity means whole and undivided.

My ego Self may have the dignity of conforming to the standards of my personal beliefs and principles, but I will only be in integrity when I am undivided from my authentic state of Being.

My dignity is a matter of my personality and character.

My **Authenticity & Integrity** are my True Identity, who I really am.

A Peaceful Space

Friday, 21. May 2010

Peace is a mental attainment.

Peace of mind is the absence of inner conflict.

Inner conflict is created by conflicting beliefs and fears.

Peace requires knowing my Truth.

Truth allows a quiet mind that is at Peace.

Peace is the natural state of a Divine Mind.

Space is an emotional attainment.

Space allows me the freedom to be at choice.

A mind in conflict cannot choose freely.

Space requires feeling my Love.

My emotional state of being is directly related to my sense of Space.

The more space that I have, the more that I love to emotionally expand who I am being.

The attainment of fulfilment requires freedom of choice and peace of mind.

A Peaceful Space allows me the power of love and the authority of truth, to exercise my choice with peace of mind.

Bargain & Negotiate

Thursday, 20. May 2010

To Bargain is to get the best deal for oneself.

When I have the best deal for my self, I have a bargain.

Bargaining, by definition, is a selfish action. I am getting the best deal for me.

Getting the best deal for me is about winning the sales contest and being the best trader, which is greed.

Driving a hard bargain is asserting one's authority over another, which is arrogance.

Needing to get the cheapest deal at a bargain price, or make the most profit, is driven by a scarcity mentality.

Bargaining 'bars gaining' because it involves the sins of pride, gluttony, greed and arrogance.

To Negotiate is to get the best deal for both parties or all parties in a transaction.

The best deal for me is the deal that my Soul deals for me.

My Soul is Truly Selfish, will always negotiate the best deal for both parties and all concerned, and will never negotiate a bargain.

My Soul always negotiates resistance and entropy effortlessly.

I fail to negotiate successfully without the co-operation and agreement of all concerned parties.

Negotiate my Path

Wednesday, 19. May 2010

I Negotiate my Path with Rectitude.

My path is never unjustified or wrong.

I am never off track. I just appear to be lost, confused and frustrated with an opportunity to gain direction, clarity and presence.

I am here to negotiate my path with effortless joy and expansive flow.

When I am on track, I am flowing effortlessly on my journey of expansive growth.

I negotiate my path with my Soul.

Without clear negotiation, I encounter resistance, entropy and chaos.

When I decide to go it alone and follow the will of my ego, there is no negotiation with my Soul and no negotiation of my path.

Following my path is a process of negotiation with my Soul.

Negotiation requires co-operation and agreement.

Without co-operation and agreement, negotiation breaks down and resistance and conflict ensue.

It is not about surrendering to the will of my Soul.

My Soul's Will is for my Self to have choice.

It is about surrendering to the process of negotiation that brings my Self and my Soul into Harmony & Resonance in order to allow an effortless journey to be realised.

Rectitude

Tuesday, 18. May 2010

Rectitude is:

- Being Righteous
- Taking right action
- Having faith in my covenant
- Following my path

My Path is justified by my Soul.

My Path just is, my path, that I have chosen.

My path is my faith and my covenant with my Soul.

I have faith that my path is the right path for me.

I journey along my path with faith and righteousness.

My Soul has the Rectitude to guide and support its Self on its Right Path.

My Inner Coach guides me to take the right action to allow my Self to experience expansive growth and new opportunities with Rectitude.

Influenza or Influencer

Monday, 17. May 2010

Influenza is the influence of a bad spirit.

Bad spirits are the creation of a false perspective and an illusion of evil.

Influenza is blamed on a virus that we fall victim to.

Viruses are neither good nor evil. They are Nature's waste disposal system.

Everything that is not Divine and Pure, eventually decays and returns to dust or ash.

Bacteria and viruses turn inert matter back to dust, in the same way that fire turns inert matter back to ashes.

Ashes to ashes, dust to dust, is the way of life and death.

Every day I have a choice between 'living' life well or experiencing a slow lingering 'death'.

Influenza is a part of Nature and is natural.

The symptoms of flu are those of a physical body that is mis-aligned with its Spirit.

When my physical body is out of alignment with my spiritual body, I ache from the lack of connection to my power and I feel the resistance of life caused by my misalignment with my true authority.

Without my power and my authority to live life happily and well, I feel miserable, unwell, sick, ill and under the influence of a very bad or low spirit.

Flu is Nature's way of getting me to stop and re-think my life.

It is my natural way of cleansing out my bad perspective of life caused by my limiting beliefs and my fears.

It is my bad perspective of life that is the major influence on my life, including my belief that I can be a victim of a multitude of microbes.

There is only One **Influencer** that can align me with my True Path in Life – my Soul.

High Security Protection

Sunday, 16. May 2010

High Security Protection is required by people who live in fear.

People who live in fear need high security protection.

The greater the fear and the belief in the fear, the higher the degree of security and protection they will need to feel safe.

A fearful society builds high security prisons in which to detain people who they fear and they believe are a risk to society.

A fearful society builds high security fortresses for its own protection and safety.

A High Security Prison has high fences, CCTV surveillance, alarms, armed guards and limited access by invitation only.

Buckingham Palace and the Palace of Westminster, the residences of the British Monarch and the British Parliament, have high fences, CCTV surveillance, alarms, armed guards and limited access by invitation only.

A fearful society locks itself into its own prison in the same way that it locks those that it fears into a prison.

We are all the prisoners of our own fears.

Spontaneity

Saturday, 15. May 2010

Life flows effortlessly with Spontaneity.

Spontaneity is an intuitive response to life.

When I respond to life's calling my spontaneity is instinctive.

Spontaneity has a chaotic order.

When my ego tries to organise life into order, it disallows spontaneity and flow.

A life without spontaneity decays eventually into the chaos of boredom.

When I allow life to happen, it occurs spontaneously.

Spontaneity is the third way out of the duality of order and chaos.

Spontaneity overcomes boredom and repetition.

Spontaneity is when my Self and my Soul embrace in the Dance of Life.

My Soul responds instantly because it can.

My Self responds instinctively and intuitively when it chooses.

Spontaneity is the instance of intuition and instinct in harmony.

Spontaneity requires a Divine Acceptance that Life Just Is.

The Paradox of Thought

Friday, 14. May 2010

The Paradox of Thought is that:

“Reality is created by thought, yet reality allows thinking”.

This paradox is realised when thought and thinking are no longer the same.

I create reality with my Soul’s thoughts and I create reality with my Self’s thinking.

The Law of Attraction implies that “Thought is Creative” because like energy is drawn unto itself.

The Laws of Science dictate that reality allows our observation and consideration of life with our 5 physical senses. We can experience reality because it is already there. Thought is seen as the effect of reality rather than the cause.

My thinking and my focus on my present reality will recreate that reality in my future.

Negative thinking recreates a negative reality and positive thinking creates a positive reality, yet this is just a personal perspective.

Negative thought is an oxymoron. My Soul is incapable of negative thought.

My Soul’s Thoughts are just Thoughts. Whether an idea is positive or negative is the result of my thinking about it and deciding whether I want it or not because it is either beneficial or detrimental to me.

My Soul exists beyond the realm of the relative duality of good & bad, right & wrong, and positive & negative.

A Thought is just an idea that I am thinking about until I make that thought my experience. I put my thoughts into words and then into actions.

Fundamentally 3 More Questions

Thursday, 13. May 2010

1. “Am I motivated by my will to meet my conscious physical needs and my sub-conscious emotional needs”? or “Am I empowered by the inspiration of my super-conscious revelations”?

This will answer the question: “Do I have a Purpose for my Life”?

2. “Am I driven by the beliefs and the convictions of my sub-conscious programming”? or “Am I intuitively wise to the knowing of my super-conscious truth”?

This will answer the question: “Do I have a Vision for my Life”?

3. “Am I playing the role of my personality and my character in a drama called life”? or “Am I experiencing the reality of my true identity and my authentic Self”?

This will answer the question: “Is my mission in life in alignment with what I truly value”?

Fundamentally: “Am I here to live my vision, mission and purpose for this life-time”? or “Am I here to try and survive a physical existence called life”?

Another 3 Fundamental Questions

Wednesday, 12. May 2010

1. “Is who I am being dependent on my self-worth and how much I value my self”? or “Is my value and self worth the result of who I am being”?

The answer will determine the strength of my personality and how attractive I am. It will determine how I express my personal power.

2. “Is the choice that I make dependent on my self-confidence”? or “Is my self-confidence the result of the choices that I make”?

The answer will determine the strength of my character and how magnetic I am. It will determine how I express my personal authority.

3. “Is what I am doing dependent on my self-esteem”? or “Is my self-esteem dependent on what I am doing”?

The answer will determine the role that I am playing in life and how charismatic I am. It will determine how I express my personal ability.

3 More Fundamental Questions

Tuesday, 11. May 2010

1. “Did I choose my parents”? or “Did my parents choose me”?

This is the key to my authority and will determine whether I am following my fate or my destiny. It will answer the question ‘why I am here’.

2. “Am I a physical Being experiencing a physical reality in a physical world”? or “Am I a spiritual Being experiencing a physical, mental and emotional reality in a physical world”?

This is the key to my own power. The answer will determine ‘who I am’.

3. “Is the world a product of my mind and my intuitions”? or “Is my mind the product of the physical reality of this world”?

This is the key to my ability. The answer will determine my ability to ‘create my own reality’.

3 Fundamental Questions

Monday, 10. May 2010

1. “Does my power come from money”? or “Does the power of my emotions attract everything that I need in a positive way”?

The answer will determine the source of my emotional power. Do I choose to be materially rich or emotionally wealthy? Does my power come from a physical source or an emotional source?

2. “Does my status in society give me authority and influence”? or “Does the authority of my choice make me influential”?

The answer will determine the source of my mental authority. Do I seek influence over my own life or other people’s lives? Do I operate under my own authority or someone else’s?

3. “Does my knowledge and my education decide my ability in life”? or “Is my ability in life in direct relationship to my own personal power and authority”?

The answer will determine the source of my physical ability. Do I choose to achieve success through my own endeavours or the endeavours of other people? Do I choose to fulfil my vision, mission and purpose for this life, or someone else’s?

Therapy

Sunday, 9. May 2010

Therapy is a treatment for people who are unwell and unhappy.

Physical sickness requires medicine or surgery. Mental illness requires psychology or psychiatry. Emotional unwellness requires counselling or therapy.

Unwellness is the emotionally negative state that is a consequence of my fears and false beliefs.

My well-being is my positive emotional state of being.

The more positive my emotional state of being, the more well-being that I am experiencing.

A negative state of being is called unwellness or the state of being unwell. I don't have to be sick or ill to be unwell. The cause of my emotional unwellness and my negative state of being is always a belief.

Therapy is a treatment for a fear or a belief that is creating a negative emotional experience. What I feel about an experience is always the consequence of what I believe to be true about that experience.

A therapeutic experience by definition feels emotionally positive and beneficial. The purpose of therapy is to uncover the cause of the unwellness that is creating unhappiness.

Wellness and Happiness are my natural state of Being.

Therapy is often required to reconnect me to being who I really am.

Self-development is a journey of becoming well and happy and is therefore a therapy and a treatment for being unwell and unhappy.

Without Personal Development of my Self there can be no Spiritual Growth for my Soul.

Who Chose Whom?

Saturday, 8. May 2010

I was born into a world that was the reality of my parents at that point in time and space.

I could not be born into my own reality because at that age I was too young to realise my own reality.

The question is not: “Who chose my reality at birth”? My parents did.

The question is: “Did my parents choose me, or did I choose my parents”?

The answer to this question decides either my fate or my destiny.

If my parents chose me, then I am the subject of my fate, which is their reality and their fate.

If I chose my parents, then I am choosing my reality and my destiny, and my destiny is to choose my own reality.

If I believe that my parents chose me then I have no alternative but to accept their fate as my own. I have no choice.

“Do I have a choice”? is the fundamental question.

The answer is that “I do have choice”, when I believe that to be so.

I know that I have choice and I know that I chose my parents, although it took me 50 years to realise this.

Realising that I have choice, and that my life is always the consequence of that choice, has changed my life, because I realised that I could, and I did, and I continue to do so.

I no longer choose my fate, only my destiny.

Accident or Design

Friday, 7. May 2010

Science believes that the universe that we inhabit is the result of a quantum fluctuation that allowed everything that we see and everything that we are, to be created from nothing in an **accident** of uncertainty.

Religion believes that the universe and everything in the universe including our selves was created by the **design** of an intelligence that is called God, and that nothing is accidental and everything is occurring as a result of God's Will.

Science believes in the nature of uncertainty.

Religion believes in the certainty of God's Will.

Science believes in Chaos Theory.

Religion believes in God's Holy Order.

I believe that science & religion, certainty & uncertainty, chaos & order, are all dualities relative to physical life.

I believe that accidents are the perspective of a victim and a fatalist.

Accidents only happen to people who believe in fate and believe that they are affected by a reality that is not of their choosing.

I am not an Accident of God.

Nothing happens by accident. Everything that occurs in my reality is there because at some level of consciousness, I have chosen it and I have attracted it with my thoughts.

If I have not consciously chosen something in my reality then I have chosen it at the level of either my sub-conscious Self or at the level of my super-conscious Soul.

Everything is the result of Consciousness choosing.

My Life has not happened by accident and my Life has not happened by my conscious design. Yet I do have a Super-Conscious Vision, Mission and Purpose for my Life.

The 3 Dimensions of Reality

Thursday, 6. May 2010

“Three Dimensional Reality is 3 Dimensional”

1. Reality has a Frequency:

The frequency of reality flows backwards and forwards in a linear direction and is called Time. When tuned to a particular frequency in time, I flow forward in a linear direction that appears to travel from the past to the future. Past and future are an illusion of time travel.

2. Reality has a Wavelength.

The wavelength of reality flows from side to side, right to left in a tangential direction and is called Space. As I shift my perspective of Life by changing my beliefs, I alter my wavelength of space and move tangentially in space through time and perceive a change in my reality.

3. Reality has a Vibration:

The vibration of my reality rises and falls in an expansive and contractive way. The more intense the vibration, the more resistance to life that I am encountering. The more balanced the vibration the more effortlessly my reality flows.

The 3 Dimensions of Reality, wavelength, frequency and vibration, are what makes reality exclusively unique to each and every individual.

Adjectives & Being Adjective

Wednesday, 5. May 2010

Adjectives describe objects.

Being Adjective describes an experience that I am the subject of. It is how I relate to a particular experience in my life.

My relationship to Life is emotive. Life flows through my Self.

My emotional state of being describes my relationship to each experience of my life that I am subjected to.

My emotional state of being is how I am adjectively experiencing Life.

Being adjective describes my emotional state of being.

I describe my emotions with an adjective and I experience my emotions adjectively.

Being adjective is an adjective state of being that describes the subject of my experience – Me.

The subject of my experience is always my Self.

The objective of my experience is to learn and grow.

The adjective of my experience is my emotional response. It is who I (the subject) are being whilst carrying out the objective.

Ontology is the study of adjectivity.

My purpose in life is to be Adjective through my subjectivity (what I have) and my objectivity (what I am doing).

Subjects & Objects

Tuesday, 4. May 2010

Subjects are the subject of an experience.

Subjects are subjected to an experience called Life.

Subjects live out a subjective experience.

Subjects allow experience to be subjective.

My Self is the subject of my Life, experiencing a subjective experience.

Time allows Reality to be Subjective.

The subject of my life is my Vision for my Life.

Objects allow Reality to be realised.

The objective of objects is to become real.

Objects have an objective reality.

The objective of reality is to allow my life to exist.

Without objects and objectivity there is no physical reality, physical reality is non-existent and everything is in my imagination.

Space allows objects to be real.

The objective of my life is to fulfil my Mission in Life.

Relative & Absolute

Monday, 3. May 2010 9

Relative & Absolute are Realms of Reality.

In the Realm of Relative Reality there is always choice.

Choice allows personal perspective, which allows personal reality to exist.

The reality of the relative world is that everything is separated from everything else by Time & Space, and everything has a duality which it is in opposition to.

Life opposes death, good opposes bad, light opposes darkness, hot opposes cold, hard opposes soft, male opposes female, positive opposes negative etc. etc. etc.

The purpose of relative reality is a context of contrast and comparison in order to choose an ideal reality.

In the Realm of the Absolute there is no choice, no opposition, no contrast and no individuality.

Without choice and individuality there is just Oneness and this Oneness is Absolute.

In the realm of the absolute where everything is absolute, there is no change, no difference, no growth, no expansion. Everything just is, which is perfect but not ideal.

The Realm of the Relative is the gateway to my Ideal World.

The purpose of this relative world is to allow me to attain the ability to personally create my version of my Ideal World.

The Illusion of Reality

Sunday, 2. May 2010

The Illusion of Reality is that reality is real.

The reality is that reality is continuously changing.

The reality of today is different from the reality of the past and will be different again from the reality of the future.

Reality is therefore just a perspective of the present moment.

Reality not only changes with time and space but also changes with perspective.

The illusion of reality is that reality is the same for everyone.

Everyone experiences reality but not everyone's experience of reality is the same.

We individually create our own reality based on our thoughts and beliefs. Reality appears to be the same where a group of people hold the same beliefs.

There are as many different realities all occupying the same moment of time and space as there are different perspectives of reality.

In a physical existence, what is considered to be real is that which is verifiable by a consensus view of the world as perceived with the five physical senses.

Where an Absolute Reality exists beyond the perspective of the physical senses, physical reality is relative to the perspective of the perceiver and therefore just an illusion.

Harmony & Resonance

Saturday, 1. May 2010

Harmony & Resonance determine the Vibration of my Life Force Energy.

Harmony is the wavelength of my energy vibration.

The wavelength of my vibration determines the quality of my emotional state of being.

Resonance is the frequency of my energy vibration.

The frequency of my vibration determines the quality of the conviction of my belief.

My vibration or Life Force Energy is most harmonious when the gender of its wavelength is balanced and united.

When the gender of the wavelength of my emotional energy is balanced and united, the male and female aspects of my personality are in harmony.

When the polarity of the frequency of my mental energy is balanced and neutral, the positive and negative aspects of my character are in resonance.

The vibration of my energy is most resonant and harmonious when its wavelength is no longer divided by gender and its frequency is no longer divided by polarity.

The harmony and resonance of my energy creates an experience of Life that ranges from serenely peaceful to extremely chaotic because the gender of my emotions and the polarity of my thoughts determines the intensity of my Life.

APRIL

Harmonic Resonance

Friday, 30. April 2010

The **Harmonic Resonance** of my Emotional State of Being is determined by its polarity and its gender.

A divided gender and polarity of my energy allows my Harmonic Resonance to express my emotion in one of 4 ways:

My **Irrational Reaction** has a female gender and a negative polarity.

When I am attached and being inclusive with others, I react irrationally with sympathy in a virtuous way by being modest, kind, poor, warm, humble, patient and attentive, and being meek, generous, loving, pleasing, tolerant, unselfish and caring.

My **Unemotional Reaction** has a male gender and a female polarity.

When I am being insensitive and disconnected with others, I react unemotionally with apathy in a sinful way by being proud, envious, gluttonous, lustful, greedy, wrathful and slothful, and by being arrogant, angry, assertive, jealous, extravagant and selfish.

My **Emotional Response** has a female gender and a positive polarity.

When I am being sensitive and connected with others, I respond emotionally with compassion in a blissful way with Humility, Goodness, Contentment, Joy, Equanimity, Fulfillment and Expansiveness.

My **Rational Response** has a male gender and a positive polarity.

When I am being exclusive and detached with others, I respond rationally with empathy in a divine way by being Accepting, Allowing, Approving, Acknowledging, Attesting, Affirming and Appreciating.

My Harmonic Resonance will attract people whose emotional energy has an opposing gender and will also attract people who have a similar polarity.

Harmonic Resonance allows the paradox of 'like attracts like' and 'opposites attract'.

My True Harmonic Resonance has my male and female energy harmonising in unity and my positive and negative energy resonating in oneness.

Cipation

Thursday, 29. April 2010

Being in **Cipation** means flowing freely in alignment with one's true choice and authority.

It is being in the flow, in the gap, in the now and in the zone.

Anti-cipation is following the authority of or being in alignment with the choice of someone else.

Flowing in alignment with another is always against my own natural flow of life and will deplete my sense of space.

Anticipation is the consideration of something before its proper time in natural order.

When I am anticipating something arriving in the future, I am not focused in the present moment of time and therefore out of alignment with my true choice for that moment of now.

Anticipation is living my future reality in my present moment of time.

Emancipation is setting my Self free from the authority and choice of another, whether it be from slavery, subjection, dependence or any other controlling influence in my life.

Emancipation is the shift from being attached to the power and authority (emotional needs & beliefs) of others, to becoming connected to my own True Power & Authority – My Soul.

Recipation is my recipe for a successful life.

Natural Philosophy

Wednesday, 28. April 2010

Natural Philosophy is the love of the wisdom of the nature of everything.

Philosophy is the love of wisdom and the wisdom of love.

Natural Philosophy is the Science of Nature.

The science of Nature is knowing (being scient) the Nature of Life.

The nature of Science is to explore the rational physical world in a logical and mathematically proven way.

Isaac Newton was a Natural Philosopher (a scient-ist) not a modern day scientist. He discovered (invented) the mathematical principles of Natural Philosophy.

Scient, as in Omniscient, means Knowing. Knowing is an intuitive, spiritual sense that is beyond the knowledge of the physical world.

Science is the pursuit of knowledge, not the development of knowing.

Science requires logic and proof. Knowing requires Faith.

The intuitive sense of Knowing is innate, whereas scientific knowledge is learned.

A scientific theorem is an intuitive theory until it is proven logically, rationally and mathematically.

The nature of science is to substitute wisdom with knowledge and love with proof.

The Science of Nature is Philosophy – Naturally.

Bullying

Tuesday, 27. April 2010

Bullying is the action of the Intimidator.

The Intimidator or bully competes to win or steal emotional energy from other people through what is seen to be either mental or physical abuse.

The victim of a bully is a Poor Me.

A Poor Me cannot claim the sympathy that they need unless they attract an intimidator to bully them.

A victim of bullying is a victim of their own control drama, as is the bully themselves.

Victim and Villain are opposing perspectives of the same energy vibration.

Both the bully and their victim are suffering from their own depleted emotional energy levels.

Emotional energy is what determines whether a relationship is functional or dysfunctional.

The Law of Attraction states that “Like Energy is drawn unto Itself”.

The ‘Intimidator’ and the ‘Poor me’ are both victims of the same negative energy vibration and control drama and will therefore attract each other.

I cannot bully someone who is prepared and able to share their positive emotional energy with me.

I cannot be bullied by someone whose emotional energy is lower than mine.

Bullies are greedy for emotional energy. Their victims please that greed by being humble.

Being humble is taking a lower stance than someone else. It is believing that we are of less value and that other people are in some way superior to our self. It is believing that were we to compete with them we would lose.

It is impossible to bully someone who knows that they are your equal.

It is impossible to bully someone who knows their own Self-worth.

It is impossible to bully someone who doesn’t need to compete.

It is impossible to bully someone who has given up ‘victimhood’.

Managers use People

Monday, 26. April 2010

Managers use people to carry out tasks and to achieve objectives.

People who are used to do tasks , jobs and work are called employees.

Good managers use employees well.

Bad managers use employees badly. They misuse them and abuse them.

Good employees manage to do their job well and succeed in their objectives.

Bad employees don't manage to do their job to the standard of the company and fail in their objectives.

Workers employ the tools of their trade in their work.

Managers employ people to do the work of their trade. People are the tools of a manager's trade.

The best managers use people in the most effective way.

Workers are a resource. Managers are paid to manage that resource.

Without people to do the work and the tasks required of the job, managers would not be able to manage.

A company that only needs one employee doesn't need a manager.

Managing to do all the tasks myself, that are required to meet the objectives of my business, does not make me a manager, it makes me a worker.

Being Employed

Sunday, 25. April 2010

Being employed is being used.

It is being used to complete a task or an objective.

My employer is the person who manages me to do the task or achieve the objective that I am being employed to complete.

Being employed means that I am useful to the employer.

Useless employees do not manage to complete tasks or objectives to a satisfactory standard. They are not useful.

An employer employs people to carry out useful tasks and objectives.

Companies and businesses do not employ people. People do.

People employ people to fulfil useful employment.

People who employ people are the representatives of the company called Managers.

Companies and businesses do not employ Managers. People do.

The people who employ Managers are called Directors.

The Directors of Companies and Businesses employ Managers to manage the people who are employed to carry out the tasks and the objectives that are required to achieve the vision and the purpose of that company or business.

I cannot be employed to do a job without being used to do tasks and achieve objectives.

Whether I manage to be useful or I manage to be useless will determine the effectiveness of my employment.

An untrained and unmotivated employee is useless.

Motivation and training are both management responsibilities and skills.

Well trained and well motivated managers employ well trained and well motivated employees.

Motivation gives me the power and training gives me the ability to carry out the authority and the choice of the company within which I am being employed.

Managers & Workers

Saturday, 24. April 2010

Managers ensure that workers manage to work to standards agreed by employers.

Managers manage people to ensure that all required tasks are managed to be carried out to the agreed standard.

Workers carry out the tasks that are described in their job description.

Workers are required to perform tasks to the standards laid down by the company.

Both managers and workers are required to manage to complete all tasks on time and to the standard as laid down in their job specification.

Managers manage workers by ensuring that workers manage to work efficiently and successfully.

Managing tasks is the function of Workers.

Managing people is the function of Managers.

Managers requires people skills.

Workers require task skills.

Managers get confused when they are employed to manage tasks as well as managing people.

Managers don't manage tasks, workers do.

Workers don't manage people, managers do.

My Soul Is!

Friday, 23. April 2010 7:31 | [edit](#)

My Soul is **not**:

- My Real self – real is in opposition to my imaginary self.
- My Higher self – higher is in opposition to my lower self.
- My True self – true is in opposition to my false self.
- My Spiritual self – spiritual is in opposition to my physical self.
- My Virtuous self -virtuous is in opposition to my sinful self.
- My Master self – master is in opposition to my servant self.
- My Ego self – my ego is in opposition to my id.

My Soul is not in opposition to any aspect of my Self, be it imaginary, lower, false, physical, sinful, servant, ego, id, master, virtuous, spiritual, true, higher or real self.

My Soul is not in opposition to me, in conflict with me, or separate and apart from me. It is who I am.

My Soul is a Triality of:

- A sub-conscious, conscious and super-conscious entity, of which I am conscious of only one aspect, until I come to know my sub-conscious and super-conscious Self. That is, I become conscious of my sub-conscious beliefs and I become conscious of my super-conscious awareness.

All the time I see my Self as in opposition to my Soul, I will conflict with my Soul instead of re-uniting with the two other aspects of my Self that make up the Triality of my Soul.

My Soul is Me, Myself, & I.

7 Divine Virtues

Thursday, 22. April 2010

Morality has defined 7 virtues that are free of sin:

1. Humility is without Pride
2. Kindness is without Envy
3. Poverty is without Gluttony
4. Compassion is without Lust
5. Humbleness is without Greed
6. Patience is without Anger
7. Diligence is without Sloth

These virtues may be without sin but they are also without Divinity.

Pride, envy, gluttony, lust, greed, anger and sloth are all 'male' aspects of my energy.

Humility, kindness, poverty, caring, humbleness, patience and diligence are all 'female' aspects of my energy.

I attain the **7 Divine Virtues** when:

1. My pride & humility are **Accepting** of my ability
2. My envy & kindness are **Allowing** of my authority
3. My gluttony & scarcity are **Acknowledging** of my esteem
4. My lust & love are **Attesting** my value and worth
5. My greed & pleasing are **Approving** my power
6. My wrath & meekness are **Affirming** my confidence
7. My sloth & diligence are **Appreciating** my expansive growth.

Only then will my 7 Mortal Sins and my 7 Mortal Virtues becomes my 7 Divine Attributes.

Work, Rest & Play

Wednesday, 21. April 2010

Work, Rest & Play are a Divine Triality of Life.

When this triality is out of balance, it is no longer divine.

When I try to balance work and life to achieve a work-life balance, I will fail because work and life are not in conflict or opposition.

When work is tension and rest is relaxation, I have created a duality that will unfold as a drama, that excludes play from my life.

Rest is what I do when I am asleep. When asleep I am at rest from physical life. Rest is essential for a healthy life. Rest allows me to recover physically, mentally and emotionally in order to remain healthy.

Play is what I do when I finish work. Play is how I enjoy my life doing what I truly value. Play allows me to express my power and feel my wealth.

Work is the expression of my vision, mission and purpose for my life. It is following my life path and revealing my destiny. It is following my Light and revealing my Wisdom. It is aligning with my True Self.

With my work, rest and play in balance and harmony, I become an expression of my True Self.

A Healthy Life needs Rest, a Wealthy Life allows Play and a Life of Wisdom requires Work.

Prime Attainments

Tuesday, 20. April 2010

1. Being **Sensitively-Detached** requires me to be:

- Accepting of what all others are doing.
- Approving of who all others are being.
- Allowing of what all others are (having) choosing.

2. Being **Exclusively-Connected** requires me to be:

- Acknowledging of what is occurring in my life.
- Attesting the attributes that I have attained.
- Affirming the path that I have chosen.

3. Being **Emotionally-Rational** requires me to be:

- Effortlessly appreciative of my expansive spiritual development & growth.

When I am effortlessly accepting approving and allowing of all others, I remove all resistance from my path and experience effortless expansion and growth with Sensitive-Detachment.

When I am acknowledging, attesting and affirming the appreciation of my Soul, I am acknowledging, affirming and attesting my Exclusive-Connection to my personal path of expansive growth.

As I appreciate my consciousness of the rational physical world and my awareness of the emotional spiritual world, my Conscious-Awareness appreciates, develops and grows.

Prime Attainments are the prime attainments that I require for my personal spiritual development and growth.

Being Self-Conscious

Monday, 19. April 2010

Being Self-Conscious is being unaware of my True Identity.

The more conscious I become of my ego sense of Self, the more unaware I become of my True Self.

Self-Conscious people lack self-awareness.

I am conscious of my physical Self. I am aware of my spiritual Self.

Self-conscious people are aware that their personality and character is not who they really are, yet they are unaware of who they really are.

It is impossible to be consciously self-aware, aware of my True Self, and to be self-conscious.

With conscious-awareness, I am aware of my True Source of Power and its potential.

Being self-conscious, I am embarrassed by the potential of the Power of my True Self.

With self-awareness I become aware of the true authority of my choices.

Without self-awareness, I am shy of other people's authority and advice.

I am Conscious of my Self.

My Soul is fully Aware of my Self.

“Am I fully aware of my Soul”?

Unthinkable

Sunday, 18. April 2010

Nothing is **Unthinkable**.

I cannot unthink something. Thinking has no duality.

What I think always has a duality, it is relative to my perspective, yet thought itself is absolute.

Thought is creative when I think, but I cannot uncreate it by unthinking it.

As I think new thoughts, my reality changes. Thinking old thoughts maintains my reality as it is.

I can change my reality by thinking new thoughts but I cannot unchange it by unthinking about it.

As I realise a new thought, my new thoughts become real.

I can realise my reality but I cannot unrealise it.

I can manifest something new into my reality and I can re-manifest something old into my reality, but I cannot unmanifest something already in my reality.

Nothing is unthinkable but I can choose not to give something another thought.

When I no longer have a thought about something, it no longer has the power to exist in my reality.

Natural Selection

Saturday, 17. April 2010

Life has evolved through a process of Natural Selection and natural de-selection.

Natural de-selection is called extinction.

Selection and de-selection are a duality. Dualities are normal in a relative dual reality existence.

Selection and de-selection are the consequence of the nature of the world on which physical life exists.

The opposite of Natural Selection is not Creationism. They are not opposing realities, theories or concepts.

Creationism or Creation is an act of Consciousness.

Consciousness creates through the Energy of Thought.

Thought is creative, yet it is not uncreative.

I cannot uncreate anything with my thoughts.

Thought can change what is, but it cannot uncreate what is already created.

As Thought changes, Reality changes and Life changes.

Actions can be destructive, but these are actions not thoughts.

Thought creates life and life evolves through thought.

Consciousness created the duality of Heaven & Earth – the physical and spiritual realms – to allow its Self to experience Life.

The Evolution of Life is the expansion and growth of Consciousness through a process of **Natural Selection**.

Infinity

Friday, 16. April 2010

Infinity ranges from one to One.

Between one and One are an infinite number of numbers.

Between the oneness of 'nothing' and the Oneness of 'everything', there is an infinite number of 'things'.

Once one has experienced nothing and everything, and everything in between, one can continue to experience everything or nothing in an infinite variety of ways for eternity.

There is no end to the possibilities in a world of infinite possibilities.

Energy is infinite and eternal. It can never be destroyed, it just changes its form.

Energy is Oneness. Fundamentally there is just One Energy.

Yet, Energy has infinite form. There is infinite potential for energy to manifest in an infinite number of ways.

Eventually all energy will manifest as One Pure Energy, which is its original state being.

At that point in Time & Space where the Reality of everything & nothing meets in Oneness, there exists the possibility of it remaining as Oneness for eternity and there exists the possibility of it continuing to realise its infinite potential for eternity, because all possibilities always exist.

For as long as there are an infinite number of possibilities, eternity exists.

In a finite world of physical reality, infinity is an illusion.

In the Infinite Universe of Eternal Oneness, physical reality is the illusion.

My True Identity

Thursday, 15. April 2010

My personality and character are individual and unique to me.

My True Identity is not. I too can 'Be' like Jesus.

A True Identity is potentially attainable by, and attributable to, all Men equally.

My True Identity is my Adjective State of Being, which is Divine. Adjectivity is neither subjective nor objective.

My personality is my subjective way of being, whereas my character is my objective way of acting and doing.

I am being the subject of what I am objectively doing when I am within a dual reality existence.

My True Identity is beyond the realm of duality and is a state of Absolute Beingness.

The Absolute Realm of beingness has no duality of subjectivity and objectivity.

I have been born into a relative world of opposing forces to assume a temporary identity in order to experience, explore and discover who I really am – My True Identity.

I will manifest my Divinity in the Physical Realm by recreating **my True Identity** in physical form.

My Identity in Christ

Wednesday, 14. April 2010

Christ means my True Identity.

Christ is my True Identity.

Jesus Christ means Jesus the Man with the True Identity.

The Gospel of Jesus – the Good News – is that “We too can be like Jesus” and attain our True Identity.

My true identity is without personality and character.

The true identity of Jesus is well documented, whereas his personality and character are not.

My personality is the result of my emotional needs that motivate and drive me.

My true identity is being empowered with Love.

My character is the result of my limiting beliefs that determine my behaviour and my actions.

My true identity is being enlightened with Light.

My personality and character determine the dramas that I act out in my life.

My true identity knows the vision, mission and purpose for my Life.

My vision, mission and purpose in life is unique, individual and exclusive to me.

An Identity in Christ is universal and available for everyone.

Jesus had a unique mission in life. Christ was his True Identity.

We all have a unique mission in life. Christ is our True Identity.

Being Meek

Tuesday, 13. April 2010

Being Meek is considered a virtue but it is not Divine.

It is following the authority of another. I meekly do, what I am told.

Christians who meekly follow the authority of their church's teaching are seen as virtuous.

Following someone else's authority, choice, teaching or instruction is never divine.

I cannot meekly follow my own Path.

Being meek is not the pathway to fulfilment.

According to christian doctrine: "The meek shall inherit the earth".

Inheriting this relative dual reality existence is everyone's fate.

My Destiny is to be heir to the Kingdom of Heaven.

Living a dual reality existence on Earth is the fate of all who have not awakened to their own personal path in life.

Those who stray from the path of meekness will experience the wrath of the 'good shepherd' who seeks to guard and protect all those who follow his path.

It is my fate to experience the duality of wrath and meekness. Neither will align me on my true Path, which is the fulfilment of my Destiny.

Energy, Matter & Motion

Monday, 12. April 2010

Energy & Motion are inseparable.

There is no motion without energy and there is no energy without motion. Energy is never at rest.

Matter appears to be at rest relative to energy.

Matter is energy in slow motion.

Because I am matter, when in material form, I perceive matter to be at rest and I am able to perceive the motion of matter relative to other matter.

The motion of matter is its speed or relative distance over time.

The motion of energy is its vibration or relative wavelength over frequency.

The motion of matter relative to other matter creates Space.

The motion of energy relative to matter creates Time.

The motion of matter relative to its energy creates Reality.

When energy in motion slows down sufficiently, it materialises and forms a trinity of **Energy, Matter & Motion**.

The relative states of matter, which are relative to the motion of their energy, create the Reality of Time and Space.

The relative states of Time, Space and Reality, create the illusion of time, speed and distance.

In Absolute Reality everything is Energy.

In a relative world it is Motion that Matters.

Reality is Circumstantial

Sunday, 11. April 2010

Reality is Circumstantial.

It keeps coming round until I change it.

The paradox is that unless I change it, my reality both stands still and goes in circles.

Reality is what Reality appears to be.

It is an illusion of the time and the place of the experiencer.

Reality changes over time and differs from place to place.

The 'Reality of Now' is being created by the thoughts and the beliefs of the people who are alive today.

The reality of today has evolved over time from the reality of the past.

When I change my mind, my belief about what is real, a new reality comes along and the old reality stops coming around.

Circumstances change when thinking changes.

When I change who I am being in relationship to the world, then the world changes in relationship to me.

The more convicted are my beliefs about reality, the more convicting my reality is and the more convicted I become by my reality.

I am guilty of creating my own reality.

The evidence however is purely circumstantial.

Personality & Persona

Saturday, 10. April 2010

My Personality is determined by my emotional needs.

We all have different personalities because we all have different emotional needs.

My emotional needs are created by my beliefs that also determine my character.

People with similar personalities have similar emotional needs.

People with similar characters have similar beliefs.

Extroverts need other people to meet their emotional needs, whereas Introverts do not.

My Persona is determined by my Attributes and my Attainments.

My Attributes are the states of being that are attributable to my Self.

My Attainments are the attributes that I can consciously choose to be my emotional state of being.

The Attainment of Divine Attributes shines forth as ones Persona.

My Persona is the emanation of my Divine Attainments.

My Persona is my True Identity. It is the expression of who I really am.

Creatures of the Earth

Friday, 9. April 2010

The Creatures of the Earth are the Creators of the Earth.

All creatures create their own reality.

The reality of the Earth is the creation of all the Earth's creatures.

The creatures of the Earth create the reality of the Earth.

The creatures of the Earth have dominion over the Earth. They have the ability to create the reality of earth time within earth's space and the reality of earth's space within earth time.

God created the Universe of Galaxies, Stars and Planets.

The Creatures of the Earth have created the Earth as it is today.

The reality of Earth today is defined by the creatures who inhabit the Earth today.

Creatures including animals, birds, fish, insects, plants, microbes and minerals all make a definite impact on the world today, but none more so than Man.

The reality of today is defined by the actions of Man and the actions of all the other Creatures that are alive on the Earth today.

Dominion

Thursday, 8. April 2010

Dominion means Ability.

All Souls have Dominion.

All Souls have the ability to choose.

All Souls have the power and the authority to make their own choices.

“Man has Dominion over the Animals” means that Man has an Ability that Animals do not have.

Man has an ego Self – a sense of Self.

Man is Self-conscious - Animals are not.

Being self-conscious is being conscious of the physical self without awareness of one's spiritual origins.

Animals are self-aware, not self-conscious.

Animals retain their connection to their Soul at all times.

Animals always act intuitively and instinctively.

Animals are guided by their thoughts – Humans have the ability to think.

Humans have the ability to act and react consciously without the awareness of their Soul in disconnection from their Spirit.

Only Humans have this ability that gives them Dominion over the Animals.

Humans have the ability to choose for their Self, which means we can choose with our ego in total disconnection from our Soul.

Animals lead an experiential life.

Humans have the ability to explore and to discover as well as to experience life.

The Dominion of Man is Expansive.

Tolerance & Intolerance

Wednesday, 7. April 2010

Tolerance is my ability to tolerate what is occurring in my life.

Tolerance is a problem that can be solved.

Intolerance is my inability to tolerate what is occurring in my life.

Intolerance is an unsolvable problem.

My power to tolerate is determined by my emotional state of being.

The happier I am the more tolerant I am.

My intolerance is determined by my emotional needs.

Life becomes intolerable when my emotional needs remain unmet.

I learn to tolerate life with patience.

With impatience, life quickly becomes intolerable.

Intolerance means that I am not receiving what I believe that I want and need.

Impatience means that what I want is not arriving quickly enough.

With patience and tolerance, I can endure what I am receiving.

When I am tolerating what is occurring, I am not receiving it with gratitude or appreciation.

Attaining a problem-free life requires the Acceptance of what turns up with Gratitude & Appreciation.

Personal & Personalised

Tuesday, 6. April 2010

My Soul is **Personal** to my Self.

God is not personal to me.

God is **Personalised** by Religion.

Religious people see God as a Personalised Individual.

God is not individual to me.

My Soul is individual to my Self.

My Soul is an individual aspect of God.

My Self is a Person.

My ego is my sense of the person that I am.

My Soul is not a person, neither is God.

My Self has a personality and a character.

God has neither a personality nor a character.

A Character is determined by its beliefs. My Soul is the Truth. It has no beliefs.

A Personality is determined by its emotional needs. My Soul has the Power of Love. It has no needs.

I am Personalised by my character and my personality.

My Soul is an expression of God's True Identity, which is neither Personal nor Personalised.

Feeling, Sensing & Emoting

Monday, 5. April 2010

I Feel the Power of my Soul's Love for my Self.

I Sense the emotional state of being of another.

I Emote my own emotional state of being.

I am emotionally aware of my own moods and attitudes.

I am sensitive to whom other people are being emotionally.

I experience the pure feeling of my Soul as inspired revelations of bliss.

My Feelings are my direct communication with my Soul intuitively.

My Sensitivity is my ability to relate to other people's moods, atmospheres and attitudes.

My Emotional Intelligence is a measure of my understanding of my own emotional states of being.

My thinking is expressed through and relative to my emotional state of being.

I am sensitive to other people's beliefs because their thinking is relative to their emotional state of being.

My Soul's Thoughts are conveyed with a pure feeling of Love.

Life Force Energy

Sunday, 4. April 2010

My **Life Force Energy** is Emotion.

My emotion is the State of Being that I am experiencing.

The emotional state of being that I am experiencing is determined by my beliefs about what is occurring.

Positive beliefs allow my life force energy to flow.

Negative beliefs create resistance to the flow of my life force energy.

Negative limiting beliefs limit the force of the flow of my emotional energy.

My Life Force Energy originates from my Soul as Pure Feeling.

This emotional state of pure feeling is 'Love'.

Love is the pure feeling that my Soul has for my Self.

Love is the Power of my Life Force Energy.

The power of my life force energy is relative to my Authority to use it.

My life force energy is the power that I require to fulfil my Destiny, live my Vision and become my Purpose for this life-time.

The Legality of War

Saturday, 3. April 2010

War is Armed Conflict between two nations.

Civil war is armed conflict between two factions within a nation.

War is technically illegal.

It is illegal to use aggressive force against any nation for the purposes of imposing your will onto their people.

Armed conflict is not illegal in self defence.

It is legal for a nation to wage war in self defence.

In Law an individual is allowed to use reasonable force in self defence.

In war it appears that any amount of force is reasonable in the pursuit of national security and national defence.

All modern Armies have been renamed Defence Forces, in order for them to be legal.

A pre-emptive strike is defined as an act of self-defence, even though it is a premeditated and an aggressive act of killing people.

Whenever an ego wishes to exert its will over another there will be conflict and conflict inevitably leads to war.

A nation does not have an ego. It is the ruling elite of a nation that exercises the will of their ego self.

That same ego decides what is legal and what is legitimate.

Legal & Legitimate

Friday, 2. April 2010

What is legal and what is legitimate are often confused.

There appears to be a distinction within political thinking with regards to the US/British invasion of Iraq, which is considered to be legal but not legitimate.

Legitimate requires the consensus approval of the majority of the public, whereas Legal conforms to Judicial or Statutory Law.

When Politicians carry out an illegitimate act, they suffer the disapproval of the electorate but not the wrath of the Justice System.

It is legal as long as it does not contravene any statutory laws. Apparently the British & US Forces were acting in self-defence against Iraq, which is considered legal.

A similar view is taken of a child that is conceived or born to unmarried parents. It is considered by a consensus view to be illegitimate or not legitimate, but it is not illegal.

Same sex marriages are now legal, but still seen by many as not legitimate.

Abortion is now legal but still seen by many as not a legitimate action.

Legal is the state of being lawfully correct.

Legitimate is the state of being morally correct.

Morality

Thursday, 1. April 2010

Morality is a Code of Conduct that defines the Standards of Behaviour that are acceptable by a Society.

A Society's Morality originates from that society's religious beliefs.

Western Morality derives from the Jewish Torah and the Christian Bible. It specifically centres around Mosaic Law and the 10 Commandments of Moses.

Although moral codes differ from judicial or common laws, they are still seen within religious circles as God's Laws.

It is the belief by a society in One God, One Truth, and the pursuit of One Good, that has created the belief in and pursuance of One Morality.

Morality is believed to be the correct interpretation of what God considers to be Right.

It has created a duality of what is seen as immoral because God considers it to be wrong.

Morality is the consequence of a belief in a Judgmental God that decides what is right or wrong for Man.

The reality of different societies and different religious views creates different interpretations of God and different interpretations of what God considers to be good or bad, moral or immoral.

As an Individual Human Being on an exclusive spiritual path, I am able to determine my own standards of behaviour and determine the boundaries of my own experience my Self.

Without a clear vision, mission and purpose in life, I needed the assistance of the moral guidance of others to keep me on track.

MARCH

Moral Relativism

March 31, 2010

A Moral Relativist believes that morals are relative to a person's race, nationality, creed or culture.

A person's morals or moral standards are relative to their religion or the religion of their society, race, nation or culture.

I believe that morals are relative to one's religious upbringing; however, this does not make me a Moral Relativist, even though other people may label me as this because of my belief.

A moral relativist lives in a relative world and has morals relative to their religious upbringing.

I do not choose to conform to religious moral standards, nor do I choose to accept a dual reality existence in this world.

My Personal Standards of behaviour are now my own and no longer reflect the race, nation, culture and creed of the society in which I was raised.

A moralist lives in a world dominated by standards of behaviour that are deemed to be either moral or immoral.

A moralist believes a moral relativist to be immoral on the grounds of tolerating other people's false morals.

A moral relativist who tolerates other people's different moral standards has not by definition attained a state of Being that is both Accepting & Forgiving of all other races, creeds, religions or cultures.

Once I have overcome the relative duality of morality & immorality, I am free to attain the attributes of Forgiveness & Acceptance.

Instinctuitive

March 30, 2010

Instinct and Intuition are not the same thing.

Instinct is my Soul acting as or for my Self.

My Soul processes information instantly and is therefore able to react instantly as my Self.

My Soul has given my Self choice and I have chosen an instinct for survival. My Soul therefore only acts instinctively when my survival is threatened.

Instinct is acting without consciously thinking. Sub-consciously my Soul has thought through the implications of my actions and acted accordingly.

Intuition is my Soul communicating with my Self.

My Soul intuitively communicates with my Self by allowing my Self to know, feel & see with my Soul's spiritual senses of awareness.

My Soul is always communicating with my Self. The question is: "Am I receiving my Soul's communications"? and "Am I connected to my Soul's revelations"?

My Soul is '**Instinctuitive**'. It is both Instinctive & Intuitive.

The question is "Am I acting instinctively, intuitively or instinctuitively"?

A Spiritual Guru

March 29, 2010

A Spiritual Guru or Spiritual Master is one who has mastered their own Divine State of Being.

A Guru has attained divine states of being that can be consciously chosen in any moment of time.

They have Mastered the Art of Being.

A Spiritual Guru is very powerful because they can consciously connect to states of being that are positively powerful.

Their Power comes from their Divine Source within, their Soul. It is their power to Be that makes them powerful not their power over other people.

They access their power through who they are being, not what they are doing.

A Spiritual Guru does not need emotional power either from or over other people.

People who need a spiritual leader or idol to follow or worship, will attract a spiritual leader who needs to be idolised and worshipped.

A spiritual idol has mastered the art of getting other people to worship them for what they do and the role that they are playing, not for who they are.

A Spiritual Guru guides and supports others on their own exclusive paths in life, not the path of the Guru.

Communal Worship

March 28, 2010

When disconnected from my Divine State of Being, worshipping alone is not possible because I am disconnected from that which I choose to worship.

I cannot worship what I cannot connect to. In the absence of being able to connect to my power, I cannot worship because worship is the act of connecting to my power.

The paradox is that it is in the disconnection from my Divine State of Being that I need to worship and connect to my Divine State of Being.

In general, we need other people to meet our emotional needs when we are unable to meet our emotional need for energy and power, our self.

Communal worship is one way that we can use the emotional power of other people to help us individually connect to our own emotional power.

Connecting to other people who are connecting to their divine power, connects me to my divine power, whether I am aware of it or not.

It is the general unawareness of our source of true power and the positive benefits of individual worship that has allowed Religion to exploit communal prayer and communal worship as a benefit for their religion rather than the individual.

Promoting the illusion that God or our Divine State of Being and Omnipotent Power, is without us rather than within us, has disconnected us from the very essence of that which we are seeking to worship.

God is never without me, although I can choose to be without God.

False Idols

March 27, 2010

A False Idol is anything that increases my emotional power that is not the Divine Truth.

Anything that represents or gives me a false sense of power is a false idol.

A false idol gives me the emotional power that I need when I am disconnected from my True Source of Power

My True Source of Power is the True Source of my Beingness – my Soul.

I connect to my True Source of Power within through who I am Being.

My True Source of Power is Divine.

Any source of power that I idolise is false.

When I acknowledge a divine attribute that is reflected in another and I worship them instead of the divine attribute within my Self, I am worshipping a false idol.

Obtaining emotional energy from any person, material object or physical substance is worshipping a false idol as is worshipping any thought, image, reflection or vision of something external to my Self.

Worship

March 26, 2010

Worship is the act of focusing my attention on a Divine State of Being.

When I focus my attention on a Divine State of Being, it is a positive emotional experience.

This is because being in a Divine State of Being is a positive emotional experience.

Being in Gratitude and being in Appreciation are two states of being that are divine.

In a state of being in Gratitude or in Appreciation, I am worshipping the divine state in which I am being in that present moment of my life.

Worship is a moving experience when the intensity of the emotional feeling is divine.

A Divine State of Being is whole and undivided. Its wholeness or holiness is referred to as the Holy Spirit.

Feeling the movement of the Holy Spirit is Divine Worship.

The Holy Spirit originates from within and requires an exclusive connection, although an inclusive connection may be achieved through communal worship with others who are exclusively connected.

When the Holy Spirit is experienced through communal worship it may be seen as an external force of energy rather than an individual's innate personal power.

The Holy Spirit is a Divine State of Being that connects me to my exclusive Power.

I worship my Divine Power and I worship in order to connect to my Divine Power.

An Aeon of Existence

March 25, 2010

An Aeon is a Space–Time–Reality.

An aeon has a Space and this one version of space is called a Universe.

An aeon has a Time and the period of time that an aeon has existed is its Age.

The age of our planet in this universe is measured at 4.6 billion earth years.

This means that during this Aeon of Earth, our planet has at this point in time circled its Sun and Mother Star 4.6 billion times.

An Aeon has a Reality, which is continuously changing and each major change creates an Era of that Existence.

The nature of space–time–reality is continuous change. It is the presence of both time and space that allows reality to change.

There have been many Eras of Reality, during many Ages of Time, in many Aeons of Space–Time–Reality.

My Life is but one existence, at this time, in this place, during this reality.

This experience, that is my life, is only possible within **an Aeon of Existence** that allows the triality of space, time and reality to co–exist in perfect harmony.

Four Stages of Life

March 24, 2010

Stage One is Infancy:

In Infancy, I am dependent on others for my emotional energy.

I am a small fish in a small pond.

Stage Two is Adolescence:

In Adolescence, I seek independence.

I want to be a large fish in a small pond.

Stage Three is Adulthood:

In Adulthood, I settle-down in the comfort and security of co-dependent relationships.

I have become a small fish in a large pond.

Stage Four is Maturity:

In maturity, I choose to be inter-developmental.

Beyond the boundaries of co-dependence, I seek to share my independence with others in a process of expanding my boundaries and creating new frontiers within interdevelopmental relationships that allow mutually expansive spiritual growth.

I have become a large fish in a large pond.

I am seeking to return to my Source – The Universal Ocean.

Shock and Trauma

March 23, 2010

Shock is diagnosed as a medical condition that is the result of a **Trauma**.

Shock is the manifestation of an unexpected negative occurrence as a symptom in our physical body.

The negative shock is a huge wave of unexpected emotional energy that the body is unable to cope with.

It is not the shock that is negative but the trauma of not being able to cope, manage or tolerate the intensity of the emotional energy.

The Source of all emotional energy is the Soul.

I do not create the emotional energy my Self, I create the emotional state of the energy.

The emotional state of the shock wave of energy is determined by the wavelength and frequency of my beliefs about what is occurring.

The wavelength and frequency of my thoughts determines the vibrational intensity of the shock and the depth of the trauma.

The medical condition is created by my belief system not the emotional energy vibration that I experience.

My Soul only ever sends my Self a vibration of pure Love. When awakened to and in alignment with my Soul, there is never any shock, never any trauma and never any accidents.

Shock or Surprise

March 22, 2010

When something turns up unexpectedly it is either a **shock** or a **surprise**.

A shock is an occurrence that is negative and unexpected .

When what turns up unexpectedly is received positively, it is seen as a surprise.

Shocks and surprises do not happen by accident.

Nothing happens by accident.

What I see as an accidental shock is a surprise from my Soul.

It is only a shock and an accident because I perceive it to be negative and not wanted.

A shock is designed to wake me up, make me aware, or bring my attention back to the present.

The present is always a surprise.

The greater the shock, the greater my disconnection from the source of the shock, my Soul.

When I am totally present and totally accepting of what turns up in my life, there are no shocks and there are no accidents, only presents and surprises.

Three Manifestations of Energy

March 21, 2010

Three Manifestations of Energy:

Energy manifests Physically as:

- The Magnitude of Gravity – its attraction
- The Force of Magnetism – its direction
- The Potential of Electricity– its ability

Energy manifests Mentally as:

- The Magnitude of my Power – my attraction
- The Force of my Authority – my direction
- The Potential of my Ability – my ability

Energy manifests Emotionally as:

- The Magnitude of Love – the power of attraction
- The Force of Light – the direction of authority
- The Potential of Life – the ability of life

Energy Just Is.

Energy does not change form or manifest in different ways.

What changes form is my unique perspective of energy.

It is my perspective of energy that gives it form, manifests it into reality, perceives it to be, and makes it matter.

Being Nervous

March 20, 2010

When I am being nervous, I am connecting to my power without being in alignment with my authority.

In alignment with my authority, I am excited, not nervous.

Being nervous is the result of a worry, a fear, or a false belief.

Nerves turn my power negative and allow me to realise the fear that I believe will befall me.

Being nervous is not a warning or an alarm that something will go wrong.

It is an opportunity to become conscious of the limiting beliefs that are creating the anxiety, fear or nervousness.

Nerves signal the awareness of a learning opportunity.

However, when my emotional power is low and my perspective is negative, I will perceive my nervousness to be a warning of impending disaster.

When I focus on being nervous, my fears are realised and I create my own disaster.

When I focus on the learning opportunity, I realise that being nervous is just an opportunity to get excited about my life.

Appreciation

March 19, 2010

Appreciation is a Divine Attainment.

Appreciation is the attainment of Spiritual Growth.

Appreciation is also the vehicle through which I attain spiritual growth.

As I affirm and attest my appreciation of what is currently appearing in my reality, I put more of that into my future and I allow what I already have to appreciate and to grow.

As my reality appreciates and grows, I have more to appreciate and more to experience.

Appreciation allows me to grow, which allows my reality to grow, which allows me to grow.

Appreciation is an effortless upward spiral of new and joyful experiences.

Appreciation is the acknowledgement of the True Value of what is appearing in my life.

The true value of my life is contained within the Essence of my Life.

The essence of my life appreciates as I appreciate the attainment of becoming the harmonic resonance of all that I choose to manifest into my reality.

There is no greater interest in life than the appreciation of my own reality.

Being Appreciated & Being Appreciating

March 18, 2010

Being Appreciated is an emotional need.

I need to be appreciated by other people for what I do for them or for what I give to them.

When other people appreciate what I do for them, they meet my need for emotional energy.

When other people do not appreciate what I do for them, it drains my emotional energy and demotivates me.

Being appreciated motivates me to do more things for other people.

Being Appreciating is a Divine Attribute.

When I am appreciating who I am Being, who I am appreciating (my emotional state of being), appreciates and grows.

When I am appreciating what I have in the present moment, what I currently have grows and appreciates in the future.

When I am appreciating of what I am doing, the benefits of what I am doing grow and appreciate for me.

When I am Being Appreciating, I am growing, and when I am growing, I am appreciating who I am growing into, and who I am growing into appreciates and grows.

Being Appreciating of others allows others to appreciate me.

When others appreciate me, I have no need to be appreciated, because I am.

When I know that I am appreciated, I have the power to be appreciating of my Self.

My Soul is always in Appreciation of its Self.

An Omnipotent Magnitude

March 17, 2010

Omnipotent means All Powerful.

My Magnitude is the extent of my Power.

An Omnipotent Magnitude is expansive, infinite and boundless.

The magnitude of my power is omnipotent when I connect to the Source of my infinite, expansive and boundless power.

The Source of my Power is my Soul.

My Soul is Omnipotent, All Powerful, Infinite & Boundless.

I connect to the source of my power when I align with my Soul's Authority.

My Soul has no distinction between its power and its authority. The authority or choice of my Soul is always accompanied by the power to experience that choice.

I cannot be an omniscient force without the magnitude of my omnipotent power.

The paradox is that: I can only connect to my all knowing Soul when I have the power to do so; and I can only access my true power when I connect to my all knowing Soul.

My emotional power emanates from my state of being and my emotional state of being determines the magnitude of my power and my ability to choose.

In alignment with my Soul's Divine State of Being, I access my Omnipotent Power.

With an Omnipotent Magnitude of Power & an Omniscient Force of Authority, I am can fulfil the Omnipresent Potential Ability for my Life.

An Omniscient Force

March 16, 2010

My **Omniscient Force** is my Authority to choose.

I am an omniscient force because I have the authority to choose.

The omniscient force that I am authorised to be is only a potential until I realise it.

I realise my omniscient force by exercising my authority to choose.

Omniscient means 'All Knowing'.

My Soul is 'All Knowing' and therefore Omniscient.

When I choose the choice of my Soul, I align with my Path in Life and my Spiritual Force of Authority that connects me to my Omniscient Force.

The force of my Soul's Authority is all knowing and totally authorised. I just have to align with it.

When I align with the authority of my Soul, I realise my Soul's Choice for my Self and I become an Omniscient Force with Light.

An Omnipresent Potential

March 15, 2010

My Potential is Omnipresent.

My potential is ever present. It is always there. It is continually being presented to my Self.

Potentially I have the potential to represent my potential and become Omnipresent.

Being 'All Present' means fully realising my potential.

When I realise my full potential, I will be 'present', I will have 'presence', and I will 're-present' my full potential for this Life.

I am full of potential, yet it is just that, my potential, until I actually realise it and make it my reality.

When I actuate and realise my potential, I will realise how potent and powerful a force I am.

Realising my potential requires me to realise the magnitude of my power and then align it with the force of my authority.

I present my full potential when I connect to all the power and all the authority of who I really am.

My **Omnipresent Potential** is just a potential until I make it real.

Blind Faith

March 14, 2010

Blind Faith is an oxymoron. Faith is never blind.

Trust is blind. Without faith, I am blind and I will need to trust.

When I cannot see what is occurring, I need trust.

When I can see what is occurring, I do not need trust because I can see what is occurring.

When I have faith, I know who I am and why I am here.

I know my vision, mission and purpose in life.

I know that whatever turns up is an opportunity for my growth and development.

I do not need to trust in others blindly because my path does not depend on any others, only me.

When I know my Self, I do not need to trust my Self, because I have faith in my Self.

When I have faith in my Self, my Soul has faith in me.

When I can see the big picture of my life, I am no longer blind to my vision for life and I have total faith in my Soul's ability to deliver it.

Planning the Future

March 13, 2010

Planning means taking active control of what will happen in the future.

I can only plan the future. I cannot plan the past or present.

Planning the future will always take me out of the present moment.

The need to plan the future is created by the belief that if I don't plan it, it won't happen the way I want it to.

The need to plan is born out of the need to be in control.

Creating the future is not the same as planning the future.

I create my future with the focus of my thought in the present.

When I plan my future, the focus of my thinking is on the future and the absence of what I do not have in the present.

Planning my future will always put more of what I don't have in my present into the future.

Focusing on what I have in my present puts more of what I have into my future, which is why a little prayer of gratitude and appreciation is the only planning that is required.

Memory

March 12, 2010

Memory is a record of my experiences.

Memory is never lost. It is a question of having access to past experiences, which is called remembering.

What I experience in my conscious mind, I store in my conscious memory.

What I experience in my sub-conscious mind, I store in my sub-conscious memory.

Because my sub-conscious memory is not conscious, it is often difficult to access it.

This means that what I do sub-consciously, automatically and autonomously, will often be lost to my conscious memory.

When my conscious mind is focused in the past or in the future, it is not present in the moment.

When my conscious mind is not present in the moment, I am sub-consciously experiencing life on 'auto-pilot' in a robotic way.

My Soul is always focused in the present moment.

My Soul has a super-conscious memory of everything that I ever experience.

When I forget to remember my Soul, it is not my memory that is lost, but my Self.

Effortless Expansiveness

March 11, 2010

An Effortless Life has flow.

An Expansive Life has growth.

My Life is designed to flow and grow, effortlessly and expansively.

When I flow effortlessly in life, I am connected to the authority of my Soul. I am following my Soul's choices.

My Soul's choice is to appreciate and grow through the experiences of my Self.

As I appreciate and grow my power expands as its magnitude increases.

As I realise the magnitude of my own power through my life experiences, I am able to make new choices as new opportunities flow to me.

As new opportunities flow to me and I effortlessly accept them as a gift, without resistance, they allow me to expand and grow.

When my ego self resists this flow of life, I experience a state of inertia, entropy or friction.

Life then becomes hard, fearful, problematic and slothful.

My ability to become **Effortlessly Expansive** requires an exclusive connection to my own personal power and authority.

Resistance

March 10, 2010

Life is designed to flow effortlessly and expansively.

When life becomes an effort and is contractive, I experience resistance.

Resistance is not caused by life, it is caused by me.

Resistance is the effect of the negative beliefs that I hold about my life.

Life flows effortlessly with power and expansively with authority.

Expansiveness requires change to be accepted.

Effortlessness requires my allowance of that change.

When I tolerate change instead of accepting it, I experience a resistance called inertia.

An unchanging reality becomes 'inert'.

My absence of authority and choice creates an intolerable friction in my life called entropy.

Resisting a changing reality causes the chaotic symptoms of entropy.

My intolerance of life is my resistance to change and new choices.

When I disallow life flowing to me, I disconnect from my power and experience resistance.

My absence of power to change that what I am resisting to change creates a friction called 'anger'.

Anger is my disappointment that life is not flowing to me the way that I expect it to.

Resistance is always the effect of my Self resisting my Soul's choice.

Out of my Mind

March 9, 2010

The only insanity in Life is to be **Out of my Mind**.

When I am out of my mind, I am disconnected from my True Mind and my True Self, which is my Soul.

My Soul is my Super-Conscious Mind that connects my Self to the Supra-Conscious Mind of All That Is Pure Consciousness.

I am out of my mind when:

- I am being irrational and not thinking rationally
- I am being unemotional and not feeling emotionally
- My rational consciousness has no emotional awareness
- My emotional awareness is not grounded in rational consciousness
- I am out of alignment with the choice and authority of my Soul.
- I am disconnected from my inner guidance and don't know my Mind
- I am inclusively following others instead of my own exclusive path
- I am insensitive to the reflections of others that are there to guide me
- I am attached to the pleasures of a physical earthly existence
- My programmed beliefs are determining my reality instead of my eternal truth
- I am following my fate instead of my destiny

I am connected to my True Mind when I have Conscious-Awareness of who I really am.

My Soul always has my Self in Mind.

My Soul knows my Truth.

Quietening my Mind

March 8, 2010

My Mind is always quiet.

My Mind is at peace.

It is not my Mind that I need to quieten but my thinking process.

My thinking process is carried out by my thinking processor – my brain.

Quietening my Mind means consciously managing my thinking.

I cannot turn off my Mind although I can become disconnected from my 'higher' Unconscious Mind and attached to the needs of my 'lower' sub-conscious mind.

I can turn down my thinking processor by learning the Art of Meditation.

Meditation quiets my mind by slowing down and turning off my thinking processor.

Ultimately the only way to have peaceful thoughts is to clear out all the conflicting beliefs that are running in my sub-conscious memory and influencing my thinking process and limiting my Clarity of Thought.

Clear Thoughts come from a Quiet Mind that resides in the Realm of my Soul, not in my brain.

Losing my Mind

March 7, 2010

Losing my Mind is an oxymoron.

I cannot lose my mind, neither can I lose my brain.

I can lose my conscious connection to my mind and I can lose my memory that is stored in my brain.

Memory loss is not considered to be the same as losing one's mind. We commonly have a distinction between mind and memory but not between mind and brain.

Losing my mind is a term used for insanity or madness.

I do not lose my mind. I lose my ability to process information in a rational way.

The inability to think rationally produces irrational behaviour. Extreme irrational behaviour is called insanity, madness, or losing one's mind, and is diagnosed as a mental illness.

Similarly I do not lose my memory. I lose the ability to access or recall my memory.

The most common reason for losing one's mind is the fact that one has never found one's mind.

Looking for my mind in my brain or in my memory will allow it to stay lost forever.

Thinking & Thought

March 6, 2010

Thinking & Thought are not the same thing.

Thinking is the act of recalling information from my memory and processing information that I am receiving from my senses.

Thinking is:

- Processing memories
- Consulting beliefs
- Analysing data
- Deducing outcomes
- Predicting future events
- Making choices based on knowledge
- Discerning what is right or wrong by judgement

Thinking is the process of communication with or as my 'lower' sub-conscious Self.

Thought is a communication from my or as my 'higher' super-conscious Soul.

It is my Soul's directive as to whom 'Thou ought' to Be.

A Thought is:

- An Intuition
- An Inspiration
- A Revelation
- A Knowing
- A Message
- A Prophetic Word

It is the act of not thinking, called meditation, which allows clarity of thought.

Thinking and thought appear to be the same thing because they are both processed by my brain.

Both thinking and thought derive from different aspects of my Mind.

Thoughts & Emotions

March 5, 2010

Emotions are the energy on which **Thoughts** are transmitted and received.

I do not think emotionally. I perceive emotions as feelings based on a rational perspective of my reality.

I process thoughts and emotions with my brain.

I am either aware of the emotion that I am feeling or conscious of the thought that I am thinking.

I process emotion with my right brain and I think rationally with my left brain. It takes practice to process both at the same time.

My emotions indicate my alignment with my thoughts.

When I am consciously in alignment with a thought, I experience the high charge of emotional energy on which the thought is being transmitted.

When this emotional energy is perceived to be positive, I am in alignment and my inspiration is empowered.

The degree of misalignment that I have with a thought determines the degree of negative emotion that appears to accompany the thought.

Pure Feeling accompanies Pure Thought. It has no emotional attachment and no mis-alignment with its Source.

My Soul always sends to my Self a pure frequency of mental Thought on a pure wavelength of emotional Feeling.

How I receive this communication with my Soul is determined by the polarity of my beliefs and the gender of my emotional attachments.

Beliefs & Deductions

March 4, 2010

Neither Beliefs nor Deductions are Thoughts.

Accessing beliefs from my sub-conscious mind and consciously making deductions are both forms of rational thinking, but they are not thoughts.

My sub-conscious beliefs are what I have been told to be true or what I have personally experienced to be so.

My beliefs are my truths that create my reality, which is what I believe to be real and true.

My deductions are what adds up for me in the future based on my knowledge of what occurred in the past.

I deduce what is best for me in the future based on what has happened to me in the past.

When my deductions of what will occur in the future actually occur, they confirm my beliefs about the past.

When my deductions prove to be false and they do not materialise, they force me to re-evaluate my beliefs.

The fact that reality is continuous and sequential allows me to accurately deduce the best possible outcome for my Self.

The future is consequential and a direct manifestation of my beliefs and my deductions. What I think to be real continually manifests as my reality.

Thoughts create a new reality. Thinking by deduction in line with my beliefs maintains my existing reality. It reproduces my past reality into my future.

Prediction & Prophecy

March 3, 2010

Prediction requires a knowledge of the past.

Prophecy requires a knowing of the future.

I make a prediction of my future based on my memories of my past experiences.

My beliefs create my reality. I can therefore predict that my future will re-present my past, unless I change the beliefs that I hold in my present.

In a reality where beliefs evolve over time, and therefore a reality which evolves over time, it is impossible to predict how beliefs and reality will evolve over time. Predicting the long term future is not possible because everything inevitably changes and evolves with time.

When I predict what will happen based on what has happened before, I focus on what happened before and create my prediction with the focus of my attention.

My Self lives in the present with the memories of my past. It has the authority of prediction (I can choose my future), without the ability of prophecy.

Prophecy is the ability of the Soul.

A Prophet has an intuitive sense of knowing, feeling or seeing.

A Prophet has the ability to See with the 'Eyes of their Soul'.

Prophecy requires the 'Ears to Hear' the direction of my Soul.

My Soul knows my chosen Path in Life.

My Soul prophesises the opportunities for my Self in each present moment of time.

A Prophet interprets the prophecies of their own Soul for their Self, or acts as a channel or medium for another's Soul to contact its Self.

A Prophet may be a Gnostic (one who knows), a Seer (one who sees), or a Sensitive (one who feels).

A Prophet who makes predictions is a Charlatan.

Creation & Recreation

March 2, 2010

Creation is the purpose of my Soul.

Recreation is the purpose of my Self.

My Soul's purpose is to create an Ideal Life.

My Self's purpose is to re-create my life each day.

My Soul creates the strategy for my Game of Life. (With or without my conscious-awareness).

My Self plays the Game of Life for real. (Manifests it into physical reality).

Creation is the manifestation of new opportunities that facilitate the expansion of my Soul.

Recreation is the act of enjoying playing out old experiences in different ways for my own personal pleasure.

The best creations of my Soul become the best recreation for my Self.

Recreation (play) is the 'Third Way' between work & rest.

Recreation has the authority to play effortlessly and the power not to need to rest.

Creative Play is an oxymoron.

Play is the re-creation by my Self of the Joy that is already created by my Soul.

Without the creation of my Self, my Soul has no opportunity to expand & grow.

Without the re-creation of my Self each day, my Soul has no opportunity to expand & grow.

When I re-create my Self each day in the 'Image of my Soul', life becomes creative.

Thinking & Knowing

March 1, 2010

When I am **Thinking**, my brain is processing memories of past information and data.

When I am **Knowing**, I am connecting to the creativity of my mind.

I become conscious of the memories that I have stored in my sub-conscious when I think.

I do not think thoughts. I think memories and choices.

I know thoughts. When I connect to a new thought, I just know.

The act of knowing a thought brings it into my reality and allows that thought to manifest and to become created in reality. With enough power, I make it real.

My sub-conscious memories allow me to think. Thinking is the process of reviewing past experiences. Without a memory, I would act without thinking.

My super-conscious thoughts are my source of knowing what is right for my Self.

Knowing is my intuitive ability to create my ideal life.

I can choose whether to think about a future that is a projection of my past experiences, or I can know what is perfect in the present moment for my Self.

Searching my sub-conscious memory for new experiences is pointless. I will only find different ways of experiencing old experiences.

Revealing a new perspective on life is realising a new experience of life, which with sufficient inspiration will manifest as my reality.

Thinking focuses my attention on reproducing the past.

Knowing focuses my attention on creating my present in the future.

FEBRUARY

Thoughts & Memories

February 28, 2010

Thoughts and Memories are not the same thing.

With no distinction between thoughts and memories, I have no distinction between my mind and my brain.

Thoughts are a creation of my mind.

Memories are a function of my brain.

My brain stores past experiences as a memory.

My brain processes past experiences and projects them into a future reality, which allows choice.

Without memories and the contrast of past and future, choice could not exist.

My brain receives thoughts and transmits thoughts. It processes thoughts but is not capable of creating thoughts.

Creating original thoughts is not the same as making choices.

My Mind is the state of Pure Consciousness that is creative. It is my Creator.

My Soul is connected to Pure Consciousness and Original Thought.

My Self is the experiencer that chooses the reality that is created by Pure Thought.

Memories facilitate the reproduction of old experiences.

Thought creates the possibility of an expansive new experience.

Consciousness & Reality

February 27, 2010

Consciousness perceives Reality.

Through my 5 physical senses, my conscious Self perceives conscious physical reality.

Through my 3 spiritual senses, my conscious Self is aware of my spiritual reality.

Through my physical and spiritual senses of material and non-material reality, I expand my conscious-awareness.

Consciousness is who I am.

Reality is who I perceive my Self to be.

I am not my reality. I am Consciousness creating, exploring, discovering and experiencing reality.

Reality is a creation of Consciousness.

Without Consciousness being me, there is no reality.

Without Reality, Consciousness just Is.

Reality allows Consciousness to expand.

As Consciousness expands, Reality evolves.

The evolution of Man is a changing reality that is an illusion of an expanding Consciousness, as seen from a physical perspective in Time & Space.

Time and Space is a creation of Consciousness in order to experience a changing, growing and expansive Reality.

The Illuminati

February 26, 2010

The Illuminati are the 'Awakened Ones'.

The Awakened Ones are illumined.

Illumined means connected to the wisdom of one's 'Light'.

When consciously connected to my Light, I am consciously-aware of who I really am and why I am here.

As one who is awakened, I know the spiritual path and the vision that I have chosen for my Life.

Being illumined is knowing my spiritual nature and my spiritual purpose for my Life.

The Illuminati are the one's who have chosen to awaken to their true path in Life.

The Illuminati are not the 'chosen ones' but the ones who have chosen.

They are the ones who have awakened to the knowing that they have chosen a spiritual path and that they have chosen to awaken.

The Illuminati are illumined not enlightened.

Enlightened means converted to the path of an awakened one who is a spiritual guru or religious leader.

I am enlightened by another. Being illumined is my Soul connection.

The Illuminati are awakened to their own path rather than someone else's path. They find clarity and direction, support and guidance from their own Inner Teacher.

The Dark Night of the Soul

February 25, 2010

My Soul never has a Dark Night.

My Soul lives in the Light and knows no duality of light and dark.

My dark night of the soul is a dark night for my ego self.

When my ego self experiences a dark night, it is synonymous with being awake in the darkness instead of being Awakened to the Light.

It is "Always Darkest before the Dawn" because I am required to experience the extremes of light & darkness before being awakened to my True Light and who I really am is allowed to 'dawn' on my Self.

The Dark Night of my Self is an opportunity to awaken to the True Light of my Soul.

It is often the desperation of being at the bottom of my darkest pit that persuades me that my life needs to change and I allow that change to occur by making a new choice.

A 'Dark Night' is often necessary for a disconnected Self to declare that: "There must be more to life than this" and then to allow it to manifest.

Desperation is often the catalyst for change and new choices.

The Dark Night of the Soul is when the Self fails to awaken to its True Nature and its True Path.

Being Graceful

February 24, 2010

Being Graceful is being full of Grace.

Being full of grace is being Powerful.

Being powerful is being connected to my own Source of personal emotional power. It is not attained by assuming power over other people.

Having power over another is an act of intimidation and greed, which is never graceful.

I act with grace when I am empowered to do so.

I am empowered to act when my deeds are in alignment with my Soul's authority and choice.

When inspired with Light and empowered with Love, my every action in Life is full of Grace.

Being graceful has no resistance and no entropy.

Being graceful allows effortless flow.

Life is naturally full of grace, which I express when I am being graceful.

Being graceful is who I am being when I am fully living my Life.

Being Graceful is a Divine Attribute.

Fallen from Grace

February 23, 2010

My Grace is my emotional power.

Fallen from Grace is my disconnection from my True Source of Power.

The act of being born into physical form in a physical world automatically disconnects me from my True Source of Power, unless I have specifically chosen to stay open to spirit.

Becoming a finite Being and an Individual Human requires my disconnection from the Source of who I really am.

Connected to my Source, I am at One with my Power.

Disconnected from my Source, I am disempowered and I appear to have fallen from Grace.

Fallen from Grace is an illusion of physical reality.

My 5 physical senses of sight, hearing, taste, smell & touch, are unable to discern the Source of my Grace.

What I cannot sense physically in this world is soon lost completely from my perception after my birth.

Most children by the age of 5 years of age have totally closed up to their spiritual origins and Fallen from Grace.

Fallen from Grace means that my Self is disconnected from my Soul.

It is an illusion because my Soul is never disconnected from my Self.

Effortlessly Accepting Life

February 22, 2010

An Effortless Life is problem-free.

Problems are the resistance to life flowing freely.

Problems are the entropy that creates friction and makes life an effort.

Solving problems is an effort and a toleration.

All problems are a toleration and require tolerance.

Tolerating life is unacceptable because it is not effortless.

Being 'Accepting of Life' is receiving everything that occurs in life as an opportunity.

When I see my life as an opportunity, there are no problems and I am problem-free.

Opportunities arrive effortlessly.

Problems present resistance and challenge.

Challenges carry the possibility of failure, opportunities do not.

Overcoming tolerations is the pathway to Acceptance.

Effortlessly Accepting Life is my greatest opportunity.

Gratitude & Appreciation

February 21, 2010

Gratitude & Appreciation are both essential tools for creating my chosen reality.

When the focus of my thoughts is carried on the emotion of either gratitude or appreciation, it carries those thoughts into my future.

Failing to be in gratitude for what I have, diminishes my focus and depreciates what I have.

It is often said that: "We do not appreciate what we have until we lose it".

The way I eliminate something from my reality is to not give it another thought.

Being in appreciation for something acknowledges the expansive growth that has been attained by or with that something.

When I appreciate what I have in my present, it appreciates, expands and grows in my future.

What I am in gratitude for, repeats itself in my future. I maintain what I have with gratitude.

What I am in appreciation of, grows, expands and appreciates in my future.

I appreciate what I have when I appreciate what I have.

Giving Thanks & Being in Gratitude

February 20, 2010

When I am **Giving Thanks**, I am focusing on what I have and others do not have.

I am thankful for what I have and for what others have given to me.

I give thanks for other people's kindness and generosity.

I am unable to give thanks to people whom I envy because they have what I do not have, which I would like to have and be thankful for.

Being **In Gratitude** is an emotional state of Being, not an action that I do.

Being in gratitude is a feeling of being content with what I have in Life.

I am in gratitude when I am approving of all the positive aspects of my Life.

I am in gratitude when I recognise the abundance that already exists in my Life.

I am in gratitude for what I am accepting and I am allowing to flow into my Life as a blessing.

I am thankful for what I receive as a gift from other people.

I am in Gratitude for the Provision that I receive from my Soul.

Getting Old or Growing with Age

February 19, 2010

Ageing is the natural process of time passing. As time passes everything ages as everything is designed to change with age and with time. Change is the nature of the universe.

The question is: "How am I changing with age"? or "How am I changing as time passes"?

An age is a period of linear time that contains a life-time.

In my life-time, I can choose to get old or I can choose to grow with age.

Getting old means doing the same old things every day with nothing new occurring in my life.

Nothing new means nothing is changing and I am in a state of being stuck.

Getting old and being stuck within my comfort zone of safety and security is not natural but it is very common.

Old people are very stuck in their ways and develop a very narrow and negative perspective of life.

Growing with age means attaining wisdom through life experiences.

As I grow with age my life appreciates. The more I grow and appreciate the more I appreciate my life by attaining a positive perspective of who I am and why I am here.

Growing old is an oxymoron. I grow with grace and wisdom not age.

Getting old gracefully is an oxymoron. Getting old saps my power. Growing with age gracefully is empowering.

When I grow with age gracefully and wisely, I will never feel old and every day will be a new experience and deliver a new opportunity for life.

Getting old is my fate. Growing with age is my Destiny.

I can choose to be young at any age.

I choose to die young as late as possible.

Love & Lust

February 18, 2010

When love & lust are divided by duality, Divine Love is absent.

When love is seen as sensual and lust is seen as sexual, I become very lost, confused and frustrated.

Lust is the male gender of my desire for choice and love is the female gender of my need for power.

Sensual is an emotional perception of love, whereas sexual is a rational perspective of love.

When I make love in a rational way, it is called sex. When I have sex in an emotional way it is called making love.

Lust is another word for desire and wanting. Love is another word for passion and needing.

When lust is seen as rational and sexual, and love is seen as emotional and sensual, it is the same energy that is divided by male and female gender.

When sex & love, or passion & lust, are divided by polarity then one becomes positive and the other becomes negative depending on the gender of my perspective.

When Divine Love is divided by gender, the male authority is seen as lust and sexual desire, whereas the female power is experienced as love and passionate sensuality.

Only when my love & lust, sexuality & sensuality, passion & desire to have sex and make love all come into holy communion, where their male and female aspects unite in a climax of orgasmic blissful re-union, will I connect to my True Source of Pure Love.

Tensed & Relaxed

February 17, 2010

Tensed and relaxed are a duality.

Tension is the state of being without relaxation.

Relaxation is the absence of tension.

Whether I am tensed or relaxed is determined by the polarity of my energy that is created by the beliefs that I perceive to be true about what is occurring in my life.

When I am too tense, I choose to be relaxed and when I am too relaxed, I wish I had a little tension in my life.

What I really choose is tensed-relaxation and relaxed-tension.

Martial Arts Masters have mastered the art of tensed relaxation and relaxed tension.

They both require the state of being present in the moment and in the reality of 'now'.

The balance between tension and relaxation is the state of being conscious of the presence of my rational choice together with the awareness of my emotional power.

When the Power of my Attention is balanced with the Authority of my Intention, it allows my focused Ability on my Action.

When my power, authority, and ability is congruent with my intention, attention, and action; Life flows effortlessly.

Being the Vibrational Equivalent of my Desires

February 16, 2010

Being the vibrational equivalent of my desires is the essence of my ability to manifest them.

I cannot manifest into my reality that which I am not the vibrational equivalent of.

Being the vibrational equivalent of my desires allows them to manifest into my reality.

Thought is only creative when it has creative power.

For a thought to be creative it requires my Soul's authority.

A thought without power and authority is just an idle wish.

When I choose what my Soul chooses for my Self, it is authorised by my Soul and has my Soul's power to manifest it into my reality.

When I am in alignment with my Soul's choice, I am resonating in harmony with the frequency of my Soul's authority. This connects me to my Soul's power and puts me on the same wavelength as my Soul.

Resonating at the same frequency and wavelength as my Soul, I am the vibrational equivalent of my Soul and have the ability to manifest my Soul's desire into my physical reality.

Being the vibrational equivalent of my ego's desire will bring me waiting, disappointment and wanting.

Without my Soul's authority, I am without my Soul's power, and the wants of my ego will need will power and determination to obtain them.

Expectation & Anticipation

February 15, 2010

Expectation is my belief that what I do not have right now will turn up in the future.

Focusing on my expectation will not bring me what I expect. It will bring me what I am focusing on, my expectation in the future.

My expectation will always end with disappointment when it is not in alignment with my Soul's choice.

When what I believe will turn up in the future is a 'knowing' then it is my Soul's choice, I know it is my Soul's choice, and there can be no disappointment. I don't expect it to arrive, I know it will arrive.

Anticipation is the positive feeling of what I know will occur in the future.

A positive feeling is my Soul intuitively telling me that this is a good growth experience and a positive outcome.

Anticipation is the feeling of emotionally resonating with my Soul's choice.

When I resonate at the level of my Soul's desires, I have the power to manifest them.

Expectation has a duality called disappointment.

Anticipation has no duality. It is an emotional sign of imminent arrival.

Expectation requires patience and tolerance, anticipation has gratitude and appreciation.

Effortlessly in the Flow

February 14, 2010

Being **Effortlessly in the Flow** of Life requires Acceptance.

I cannot be effortlessly in the flow and be tolerating something in my life.

I tolerate something in my life when it is not what I want in my life.

An affirmation of not wanting something is a statement of resistance to and non-acceptance of what is occurring.

When I am in conflict and offering resistance to what is occurring, I am not receiving it as a gift and a blessing.

When I am declining the receipt of something that is occurring, I am not accepting it.

In the state of non-acceptance, I am either tolerating it or being intolerant of it.

When I want everything that I have and I want for nothing, I am in gratitude and appreciation of everything that I have.

When I focus on my gratitude and appreciation of everything that I have in my life, I am accepting everything that I have as a gift and I am tolerating nothing that interrupts my being effortlessly in the flow of life.

When effortlessly in the flow of life, everything flows effortlessly to me in my life.

When Effortlessly in the Flow, "The quality of mercy is not strained".

The Expanding Universe

February 13, 2010

From a physical perspective, the universe is a collection of stars and galaxies that are moving away from each other at tremendous speed.

It is not the stars and the galaxies that are expanding but the space between them.

Space is expanding.

From a spiritual perspective the Universe is the One Version of All That Is, sometimes called God.

God is expansive and continuously, infinitely and eternally growing and appreciating.

Space is God's Power. As Space expands and grows, God's Power expands and grows.

From a physical perspective, space is seen as empty and a void, an absence of matter.

From a spiritual perspective, Space is seen as 'Pure Energy' and a 'Sea of Infinite Potential'.

The Universe is Pure Consciousness. As Consciousness expands, the Universe expands.

We are both the Consciousness that is the Universe (the Observed) and the Consciousness that sees the Universe (the Observer).

Whatever we can see, we shine our Light upon and it expands, appreciates and grows.

The Universe cannot expand and grow without the Consciousness that is continuously creating and expanding the Universe.

We are all a part of that Consciousness even though we appear to be apart from that Consciousness.

Love Is Power

February 12, 2010

Love is Emotional Power.

An absence of emotional power creates a need for Love.

When I have enough Love in my life, I am emotionally powerful.

When I depend on other people for my emotional power, I will love them for the love that they give to me.

A dependency on other people for my emotional power will disconnect me from my True Source of Power.

The love that I need from another is not True Love, it is an emotional need.

When another meets my needs emotionally, I feel loved, appreciated, approved of or any other aspect of love that I believe that I am without.

True Love is the Omnipotent Power of my Soul.

True Love is the emotional feeling that my Soul has for my Self.

My True Power is the Feeling that my Soul has for my Self when I connect to my Soul's authority & choice.

Without my Self, my Soul cannot experience the power of its Love for its Self.

Sharing True Love with another involves the connection of two Souls.

The Need to be Loved

February 11, 2010

My **Need to be Loved** is created by my belief that I am disconnected from my True Power.

When I am disconnected from my Source of Power, I need to be Loved.

All my emotional needs are an aspect of Love that is missing from my Life.

As an infant, I attached myself to my Parents as my emotional source of power.

I developed a **need for approval** because my parents' disapproval disconnected me from their emotional energy.

I developed a **need to achieve** because my Father & Mother praised me with approval of what ever I achieved in my life.

I developed a **need to be appreciated** because my Parents appreciated what I did for them.

I developed a **need to be needed** because if no one needed me where would I get my emotional energy?

As I grew up and became unattached from my parents emotionally, I sub-consciously learned to get my need for approval, my need for appreciation, and my need for achievement met by my friends, my teachers, my employers and anyone else who needed me and met my need to be needed.

As I spiritually grow and learn to connect to my True Source of Power, I know that I no longer need to be Loved because I am Loved, I am appreciated for what I do, I have approval for who I am being, I can never fail, and I am needed, every moment of every day for the rest of my Life, by my Source of Eternal Love - my Soul.

The Experienter

February 10, 2010

The Experienter requires:

- The Power to Be
- The Authority to choose
- The Ability to have

The ability to have an experience requires the authority to choose the experience and the power to be the experienter.

The power to be the experienter is who I am.

The authority to choose the experience is what I want.

The ability to have the experience is why I am here.

The power to be the experienter requires Love.

The authority to choose the experience requires Light.

The ability to have the experience requires Life.

My Ability to experience Life requires the Power of Love and the Authority of Light.

My power and authority allow me the ability to experience Life.

I cannot truly experience Life unless I am the Experienter who knows “what I want”, “who I am”, and “why I am here”.

I have the ability my Self. The power and the authority come from my Source – my Soul.

Together we are the Experienter of Life.

An Experience

February 9, 2010

An Experience requires:

- A Situation in Space
- An Occurrence in Time
- A Circumstance in Reality

A situation in space is where the experience is happening.

An occurrence in time is when the experience is happening.

A circumstance in reality is how the experience is happening.

Without circumstances there is no reality.

Without occurrences there is no time.

Without situations there is no space.

Without circumstances, occurrences & situations there is no experience.

Without Time, Space & Reality there is no experience.

When, where and how define the experience.

Who, why and what define the experiencer.

FEAR

February 8, 2010

FEAR is an acronym for **F**alse **E**vidence **A**ppearing **R**eal.

Evidence is what is evident in my reality. What Appears as Evidence, I see as Real.

When Reality Appears to be Real, Fear Appears to be Real.

In my Reality, I create Real Fear when I feel that Fear to be Real.

So, how can Real Evidence Appearing Real, be False?

The reason that Fear is False and not True is that I have made it up. I have made it Real with my thinking and my beliefs.

The focus of my thinking becomes my Reality.

When I focus my attention on Fear, it becomes my Reality and I experience it as Real.

When I become Fearless, I do not give Fear another thought.

When I no longer give Fear another thought, it ceases to have power and no longer exists.

When it no longer Appears, it is no longer Real and there is no longer any Evidence of Fear in my Life.

When the focus of my Life is the Light of my Love, fear no longer exists.

Ignorance

February 7, 2010

Ignorance is the state of not knowing. It is:

- Not knowing the answer to a question.
- Not having knowledge due to a lack of experience.
- The lack of rational intelligence.

Ignorance is also a lack of awareness. It is:

- Not feeling one's own emotional experiences.
- Not being sensitive to someone else's emotional state of being.
- Not being aware of emotional energy.

Ignorance is a lack of conscious-awareness.

Conscious-awareness is a measure of my true level of intelligence.

Emotional Intelligence is a measure of my awareness.

Rational Intelligence is a measure of my consciousness.

Ignorance is my lack of either I.Q. (rational) or E.Q. (emotional) Intelligence.

I can have a very high I.Q. and be ignorant of my emotions.

I can have a very high E.Q. and be ignorant of my physical environment.

Spiritual Intelligence has conscious-awareness of both my rational and my emotional intelligence.

Entitlement

February 6, 2010

Entitlement is that which I call 'my own'.

My only entitlement is my choice. I am entitled to my own choice.

The question is: "What do I choose to make my own"?

Choosing to own material possessions is ownership, not entitlement.

I own material things when I take possession of them as my own.

We believe that we are entitled to own what we have paid for with money that we have worked hard to earn, and therefore deserve.

This is a belief that is based on the ethics of hard work and the power of money.

I do not deserve possessions. Possessions de-serve me. They are false idols that I worship for emotional power.

Possessions are attachments that disconnect me from my true Self. It is not the objects that disconnect me but my attachment to them through my desire to own and possess them.

My True Entitlement is my Vision, Mission & Purpose for my Life.

I am entitled to my own exclusive Path in Life. I do not own it or possess it. I do not need to earn it or deserve it. It is mine by Right.

I am entitled to it because of who I am.

I am entitled to exclusively-connect to it.

I am entitled to the Provision that I have chosen for my Journey.

My Entitlement is the Provision that my Entity provides.

Hope & Expectation

February 5, 2010

Hope is desire with uncertainty.

Expectation is desire with certainty.

When I believe that what I want is certain to come, I expect it to arrive.

When I am uncertain of receiving what I want, I hope it will arrive.

Uncertainty is usually created by other people. Other people's beliefs thwart my expectations and reduce them to hopes.

The opposite of expectation is disappointment.

I appoint myself to a level of certainty that creates my expectation.

The greater my expectation of something arriving, the greater my disappointment when it fails to arrive.

The opposite of hope is despair.

The greater the level of uncertainty, the greater will be the despair of its imminent non-arrival.

The less uncertainty I have, the more hope I have of receiving it and the less despair I will experience.

Without hope there can be no desperation and without expectation there is no disappointment.

Don't give up hope. Give up hope & desperation.

Give up expectation and disappointment disappears.

Without hope or expectation, I know this to be my Truth.

My Shadow Self

February 4, 2010

I do not have a Shadow Self, my Soul does.

I am my Shadow Self. I am a shadow of my True Self.

My Self lives either in the 'shadow' of my ego or the 'light' of my Soul.

My ego sense of self creates a shadow when my back is to the light and I am out of alignment with my Soul.

I cannot face the direction of my Light (the choice of my Soul) and see my shadow.

The intensity of my shadow is determined by the polarity of my thinking and the gender of my emotions.

Negative thinking is aligned with my sub-conscious fears and limiting beliefs, which create my shadow.

Positive thinking is aligned with my Soul's Light & Truth, which casts no shadow.

The direction of my emotional polarity determines my attitude to the Light and the intensity of my shadow.

Negative thinking creates a divided emotional state of Being that is either male or female by gender.

A Pure Emotional State of Being is powered by Love and allows only my inspiration to emanate as my Truth and my Light.

When there is no shadow self, I express and experience who I really am.

Eldership

February 3, 2010

Eldership is True Leadership.

The True Leaders of a Society are its Elders.

True Leaders have the wisdom to follow their own path and to allow all others to follow their own path.

It is not age that qualifies me to be a Leader but wisdom.

A leader need followers, Elders do not.

Elders have overcome the duality of leaders and followers.

Elders lead their own life and follow their own path.

Eldership is determined by my state of Being, not by my actions.

A persons preference to lead or to follow is determined by their individual emotional needs.

Elders are recognised by the influence of their Presence and their Beingness.

A leader requires the authority of their followers.

Elders have the authority of their own confident choice.

A leader decides what to do and how to do it.

Elders decide who to be in relationship to what is occurring.

A Gathering of Elders has no leader and requires no followers.

Apocalypse & Armageddon

February 2, 2010

An **Apocalypse** is a revelation or a 'lifting of the veil'.

Armageddon is the 'final battle between good and evil'.

Apocalypse and Armageddon are often confused, possibly because it will take an almighty lifting of the veil before the final battle between good and evil is fought.

The 'Veil' is the illusion of duality that exists in this physical world.

When the illusion of duality is lifted, I will overcome this relative dual reality existence.

When I overcome the duality of good and evil, I will fight my last battle and lift the veil that creates the illusion of relative dual reality existence.

I will then understand that fighting evil creates evil and strengthens the power of evil.

Good & bad (evil) are just opposing perspectives of the same energy. They are a duality. When I focus on one, the other becomes stronger in opposition to it.

Once I remember that good & evil are the same energy, I know that I battle in vain and the battle can never be won.

The final battle of good and evil will be declared with the understanding and acceptance of what is, not victory.

Armageddon is just one milestone on my Apocalyptic Journey of Revelation that is my Life Path and my Destiny.

An unawakened Soul that is lost and confused within the realms of relative dual reality may well see their Armageddon as a victory of light and good and an Apocalypse as an evil disaster created by the darkness.

Disciples & Apostles

February 1, 2010

A **Disciple** is a follower, a student and a learner.

An **Apostle** is a leader and a messenger. One who goes forth with a message.

The message of the Christian Apostles was the Gospel of Jesus, which as leaders of the new christian church they took to the people.

What the Apostles were teaching was their version of the 'Good News' of Jesus.

What the Disciples were learning as students of Jesus that makes them Disciples rather than Apostles is the real message that Jesus heralded.

The Gospel of Jesus, the good news that Jesus as a Messiah shared is that: "You too can Be like me".

Jesus lead by example of who he is, and the Disciples followed his example.

Jesus was guiding and supporting his Disciples to learn to Be like him, to follow their own path and fulfil their own mission in life.

Jesus never directed his Disciples to do anything other than to learn to hear their own messages (the ears to hear) and follow their personal vision for life (the eyes to see).

Jesus knew that the unawakened could not hear his message.

Without the eyes to see and the ears to hear, even the Disciples could only listen to his Parables and stay confused and lost.

JANUARY

Gentlemen & Gentlewomen

January 31, 2010

Gentlemen and Gentlewomen are both 'Gentle' folk.

Being Gentle requires the attainment of 'Gentleness'.

Gentleness has great personal emotional power.

The attainment of great power requires my alignment with my highest authority.

My highest authority is my Soul.

When my authority is aligned with my Soul, I connect with great power, the power of my Soul, which is Love.

My Soul allows me unconditional authority to choose for my Self, and the power to assert that choice.

My Soul has no authority over others and therefore cannot allow me to have power over others.

I have no authority over others by right. Taking authority for other people's choices may motivate me but it will never empower me.

When my authority requires force, it means that it is without force and is not empowered by Love.

Without Gentleness, the force that I give to my authority comes from my ego's will power and will often be seen as hostile and aggressive by others.

Aggressive force requires strength of will, not Gentleness.

Gentle folk are connected to their true power and authority and therefore never need to seek power or authority over other people.

Standards & Attainments

January 30, 2010

A Standard is a level of behaviour that has been achieved and is regularly expressed.

An Attainment is a level of Being that has been attained and can be consciously chosen.

I act or react according to my standards of behaviour. My standards are the level of behaviour that I find acceptable.

Who I am being whilst I am doing what I am doing is determined by my level of attainment.

The emotional state of being that I have attained will determine my power to choose how or what I do and the standard to which I do it.

The higher my level of attainment, the more power I have to consciously choose what I want to occur and how I choose to respond to that which is occurring.

My standards are a 'have to'. They are the standard to which I believe that I have to aspire.

With the attainment of sufficient power, I have the ability to choose my actions and my responses in each and every moment. I no longer have to conform to any standard.

Courtesy, Etiquette & Manners

January 29, 2010

The standards of behaviour of the Upper classes is called **Courtesy**.

The Aristocracy behave as they wish and they see fit. They conform or humble themselves only to their Sovereign, which they see as being courteous or acting as they would in a Royal Court.

The standards of behaviour of the Middle Classes is called **Etiquette**.

Etiquette is the standard of behaviour that people who wish to better themselves choose to aspire to.

Etiquette is how the middle classes believe that the upper classes behave and thus aspire to emulate them.

The standards of behaviour of the Lower Classes is called **Manners**.

Manners are the manner in which the majority of working class people approve of other working class people behaving.

Lower Class people see working class people as having impeccable manners. Upper class people see the manner of working class people as disgusting.

Standards of Behaviour are the standards of behaviour that we find tolerable and wish others to adopt, irrespective of whether we call them manners, etiquette or courtesy.

All people who tolerate others are standardised by their class.

When I become 'Accepting' of all others, I allow all others to follow their own standards of behaviour, knowing that it is their behaviour and their standard and not mine.

With unconditional 'Acceptance' of all others, boundaries are no longer necessary.

Common Courtesy

January 28, 2010

Common Courtesy is an oxymoron.

Courtesy is the standard of behaviour displayed by Courtiers at a Royal Court. It is elitist and never common.

Courtesy is the etiquette and the manner of the Aristocratic upper classes not the common people.

Courtesy is what common people often aspire to because it is not common to most people.

Common courtesy is often seen as the behaviour required of a Gentleman.

Acting like a Gentleman requires me to be 'Gentle' rather than Courteous.

Attaining 'Gentleness' is the state of being 'Powerful yet Accepting' and being 'Authoritative yet Allowing'.

Being Courteous is behaving in a manner fit for a royal audience as instructed by a royal courtier.

Being Courteous is being humble and deferring to the Sovereign and the Crown. It is obeying the rules and traditions of that Dominion.

Being Common is behaving in a manner and to a standard of the majority of the populus who are the Common People.

Being Common in the presence of Royalty is seen as arrogant and rude.

In the presence of Royalty I can choose Courtesy, Common-ness or Gentleness.

Guiding & Supporting

January 27, 2010

Guiding and Supporting are the two primary skills of a Coach.

Guiding is also a leadership skill of a Director.

When I guide someone by leading them, I am guiding them in my chosen direction.

When I guide, lead and direct someone in my direction, they become a follower or a worker. They follow my lead, my guidance and my direction.

When I lead someone by guiding their direction they will need my motivational support because they are acting under my will power.

When I support another as a Life Coach, I connect them to their own Source of Power and they become empowered with Life-force Energy.

With sufficient power, I support others to make new choices.

Once another has the power to make new choices for them self, I can guide them to realise, make real, those choices and bring them into their reality.

A Director guides another to follow his/her authority and supports them to achieve his/her aims and objectives. Followers, employees and workers require direction and motivation.

A Life Coach supports another to connect to their own emotional power, guides them to follow their own authority and enables them to lead their own Life. With Guidance & Support they become inspired and empowered.

God's Work

January 26, 2010

We are all doing **God's Work**.

Some do it consciously, some do it sub-consciously, others do it with conscious-awareness.

Some do it with pride, some do it with humility, others do it with acceptance.

Some work hard at it, some are slothful, others do it effortlessly.

Some do it with kindness, some do it with envy, others choose it with gratitude.

Some do it with anger, some do it with patience, others do it with fulfilment.

Some like to control it, some are controlled by it, others allow it to unfold naturally.

God's Work is the Divine Plan and everything is always in alignment with the Divine Plan.

God's plan is for each individual Soul to have Choice. It is through the choice of each individual Soul that God will come to know who God Is.

The All That Is will Realise the extent of All That Is.

With each Soul's individual choice is created a unique, exclusive and individual Reality that is the expression of that Soul's creative ability.

God's Reality is the sum total of the creative experiences of All Souls.

Whether aware or not, there is no one and no thing that is not in service to God and doing God's work in order to allow God to experience the Realisation of God according to the Divine Plan.

We are all doing **God's Work** whether we realise it or not.

Pure Love

January 25, 2010

Pure Love is the Power of my Soul to Be. It is Pure Beingness.

The Omnipotent Feeling of Pure Love is my Soul.

It is only in the separation from my Soul that I am able, my Self, to feel the Pure Love of my Soul.

My Soul is a Being of Pure Love that shows my Self the potential of my own Beingness.

It is only in the disconnection from my power that I am able to feel my power and my lack of power.

As I appreciate my Soul's Power it appreciates within my Self. It expands and grows.

My Soul is the prime cause of Pure Love because my Soul is connected to the Prime Cause of Everything.

My Soul is beyond the duality of cause and effect. It therefore cannot feel the effect of the Pure Love that it is and that it causes.

My Soul is the Subject of Pure Love and I am the object of that Love.

My Self feels the effects of the Love that is caused by the Power of my Soul's Pure Feeling.

My Self is the object of my Soul's subjective Love.

The effects of my Soul's Love for my Self is felt as emotion or as an emotional state of Being.

All emotions are an individual aspect of Pure Love that is felt by each Individual and is affected by each Individual's thinking and beliefs.

The Purity of my emotional feelings is indicative of my ability to be in alignment with my Soul.

It is only through my Self that my Soul can experience the potential of the Pure Love that it is.

It is only in the 'isn't' that the 'is' can experience its Self.

Science & Religion

January 24, 2010

Science is the study of physical reality.

Physical reality is created by the time, speed and distance (space between) of physical objects, which are made up of physical matter (atoms).

Religion is the study of spiritual reality (spirituality).

Spiritual Reality is created by spiritual Space and spiritual Time. Religion, via religious texts and scriptures, refers to Spiritual Time as 'Light' and Spiritual Space as 'Love'.

Spiritual Reality is called 'Life' and is the product of Spiritual Love and Spiritual Light.

The Spiritual Love and the Spiritual Light that is the Spiritual Reality of Spiritual life is not physical, it is the Spiritual Energy of Consciousness.

Spirit is 'Energy' not matter (nor the bi-product of matter).

Religion knows that all matter is created from Energy. Science believes that all energy is created from matter. Religion worships the power of the Spirit emotionally. Science studies the effects of the Energy rationally.

Physical matter creates a physical reality and a physical existence.

Spiritual Energy (Spirit) is not physical and cannot be discerned with the physical senses. It is Intuitive and requires the use of our intuitive senses to comprehend it.

Science studies a life of physical reality that has a beginning called 'birth' and an end called 'death'.

Religion studies the spiritual reality of Life that connects us to the power of Divine Love and the authority of Divine Light.

Both Science and Religion know that all matter is the physical manifestation of 'Spirit' and that energy can never be destroyed. It just changes form.

Whether I have a scientific perspective of life or a religious view of Life depends on how I 'See' the reality in which I exist.

Eternity & Infinity

January 23, 2010

Eternity is eternal and Infinity is infinite and neither have a start, a finish, a beginning or an end, they just are.

Spiritual Time is Eternal. It just is, was, and always will be. It is beyond physical time and physical existence. There is no time when it wasn't and no time in the future when it will not be.

Spiritual Space is Infinite. It just is, here, there and everywhere. There is no place where it isn't.

Spiritual Reality is the existence of Spiritual Time & Space. Without Spiritual Time and Spiritual Space there is no Spiritual Reality. Space-Time is Spiritual Reality, not physical reality.

Physical reality is an illusion of time, speed and distance. Take one away and the other two cease to exist.

Time, speed and distance are three perspectives of the same reality that is an illusion of Spiritual Reality and creates physical reality.

Physical time is not eternal. It is a measure of speed x distance and has a start and a finish.

Physical distance is not infinite. It is a measure of physical space, which is measured as speed x time, and has a beginning and an end.

Physical speed is not continuous. It is a measure of time x distance and has a start and an end.

Spiritual Reality is Continuous. It is Eternally-Infinite in the Expansiveness of its Possibilities.

The Test of Emotional Intelligence

January 22, 2010

The Test of my Emotional Intelligence is the degree to which I can be Happy and Well as a result of my conscious choice to be so.

It is my emotional ignorance that is depriving me of the happiness and well-being that is my true nature.

Happiness is an emotional feeling.

How can a rational person be happy in an emotional state of being disconnected and unemotional?

Well-being is an emotional feeling.

How can I feel well in a society that medicates physical and mental illness without one iota of emotional intelligence?

It is my lack of emotional intelligence that disconnects me from my true emotional nature.

A logical world has become an unemotional world devoid of happiness & well-being and full of sadness & sickness. This society has lost its connection to its true wealth and its true health and happiness.

In an emotionally intelligent world, the only irrational behaviour is to be unemotional and intellectually challenged to the point of having to disconnect from one's own emotional experiences.

Being unemotional is being emotionally unintelligent.

Containing one's emotions means not expressing one's emotions, which is suppressing them and choosing to disconnect from them.

Expressing who I really am requires the emotional intelligence of knowing who I really am.

Knowing who I really am is the true Test of Emotional Intelligence.

Life is an Emotional Experience

January 21, 2010

My Emotional Intelligence requires more than the ability to manage my irrational behaviour.

It requires the ability to understand my emotional experiences rationally and intelligently.

The cause of irrational behaviour is the lack of intelligence.

I react irrationally with what is seen as an emotional reaction.

I am able to consciously respond with positive emotion once I attain the intelligence and understanding to do so.

My irrational behaviour is a symptom of my lack of rational intelligence.

The cause of my irrational behaviour is my lack of emotional intelligence.

Extreme irrational behaviour is diagnosed as mental illness by a rational person who is without emotional intelligence.

In the absence of emotional intelligence, life has become an unemotional experience for rationally intelligent people and life has become an irrational experience for emotionally unintelligent people. (Both the mental patient and the psychiatrist are reflecting to each other their absence of emotional intelligence even though one has a rational perspective and the other an irrational perspective).

In a dualistic world, the more rationally intelligent I become the more emotionally unintelligent I am and the more irrational I appear to be, the more emotionally unintelligent I appear to be.

Life is an Emotional Experience once I become emotionally intelligent enough to allow it to be.

The Potential of Emotional Energy

January 20, 2010

Emotion is the energetic state of being that I am experiencing.

All energy has a force, a magnitude and a potential.

The potential of energy is realised when the force and magnitude unite.

E.g. The potential of electrical energy is measured in 'watts', which is the product of its force of 'volts' and its magnitude of 'amps'.

My emotional energy is more complicated because the force of my emotions is divided by polarity and the magnitude is divided by gender.

The polarity of my emotional energy is either positive or negative depending on the direction of my thoughts. The gender of my emotional energy is either male or female depending on the clarity of my beliefs.

The potential of my emotional energy is depreciated relative to the polarity of its force and the magnitude of its gender. This determines its intensity.

My Emotional Intelligence is measured not only by my awareness of my emotional state of being but also by my awareness of its potential for my Life.

Understanding the Potential of my Emotional Energy requires me to be consciously-aware of:

- Its force and magnitude
- Its gender, polarity & intensity
- Its definition or 'adjectivity'
- The sponsoring beliefs that are creating the emotion

The Ultimate Potential of my Emotional Energy is the Pure Omnipotent Feeling of Love.

Emotional States of Being

January 19, 2010

Emotional States of Being require definition before I can understand them intelligently.

When I define an emotional state of being, I give it definition, it becomes a definite emotion and I can become consciously-aware of its existence.

It is my conscious-awareness of the definite nature of my emotions that allows me to be emotionally intelligent.

An emotional person is aware of their feelings.

An emotionally intelligent person is able to consciously name their emotional state of being and create it at will.

By intelligently defining an emotion, I am both emotionally aware of the feeling and rationally conscious of its definition.

I define an emotion (emotional state of being) with an adjective, which is a describing word.

An adjective that describes my feeling or my emotional state of being is an emotion.

Without an adjective (word) to describe it, an emotion is just a feeling that I don't really understand.

Emotional Intelligence

January 18, 2010

Emotional Intelligence is the degree to which I can feel and be aware of my own emotional states of being.

Being **Emotional** means I am aware of my emotional state of being.

Having **Intelligence** means I have a rational knowledge and understanding of a situation, occurrence or circumstance that I am currently experiencing.

I am intelligent when I can rationalise what is happening in my reality.

I am emotional when I can feel the awareness of my emotional state of being.

Emotional Intelligence becomes confusing when I define emotional as being irrational.

Emotional Intelligence is not the study and comprehension of negative emotional states of being that cause me to react.

Being emotional is not reacting emotionally, it is being aware of my emotional state of being so that I can respond in a rational way (intelligently).

Reacting in what is considered a negative emotional state of being is called being irrational.

Being irrational is the result of an absence of both rational and emotional intelligence.

Understanding irrational behaviour does require emotional intelligence but it is not the definition of emotional intelligence.

Trying to rationally understand irrational behaviour will never make me emotionally intelligent, just more rationally intelligent.

A rational study of emotional intelligence is by definition promoting rational intelligence not emotional intelligence.

Emotional Intelligence requires that I am being both emotional and rational in the comprehension of what I am experiencing.

Comprehending other peoples' emotional states of being requires sensitivity and a degree of Sensitive Intelligence.

The Dichotomy of Paradox

January 17, 2010

A Dichotomy is a whole truth, belief or reality that is divided by perspective into two distinct and opposing parts.

A Paradox is the appearance of two conflicting beliefs, truths or realities occurring at the same time and place.

Both a Dichotomy and a Paradox are a duality. They are the product of a perspective from within a world of relative dual reality.

A duality is a 'dual reality', which is two versions or perspectives of reality that offer contrast and choice. It is the same thing perceived from two opposing perspectives.

When the two versions of reality are seen as totally separate, I see them as a dichotomy.

When the two versions are reunited, I get the paradox and overcome the duality.

For me to understand the paradox requires me to experience the balance point from which both perspectives can be viewed simultaneously.

To realise the dichotomy requires me to be experiencing one extreme of the duality in the awareness that the opposite extreme also exists.

The Dichotomy of Paradox is that when I have a dichotomy, I haven't got the paradox.

Kind & Generous

January 16, 2010

I am **Kind** to people who are like me. They are my kind of people and my friends.

I am **Generous** to those who share my genes. They are my relatives.

I am kind to my friends and generous to my relatives when I please them by giving them what I have and they want or need.

Kindness and generosity to others are conditional on them being friendly or related.

An act of kindness is an act of friendship. When I accept someone's kindness, I am accepting their friendship.

An act of generosity is an act of relationship. When I accept someone's generosity, I acknowledge our relationship.

In order for another to give me their kindness or their generosity, I have to be able to receive it.

When my friendship or my relationship is conditional on another's kindness or generosity, it is not divine.

When I am accepting of another's relationship or friendship unconditionally, neither kindness nor generosity are necessary.

Spiritual Development

January 15, 2010

My **Spiritual Development** is the development of my Spiritual Reality, my Spirituality.

My Spiritual Reality is who I really am. Who I am in reality is a Spiritual Entity experiencing a physical existence.

My Spiritual Development is the realisation of who I really am. It is the development of my spiritual identity.

I was born into a physical reality in a world of relative duality and material existence.

My Spiritual Development was initiated by my Spiritual Awakening.

My Spiritual Awakening opened my awareness of my Spiritual Beingness and my Spiritual Source.

One cannot develop spiritually without the awareness of being awakened to spirit.

Without my awareness of my spiritual origin, which is my Source, I cannot develop that awareness.

Intuition is essential to and is the essence of my Spiritual Development.

I develop my Spirituality through the connection of and my connection to my spiritual senses of Seeing, Feeling & Knowing who I am and why I am here.

Attaining Distinction

January 14, 2010

My Distinction doesn't come from what I am doing. It comes from who I am being whilst I am doing what I am doing.

Attaining Divine Attributes has Distinction. Divine Attributes have Distinction because they are not divided with a dual reality.

Normal human behaviour follows normal human beliefs that are experienced with normal human emotions.

Normal human beliefs, behaviours and emotions do not by definition have distinction.

Normal human beliefs create behaviours that have emotions with a wide range of intensity.

The intensity of human behaviour is determined by the polarity (positive or negative) of the belief and the gender (male or female) of the emotional state of being with which the behaviour is carried out.

Balancing the polarity of my beliefs brings them into harmony and attains Distinction.

Balancing the gender of my emotional feelings unites them in co-operation and equilibrium and attains Distinction.

Equalising the intensity of my behaviour is achieved by balancing the polarity of my beliefs and the gender of my emotional state of being.

The polarity of my beliefs is the direction in which my beliefs allow me to make choices. (Whether I believe that something is either good or bad for me and I either want it or not).

The gender of my emotions is determined by which perspective of life my beliefs allow me. (e.g. whether I have learned to be proud or to have humility)

When the polarity and gender of my emotional energy is no longer divided, I have overcome the duality of physical life and I attain distinction.

In this physical world of relative dual reality, duality is the norm, distinction is required to be attained.

Making a Difference

January 13, 2010

To make a difference in this world, I am required to be different.

I cannot be the same as other people and make a difference in this world.

When I am like other people, I will share the world that they have created.

Needing to be liked and needing to be included will stop me being different to other people.

When I am different, I have distinction. My difference makes me distinct from other people.

Living with distinction allows me to make a difference in this world.

My distinction is my unique, individual and exclusive vision for my Life.

With a distinct vision for my Life, I live my Life with Distinction.

Realising my Vision requires me to have an exclusive connection to the Life Path that is my Destiny.

My Destiny is what makes a difference to my Life and following my Life Path is how I will make a difference in this World.

The Expanding Universe

January 12, 2010 The nature of the Physical Universe is Expansive.

The Universe is continually expanding and growing.

I experience the expansion of the physical universe as matter in motion.

The nature of my Spiritual Universe is Expansive. I experience this as emotion or energy in motion.

My Spirit, my Soul, seeks continual, expansive growth and development through the experience of who I am Being. My Emotional State of Being.

At the centre of each galaxy is a Black Hole that is the gravitational source of attraction that holds the galaxy together in this expanding universe.

It is the force of gravity that allows the matter of stars to be created and materialise.

Without a Black Hole at the centre of the galaxy, there would be no galaxy. Stars would not be attracted to each other and would not collect at particular points in space. They would just be part of the 'Energy' that is our expanding Universe.

It is this same Attractive Force that holds Souls together in their separation.

Without Attraction the expanding universe would make the separation of Souls a permanent reality.

The paradox is that the more expansive my Soul becomes the more attractive my Soul becomes and the less separation it experiences from All that Is.

It is only within an Expanding Universe that my Soul has the ability through my Self to become expansive and realise its Omnipresent Potential.

The Three Infinities

January 11, 2010

Albert Einstein predicted in his General Theory of Relativity that the Singularity at the centre of a Black Hole contains 3 Infinities in our Reality of Space-Time.

The Singularity at the Core of Everything is my Source.

Science calls it a Singularity. Religion calls it the Oneness.

Whether it is a Singularity or a Oneness, it is the Source of all that is created that is Physical.

Science believes that at the centre of a Black Hole is a massive piece of matter that is infinitely small. This appears to be the case because of the magnitude of the gravitational force being produced.

Einstein also told us that matter does not create gravity. Gravity creates the appearance of matter.

Gravity is an energy that emanates from Source because the Source of All that Is, is Pure Energy.

Gravity is not the effect of matter, it is the cause.

Pure Energy is Pure Attraction that I experience as Gravity.

The Sea of Infinite Possibilities, that is the Singular Oneness of the Source of Everything, creates a Universe of Infinite Space, Eternal Time and Continuous Reality.

These are Einstein's 3 Infinities:

- Infinite Space
- Infinite Time
- Infinite Reality

Einstein believed that Space-Time is the fourth dimension.

I believe that Space-Time-Reality are the 3 dimensions of Source Energy that create our Physical Universe.

Existence of Life

January 10, 2010

An **Existence** is a physical experience **of Life**.

My physical existence is experienced with my 5 physical senses.

An existential existence is like saying water is wet. All existence is existential and experiential.

An experiential existence is the experience of existing within the environment of a physical world .

An existential experience is unique. It is living a unique life and following a unique life path.

Life is the spiritual aspect of connecting to my own unique power and authority that is my Source.

An existential life follows a unique vision, mission and purpose for each individual.

A purely physical existence is inclusively-disconnected from its source and is rarely unique.

An Existential Life is an experiential life that is exclusively-connected to and totally unique to each individual Soul.

A Life is for living, an existence is for surviving.

When I connect to Life with my 3 spiritual senses, my experience becomes existential.

Common Decency

January 9, 2010

Common Decency is a society's moral standard.

What is decent is considered to be moral and what is indecent is considered to be immoral.

Morality is the standard of behaviour that a society has inherited from its religion.

Religious values are morals that are common to the body of the church. They are the standards that a church needs its followers to conform to.

Common people have always been subjected to the morals of their church in order to be seen as decent.

Morals are the boundaries that define decent people as good and righteous.

Being subjected to other people's boundaries may be common and it may be decent but it also restricts my personal freedom.

My boundaries allow me the security of my own comfort zone but deny my freedom of choice, which denies my personal development and growth.

My growth and development announces my 'ascension', not my decent into the moral dramas of the common people.

Distinction & Duality

January 8, 2010

A Distinction is the difference between two similar words or concepts.

A distinction defines what makes one reality distinct from another reality.

I define my reality with definitions that define the contrast that exists within my reality.

Without contrast, and a distinct contrast that has clarity, I have no distinction, just sameness.

A Duality contains two opposing ideas or thoughts.

A duality is a dual or divided reality. It is a reality that is divided by two opposing perspectives of the same energy. Two different thoughts about the same thing.

Unless it is the same energy, it cannot be divided and therefore cannot be a duality.

A distinction defines the difference between two different energies, thoughts or ideas.

A duality defines the two opposing extremes of the same energy.

A duality creates a dichotomy, a distinction clarifies it.

A Distinction clarifies two different things that appear to be the same. e.g. greed and gluttony appear to be the same thing until their definitions give them distinction.

A Duality confuses the same thing by its appearance as being different. e.g. greed and pleasing (arrogance and humbleness) appear to be different until we realise that they are opposing perspectives of the same energy.

It becomes apparent that a distinction and a duality are not in themselves a duality once their distinction has been clarified by their definition.

My Comfort Zone

January 7, 2010

My Comfort Zone defines the limit of my emotional power.

Within my comfort zone, I am comfortable and able to connect to my power.

When I am comfortable, I feel strong and I am without tolerations, problems and energy drains.

My ability to be strong and powerful defines my comfort zone.

Beyond my comfort zone, my ability falters and I become weak and uncomfortable and fearful.

I require boundaries in order to maintain my comfort zone.

The more boundaries I have, the stronger my comfort zone becomes, but the smaller becomes the space in which I am comfortable.

To extend my comfort zone, I am required to step out of my comfort zone and claim a new space in which I am comfortable.

I am required to reposition my boundaries in order to extend my comfort zone and expand and grow as a person.

As my comfort zone expands, my personal space increases and my emotional power grows.

When my boundaries become boundless and I am unconditionally 'comfortable' anywhere and everywhere, I have attained 'Acceptance' and I become free from the limitations of a reality of my own creation.

When the boundaries of my comfort zone become unlimited, my space becomes boundless and my power becomes infinite.

The Chariot of Life

January 6, 2010

A Chariot is a successful partnership of two wheels.

A one-wheeled chariot is useless.

In a co-dependent partnership, both wheels depend upon each other for their purpose. They cannot work independently.

In a balanced relationship, one wheel would provide the power and the other wheel the direction (authority). This is called a Bicycle or a Motorbike.

When each wheel is independently powered and steered, the wheels will soon come off the chariot (or the bike, or the relationship).

Unless both wheels choose the same direction in which to travel, they will succeed only in going around and around in circles.

When one wheel chooses to move and the other doesn't, they will still go round in a circle.

The chariot only 'works' when both wheels work together under the same power and the same authority. This is common to all Partnerships.

A traditional chariot is not self motivated. It requires a horse to provide the power (horse power) and a man to provide the direction (an authorised driver).

When Man takes the reins of his own authority, he requires 'will power' and often 'horse power' to obtain his objectives.

A traditional chariot is a successful working partnership between Man & Horse.

A Celestial Chariot is powered and authorised by my Soul.

When my Self is in partnership with my Soul, I just get on and enjoy the ride of my Life.

When I try to take control of the reins, I just go round in circles.

Hallowed be thy Name

January 5, 2010

Hallowed means made holy or made whole.

I cannot make something outside of me holy. It is either holy or divided in relative duality.

I can unite my state of being that is not whole and make it whole.

When I unite the male and female gender of my energy, it becomes hallowed connected and whole.

When I unite the positive and negative polarity of my energy, it becomes hallowed, balanced and whole.

United, balanced, whole and connected is the state of my energy when it is hallowed and whole.

All Hallows Eve or Halloween is the eve of the Dawning of my Wholeness of Spirit.

Halloween has become a festival to celebrate everything that is unholy. It expresses my darkness on the eve of realising my True Light.

Hallowed be my Name when I realise who I really am - the Likeness of my Father who art in Heaven.

Positive Discernment

January 4, 2010

Positive Discernment is the alignment of my choices with my Vision for my Life.

A Discernment is a choice that aligns my Self with my Soul.

Following my Life Path is my positive choice for my life.

Deciding what is good or bad for me is a judgment of my ego self.

My ego decides what is good or bad by what it believes that it wants or doesn't want.

Deciding what is a positive or a negative direction for my life is about discerning what is aligned with my Destiny.

Discernment has no judgment. It has no right or wrong and is never negative.

Positive Discernment sees the opportunity in every experience and situation that occurs.

Positive Discernment is never challenged with a problem.

Positive Discernment neither tolerates nor suffers intolerance.

With Positive Discernment, I flow effortlessly through Life on my Journey of Personal Development & Growth.

Negative Thinking

January 3, 2010

Negative is the direction of my thinking that encounters resistance, entropy and contraction.

The direction of my thinking determines the direction of my Life.

Negative thinking creates a negative reality and negative experiences.

A negative experience is one that I do not want, I do not choose or I do not choose to repeat.

Negative thinking is the realisation of negative beliefs.

A negative belief is a limiting belief.

A limiting belief inhibits my effortless life and my expansive growth.

For my thinking to have direction, it requires the realisation of my vision.

Without a vision, my life has no direction and I become lost, confused and very frustrated.

Without a vision for my Life, I will have no direction to discern and I will judge my thinking to be either good or evil.

Negative thinking is the consequence of a sub-conscious mind that holds negative beliefs.

Negative thought is an oxymoron. Original Thoughts come direct from my Soul, they are my direction, and they are never negative.

It is only ever my thinking about my thoughts that is negative, never the thought itself.

“I am not a Remote Computer Terminal”

January 2, 2010

I can use my computer as a stand alone processor or I can connect it to a network.

I can use my brain as a stand alone processor of my physical reality or I can connect to my spiritual network – my Soul.

I can connect my brain to my Soul in the same way that I connect a remote terminal to a file server.

With access to the main processor, the file server, I can connect to the World Wide Web and the Internet.

With access to my Soul, my life server, I can connect to the united web of Universal Souls.

My Soul is the gateway to the Universal Mind & Pure Consciousness of All That Is.

A computer terminal that is disconnected from the main processor cannot access the internet. It has access only to its own limited data base and programming.

A disconnected Self has no connection to its Soul. It has access to only a limited selection of beliefs and memories and a limited purpose for Being.

My Soul is always connected to my Self, yet unless my Self validates the connection I remain just a stand alone processor of physical reality.

“I am not a TV Set”

January 1, 2010

My reality is not created in my brain. Television pictures are not created in my TV set.

My television set is a device for turning energy in the form of electrons into a picture that transmits light in the form of photons. It is a receiver, a recorder, a processor and a transmitter of energy waves called TV programmes.

My brain is a receiver, a recorder, a processor and a transmitter of energy waves called thoughts, beliefs and memories. My brain processes and interprets what I see, hear, feel, taste and smell to be my ‘real’ world, but it did not create the reality just as my TV set did not create the programme that I am viewing on it.

I can replay images recorded in my memory, yet I am not creating them. I can edit different scenarios into different outcomes but I am not creating them.

My TV needs power (electricity) to perform its purpose and authority (aerial cable) and a choice of programmes and channels from which to select.

My Self needs power (life-force energy) called positive emotional energy to perform its purpose and authority, which comes either from my programmed beliefs or my faith in my vision for this life-time.

The question is: “What programmes or channels is my brain tuned into”? I can visualise pictures stored in the memory of my brain or I can imagine visions communicated from my Soul. I can recall knowledge of past events from my memory or intuitively know new revelations of inspired wisdom from my Inner Coach.

My Reality is created by my ‘Original Thoughts’ not by my beliefs and my memories. An unchanging reality is just a repeat showing of a recurring memory or belief.

Original Thoughts that are Truly Creative are received from the Mind of my Soul that holds my Vision and is my Imagination and my Creative Ability; not from the memories that are recorded and stored in my brain.

My Soul is the Producer and the Director of the programmes that I am playing out in ‘Real Life’. I create my reality with my thoughts not my memories. My Thoughts originate in my Mind. My memories are stored in my brain.

There is much more to my Reality than just memories and repeated programmes.