



How To Be Attractive

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Foreword

How to be attractive sets out to answer some fundamental questions about reality and the reality of Attraction.

It explores the reason why some things are attractive, some things are non-attractive, some things are unattractive and some things are repulsive.

It finds answers to the paradox of attraction as to how “like attracts like” and “opposites attract”, and it solves the conundrum of: “Is being non-attractive attractive when it attracts what is un-attractive?”

It explains the fundamental process of how the Universe works according to a simple rule that is no longer a secret, and is now known as ‘The Law of Attraction’.

It will help you to decide whether your reality is attractive or unattractive and why you have attracted the experiences that you are presently experiencing.

The main aim of the book is to change your perspective from “I am not very attractive” to knowing that you are very attractive and if you are not happy with the state of your attraction then you can attract something else, just by changing your mind, your perspective and your state of being, which you can decide is either attractive or not.

If you have been intuitively drawn to this book at this time because it feels right for you, then you know that it is time to change your perspective about what is happening in your reality, in the knowing that you have the power, the authority and the ability to do just that.

I intend for your search for an ideal life to stop right here. It is my intention that you realise your ideal life is already here awaiting your acceptance of it once your perspective allows it to present itself for your approval.

You have already attracted everything that you need right now to be content with a fulfilled and joyful life. My job is to help you see that intuitively, even though it may not have manifested yet as your physical experience.

I hope that my quest as an Explorer of Truth will help you discover some answers and that my experience as a Life Coach will help you to explore some questions. I believe that you already know the answers that you are looking for, as the key to every secret is to find the right question that unlocks the answer. There is no problem that has no solution and every opportunity arrives at an opportune moment. Whether life is a challenge or not depends on our ability to face up to both success & failure.

Attraction just is. It is an immutable law of the universe in which we live life. Consciously creating our ideal reality is virtually impossible without an in depth knowledge of how attraction works, and why it often appears to deceive us. It is my committed aim to allow everyone to follow their own path and create their own ideal world, so that I may attract everyone to a reality that we share.

How to Be Attractive

Apparently you want to be attractive. Otherwise why would you be reading this book?

I have good news for you: “You are attractive”!

The question is how attractive? A better question might be: “How am I attractive”? A worse question would be “Why am I unattractive”? I’ll explain why that’s not a good question later.

An even better question might be: “Why am I attracting everything that I am attracting”?

Are you starting to see that there is more to being attractive than combing your hair, straightening your tie or putting on some make-up?

Attraction is an art and it is also a science. To understand ‘Attraction’ requires both the art of science and the science of art. It also requires an understanding of why something is either attractive, non-attractive, unattractive, or repulsive.

Science believes that it understands magnets and magnetic fields but has no idea how to express a magnetic personality. The rare phenomenon of a Scientist with the X factor is yet to be explained logically and rationally with mathematics.

I am not about to show you how to be attractive using mathematics. Should a mathematician feel attracted to translate my reasoning into a mathematical formula, so be it. I am not about to show you how to be attractive. You already are. I would like to introduce you to some reasons why you are attracting the experiences in life that you are already experiencing.

I cannot know what you are attracting as only you can know that through your experience, but I can help you to understand why you are attracting what you are attracting, decide whether what you are attracting is beneficial to you and if not, how to attract something better.

Unconscious attraction leads to victimhood, which is unattractive and nobody wants to be unattractive, unless of course you do. If you are happy being a victim and unattractive then this book is of no use to you.

Whether you believe that you are attractive or not, whether you want to be attractive or not, you already are. If you are not happy with who you are, how attractive you are or how unattractive you are, you can change anything and everything purely and simply by changing your perspective.

You see, whether something is attractive or unattractive is purely a matter of personal perspective and when I change my mind about the reality that I am experiencing, the reality that I am experiencing changes because the reality that I am experiencing is being created by the energy of my thoughts.

“Reality is Perception”

Reality is Perception

The first step to understanding Attraction is to understand my own perception of Reality.

Before I can understand my own perception of reality, I have to know that my reality is personal to me, which means that your reality is personal to you.

This sounds simple but it's not. We have all been taught from a very early age that there is only one Reality.

Science believes that the one real reality is only real once it has been scientifically proved to be real through experimentation.

Religion believes that the one real reality is the creation of the one real god that is accepted as real in an act of faith.

Science has faith in experimentation and religion experiments with faith. Neither are attractive solutions to creating our own reality.

For reality to be a matter of perception, thought has to be creative.

Most people realise that everything that has ever been created originated first as a thought.

Without thought, there is no creativity, no invention, no realisation and no manifestation of reality.

Reality is the manifestation of the realisation of the creative ability of our thought.

Thought is energy. It is the energy of Consciousness in action. The act of conscious thought creates reality. Without conscious thought, there is no reality.

Because conscious thought is unique and personal to each individual, it follows that reality is unique and individual to each person.

We each personally create our own unique, exclusive and individual reality with our thought.

My thought attracts my reality to me. Whether I experience it as being attractive or unattractive is another matter entirely.

We live in a world of choice. Whether something is attractive or unattractive is a matter of individual choice.

For choice to exist there has to be opposition to what is. That opposition is that which is not. The reality of our physical existence on Earth is that we have a choice of attracting that which is or that which is not.

We are able to have this choice because our planet earth is a contextual field specifically created for the experience of dual reality life. Everything in this Realm of the Physical has an opposite or dual reality.

This means that I can look at what is real from two different directions. My perception of reality has choice. I have a choice of perspective in everything that I experience.

In a world without choice, everything is Positive because negative does not exist.

In a world without choice, everything is Good because evil does not exist.

In a world without choice, everything is Right because wrong does not exist.

In a world without choice, everything is Perfect because imperfection does not exist.

In a world without choice, positive, good, right & perfect are all the same thing.

Similarly, in a world without choice, everything is Attractive because unattractive does not exist.

You may think that living in a perfect world where everything is positively good and right would be very attractive, but would you be happy not having a choice?

What I find most attractive is the thought of choosing to live in my perfectly ideal world that is positively good and right for me.

For me to experience that ideal thought, I am required to have choice, and that is why I chose to live on Earth.

Earth is the Planet of Choice. It is only in a world that is designed to allow both infinite choice and definite choice that I can definitely choose my finite life from an infinite potential of possibilities.

The great thing is so can you. I can create and experience my reality, you can create and experience your reality and we can both choose whether or not to share our reality or follow our own ideal and exclusive path in separateness or togetherness, dependently or independently, or any other which way we choose.

Why is it that even though we know that we have a unique perception of life, an individual perspective of life, and are allowed our own exclusive choice in life, why do we still believe that there is only one reality?

The reality is that reality can be either attractive or unattractive, good or bad, right or wrong, perfect or imperfect, heaven or hell, or any other dual reality that we choose because:

I choose my reality as a perspective of what I perceive and I believe to be true. The question is: "If I really have choice, who is choosing my existing reality?"

"Do I consciously choose my reality, sub-consciously choose my reality, did someone else choose my reality, or do I just accept the reality that I was born into".

"Who created the reality into which I was born and who is creating the reality in which I am presently living?"

“Do I really want to ask these questions and do I really want to choose my own reality?”

“Reality is a Choice”

Reality is a Choice

For reality to be a choice, I have to choose my own reality.

I can choose not to choose and accept that there is only one reality. This saves me the problem of having to choose.

The problem is that the reality in which I find myself is seldom ideal and often not of my choosing, so I end up tolerating it rather than unconditionally accepting it, until that is, life becomes intolerable and I choose to choose something different, but I don't know how, so I have to endure what I already have until it changes itself.

Given the choice, do I know what to choose as my ideal reality and more importantly how to choose the experience of my ideal reality?

Without choice, my reality could not be ideal because it would not be my reality, it would be everyone's reality.

I have experienced the one reality of everyone, or my perspective of what I perceived as the one reality of everyone that was constantly changing and over which I had no control, and it wasn't ideal.

I realised that the problem with only having one reality was that everyone wanted their reality to be the one reality, which of course is not possible from the perspective of there only being one reality.

This doesn't stop those who believe that there is only one truth, and only one good and right reality from trying to control everyone else to adopt their truth and their reality in order to endorse that it is indeed true and real.

All the conflict that is experienced during life on earth comes from the belief that there is just one truth, one reality and one way of living life, and the only way to end the conflict is to beat every other perspective of life into submission and defeat.

The truth is that we attract conflict by trying to live in peace and we create evil by enforcing our own brand of good. In our search for a perfect life, we encounter the entire imperfection of our own creative ability.

Some people will tell you that reality is just an illusion. These people are often lost within the duality of illusion & reality, where what we experience is either real or unreal, fact or fiction.

The Truth is that we are living in a realm of choice that allows both truth & untruth to exist simultaneously as a personal perspective of each and every individual experienter.

This means that what is true for me is not necessarily true for you. A consensus of people have decided that this system is not fair and prefer to choose to have one reality only, which through experience has turned out to be fair for a minority but unfair for the majority.

In this system it is the minority that make the rules, so they get to choose what is right, what is good, and what is perfect for them. They have even introduced Judges to decide what is right or wrong, Scientists to decide what is real or unreal, Ministers to decide what is moral or immoral, and Governments to ensure that this is all legal.

In the pursuit of a perfect world, those who are in authority have decided that it is better if the populous do not have exclusive choice, preferring them instead to follow the authority & choice of their ruling elite.

They have decided that their version of reality is the real reality and everyone else should conform to their one reality because:

“Reality is the Truth”

Reality is the Truth

To say that reality is an illusion is to say that there is no truth.

In this dual reality world, that is untrue. The truth is that both truth and untruth are a reality. They are the reality of our individual perception and our individual perspective.

What I perceive as my reality becomes my perspective of the truth and I adopt it as my true perspective and my version of reality.

But reality and truth is not the same thing.

The reality is that people who do not believe in miracles do not see miracles as a miracle. They look for the truth of what really occurred, because they believe that miracles are not true.

People who do believe in miracles know the truth about miracles and experience miracles as their daily reality.

Now you could argue that when miracles become an everyday occurrence that they cease to be a miracle and become an everyday occurrence, and of course this would be your truth and would become your reality.

Because reality is a perception: “Truth is a perspective”.

It is my perspective of what is occurring in my life that determines my version of the truth and allows me the choice of believing what I believe to be true.

At the end of the day it is personal experience that determines my belief in truth or untruth. As all experience is fundamentally personal to each individual then it follows that beliefs are

also unique to each individual and therefore truth is the exclusive perspective of each and every one of us.

Experience proves that trying to get everyone to see everything the same way is neither possible nor desirable. What fosters the belief in the reality of just one truth is that we appear to be having a similar experience as everyone else. This is the illusion of reality that is created by a Universal Law that is the central character of this book: "The Law of Attraction".

We appear to have similar experiences as everyone else because, we believe that like attracts like. In reality, it is because like attracts like that we do appear to have similar experiences as everyone else; that is until we go abroad on holiday and discover that foreigners are just not like us as they have peculiar habits and different ways of doing things that are most unattractive.

We like people who are attractive and we attract people who are like us. Usually because we repel people who we find unattractive and we even call them repulsive.

Their repulsion is a characteristic of their unattractiveness and we choose for them to associate with similarly unattractive and repulsive people rather than ourselves. We do this in the blissful ignorance of the fact that it is we who are repulsing them and it is they that find us unattractive.

"So is the fact that 'like attracts like' really true? It appears to be, but is it an illusion?"

Unfortunately, for every truth there is a paradox. A paradox occurs when two opposing truths co-exist in the same place at the same time. It means that my perception of reality has a different perspective, and both appear to be true.

In my experience of reality, like does attract like and birds of a feather do seem to flock together. It is also true that opposites do attract and that chalk and cheese do have a strong attractive relationship.

So how can 'like attract like' and 'opposites attract' both at the same time? Is one statement true and the other false? If so, which is untrue? Is one experience real and the other unreal and if so, which is the illusion?

The answer of course is a matter of perspective, perception and personal experience, because it is how we perceive life, and the view of our own perspective, that determines our experience. We will find out more about how this works later in the book.

My experience determines my perspective, which determines my belief that determines my truth that determines the reality that I experience.

We are all locked into a circle of our own experience that causes us to go round and around in circles in a life that appears to run in cycles. Sometimes we have to pedal harder to go faster and other times we can relax and coast down the hills; both of which are symptoms of the harder & softer, faster & slower intensity of dual reality life.

The reality of the truth is that truth and reality is not the same thing. This makes the search for the one truth that underpins reality a fruitless quest because it is just an illusion. It is the illusion that the reality in which we live is our truth.

The truth is that the truth is the truth and it is immutable. The realisation is that reality is constantly changing and is only real in each and every present moment and each and every time and place.

Reality is the product of both Time & Space because:

“Reality is relative to Time & Space”

Reality is relative to Time & Space

Reality is time and space specific.

This means that reality changes over time and appears differently in different locations, even though truth is unchanging and clearly defined. Truth is definite but there appears to be an infinite number of possible ways to create and experience reality.

“Isn't that why we are here?” To experience our own chosen reality is as many different and varied and unique ways as we can think of and imagine.

The reality of the Planet Earth is that it is a part of the universal space-time-continuum. It is our experience in this physical world that both space and time are constant, consistent & continuous. This allows the reality of our existence to be realised. Otherwise we would be living an unreal life in our dreams instead of living the life of our dreams for real. I am actually doing both.

My truth is that I have real life and I have dreams, and given the choice, which I have, I choose to live an ideal life that I dream about. A problem occurs however, because when my dreams are not clear they can become a nightmare; both at night and during the day.

Time and space become a reality when I am here to specify it. It is my experience of the here & now in each present moment that makes my reality specific. It is specific because I specify it to be so. I specify it by being here and now; by being specifically present.

The present moment of 'now' represents my truth and faithfully re-presents my reality for me. The moments of now that are past become moments of then. Now & then are a duality of the past & present time. Then & when are a duality of the past & future. Here & there are a duality of space. Space creates the distance between here & there.

Reality only exists in the here & now even though the past is an expression of my truth or untruth, as will my future become.

I have the choice to live the reality of my truth or the reality of my untruth in the past the present or the future. No wonder, I often get lost in the past and the future and forget what is real in the present moment.

What was true in the past need not be true in the future because my present is the creation of my past thoughts, so my present thoughts are creating the reality of my future. How attractive my future will be is a reflection of my thoughts on how attractive my present reality is.

Even those that believe that the present moment is the same for everyone believe that they can shape their own future. What they believe gets in the way of their ideal future is the reality that other people are creating in the present. This belief allows the majority to give up dreaming and decide to tolerate whatever the future brings, which allows the minority to fulfil their dreams of world domination by creating a world that is influenced by the truth of their reality, because: "Reality is Creative"

Perspective 1: My perspective, what I focus my attention on, creates my reality.

Reality is Creative

Reality is creative and creativity is real when I allow creativity into my reality. If my reality disallows creativity, it is not really real because reality is continuously changing.

The only constant in the Universe is change. The reality of life is continuous change, whether I choose it consciously or not. I live in an expansive universe, which allows continuous development and change.

Science calls this change 'evolution'. Evolution is a theory of why things change from the perspective of those who believe life to be an accident.

When I believe that life happened by accident, I become a victim of whatever I attract in my life. I can be a lucky victim who experiences good fortune or a misfortunate victim of life, but I am still a victim of believing that I do not have freedom of choice and freedom to create my own reality.

Both evolutionists and creationists believe that Reality is the effect of Creation, either conscious creation or accidental creation. I would like you to ponder the possibility that in reality Creativity is the effect of the Reality of our world not the other way around.

The reality of a dual reality world allows choice and choice allows reality to continuously change. It is the ability to consciously change reality that allows creativity to exist and the ability to create my own reality to exist.

Christian Religion teaches that creation happened during the first 7 days of the world. Science believes that creation is a matter of evolution subsequent to the 'big-bang'. Neither theory allows for the possibility of creating our own personal reality.

Creativity is a gift and a choice of every individual presently alive on this planet. Not choosing to be creative and being uncreative or even destructive are also the potential choice of everyone.

Being destructive or uncreative are the sub-conscious choices of those who live in the reality of an uncreative world that is destroying itself.

Dual Reality or duality allows choice, choice allows change, and changes allow the innovation & invention of new ideas that are creative.

We live in a creative universe and the essence of all creation is Conscious Thought. It is Consciousness and the energy of conscious thought that in reality is creative. It is thought that has the ability to realise, make real and bring things into our conscious experience.

Thought is the universal energy of Consciousness and Attraction is how our thoughts become manifest in our physical reality. I always attract the focus of my thoughts as do you attract the focus of yours, whether you believe it or not.

Any new development or improvement first starts as a thought which grows. Unless the seed of thought is first sown, nothing is able to come to fruition. My thought creates my reality, unless that is, I choose for reality to create my thoughts. I always have a choice of perspective, and so do you.

My present reality is the focus of my current thinking. Current thinking is an energy that flows through the processor that I call my brain, but it is not creative. Thinking is the process of analysing physical data received through my physical sense receptors for the purpose of making informed choices.

My brain is not really creative, in the same way that my computer is not really creative, it just analyses data and presents it in an informed way. My creative genius is my Mind, which uses both my brain and my computer to be physically creative.

Creativity is a product of the Mind. It is the product of a Mind that can see in the past, the present & the future; a Mind that is not restricted by the limitations of a space-time-reality, but exploits the benefits of a space, a time, and a reality in being absolutely creative.

The paradox is that for creativity to be absolute, it requires a dual reality world, where all things are in opposition and relative to each other. It requires a world of division where nothing is absolute and all possibilities exist. When all is possible, creativity is unlimited; it becomes infinite, eternal and continuous.

Science believes that order was created from the chaos by chance and is discovering the laws of physical life that caused it to happen. Religion believes that order needs to be restored from the chaos with rules called morals and ethics based on philosophy. We are of course free to create anything we want, within reason that is. That means there has to be a reason for what we are creating.

There is no reason to create a new universe. This one is ideal for our purpose of physical life with choice. Choice allows life to have reason and to be reasonable, and each individual to have a unique purpose. There is no reason to create a new world. This is the most beautiful world that you could ever imagine, but only when you imagine it to be that way. Many see only the ugliness of their own creation through the ignorance of their own perspective.

There is a reason to create my own beautiful perspective of this world when sharing someone else's view is not my ideal experience. I have every reason to create and follow

my own views & perspective in pursuit of my ideals and my ideal life, when someone else's perspective is less than ideal for me.

Sharing the view that this world is not ideal and needs to be changed is not ideal for me, because I cannot change the world; I can only change my perspective of the world in which I live and when I do so, my experience of the world changes accordingly because: 'As within, so without' & 'Unless I go within, I will go without'.

When I know that I already live in a perfect world, I have no need to change the world. What needs to change is my inner belief, and then I allow the outer world to change because my world always presents itself as I believe it to be. This world is perfect because it allows choice, it allows me to change my mind and make a new innovative thought about my life that allows my reality to change.

I realise a new reality with my thought about my reality because my real world, my reality, is the product of my perspective and always will be.

I attract my experience of life with my thoughts about life. What I believe is my truth manifests as my experience and what I experience, I perceive as my reality.

Of course I can only speak from my experience, which is what I believe to be true, which is my perspective based on my perception of this relative physical world of time and space that allows me the choice of my own experience by choosing to explore, discover, innovate, invent and create the reality that I am presently experiencing.

You see, my reality is my experience, my perception, my perspective, my belief, my truth and it is all relative to the moment in time and space in which I am creating it and experiencing it as my perspective and my truth, irrespective of whether I am consciously choosing it or not.

I do have choice. I can choose consciously, sub-consciously or unconsciously and even when I am unconscious of my sub-conscious choices, they are still my choices that are creating my reality. Whether I like it or not, whether I find it attractive or not, my thoughts are creating my reality because that is how I have chosen it to be.

If you know that you have a choice: "Would you consciously allow anyone else to make your choices for you?"

With the authority to choose and the power of Attraction to manifest that choice: "Would you consciously attract anything unattractive into your life?"

Whether my choice is good or bad, my perspective is positive or negative, my beliefs are attractive or unattractive, they will create the truth and the untruth of my perception of reality.

Once I know that perception, perspective, truth, choice and creativity are all personal, unique and individually mine, and I both own them and take responsibility for them, then attraction can start to work for me instead of against me and I will no longer encounter the entropy of other people's choices by living in someone else's reality.

Only when I take responsible action with reasonable thought, can the power of Attraction work for me and I can overcome the dualities of being either attractive & non-attractive or being attractive & unattractive. Being Reasonable and being Responsible are keys to unlocking the power of personal attraction as will become clearer later.

For Attraction to become a reality, and for me to learn to use the real power of personal attraction, I am first required to understand this fundamental principle that underpins all experiences of real life in this physical world.

In Absolute Reality there is but one Law that governs physical existence in our world of relative dual reality; it is a very attractive law, and my reality is subject to it and relative to it.

It is called: The Law of Attraction.

The Law of Attraction

Perspective 2: In a dual reality world there are always two ways of looking at anything.

The Energy of Attraction

The Law of Attraction states that: "Like energy is drawn unto itself".

The important word in that statement is 'energy'. Energy is a very difficult to understand from a physical perspective because it is not physical. We have never been taught to see energy, only the effects of energy and the effects of energy on material things.

In this dual reality world, energy & matter are a duality. Everything is either energy or matter; it either matters or it doesn't.

The analogy is the way we see a hole: We define a hole by the matter that surrounds a hole, not the space that actually is the hole.

Space, in a space-time reality is analogous to energy. The more space that I have, the more energy is potentially at my disposal.

The enormous amount of energy that is locked up as a potential in each atom of matter is not compressed within the nucleus, but represents the 'space' between the nucleus and the orbiting electrons. The vast magnitude of nuclear energy contained in each atom, is not nuclear at all but 'spacial'.

The point is that science doesn't study energy, it studies matter. If it is not physically detectable and cannot be measured, it cannot be proved as scientifically real.

Without the matter surrounding a hole, there is no hole, just empty space. I require matter to define the space, otherwise the space is just empty, instead of the matter being full of holes.

Our earthly perspective is one of space being full of matter, not matter being full of space, or space being empty of matter yet full of energy. Full and empty are just another perspective of duality.

Every time I type 'the space', my computer underlines it as a grammatical error. You see it has not been programmed to accept space as a definite article and therefore it believes that the prefix 'the' shouldn't be there. It treats energy the same way, preferring it to be an indefinite article.

Our most common belief about space is that it is empty. Even when we talk about exploring space what we mean is looking through empty space for the existence of some material that

is called a planet or a star or a galaxy, or some new material that has not been found before 'in space'.

We don't see the space, we only see what is in the space, as we don't see the hole, only what is in the hole, and as we don't see energy, only the matter that forms from the energy.

That vast magnitude of spacial energy that is contained within matter makes up the content of material things, yet it is invisible from our physical perspective because we only see the matter. We have been taught that only matter matters.

Energy is infinite and eternal and it cannot be destroyed, it just changes form. So say our educated scientists. Unfortunately, they only recognise energy when it is in physical form.

The paradox is that all forms of matter originate from energy, by energy taking a different form, yet science sees energy as the effect that is caused by matter, not as matter being the effect that is caused by energy.

Science sees Man as first cause, not God. Science cannot recognise God because there is no physical form. Even when God apparently appeared in physical form, it was not recognised by science because there was no proof.

Science sees the energy of sound, light, x-rays, microwaves, infra-red and ultra-violet rays as the effects of material action rather than the other way around. It does not see electromagnetic waves as different aspects of a universal energy, because as yet gravity doesn't fit into their equations.

From God's perspective, all material things are created in form from the One Universal Energy of Everything. Science is out of alignment with God's view of the world.

Many now believe that religion is also out of alignment with God's view of the world, which it always will be when science and religion are seen as a dual reality that are in opposition. God doesn't take sides.

The problem we have is that science and religion are poles apart in their belief system. Even a religious scientist has two different perspectives on life until they come up with a grand unified theory of everything.

This is just another example of how many different realities can co-exist in the same space-time-continuum.

Henceforth, I will leave God out of the equation and refer instead to the Thought of One Great Universal Consciousness of the All of Everything as "Energy".

You see, energy is creative. All of physical existence is energy in the form of matter. All matter is formed from 'space' and held in its present form by 'time'.

Energy is infinite & eternal; it has infinite space & eternal time, whereas matter is definite or indefinite and permanent or impermanent.

Energy defines the Realm of the Absolute, whereas matter defines the world of the relative and is subject to the vagaries of duality.

Time & Space allow different perspectives of Reality. Without matter, or energy materialising in different form, there would be no perspective and therefore no reality.

Reality is the effect of matter in Time & Space. Yet the reality in which we presently live recognises the reality of time, speed & distance of physical objects as opposed to the Time & Space of the Reality of Energy.

It recognises a material reality driven by electromagnetic energy and restricted by gravity. As long as gravity remains isolated, science will be unable to unify all of their current theories.

The Gravity of Attraction

Gravity is attraction in action.

Like energy of planets is drawn unto the like energy of stars. We do not see this as like attracting like because planets and stars are made of different material.

In this material world, we only look at the physical matter, not the energy that created it and so we don't see it as an attraction but as the effect of what Isaac Newton called Gravity.

From the perspective of everything is either energy or matter, all matter is attractive to all matter, yet this is not our experience so we believe this cannot be true.

Our reality is 'Relative'. It is relative to the choices that we make because we live in a duality. In a relative dual reality world of choice, everything has an opposite perspective. We can see everything as matter or everything as energy or some things as matter and some things as energy. We can virtually see our reality any way we choose.

Science chooses to only see the matter that is physical. Religion chooses to focus on matters that are spiritual. God sees everything just as it is: A complete Paradox.

The paradox of energy is that it is both a particle (matter) and a wave (energy). A particle is the effect of energy that has materialised, whereas a wave is the effect of energy in motion. Energy in motion is e-motion or emotion.

Waves of emotion are not yet the focus of scientific study by rational physicists. Whether energy is a wave or a particle is just a matter of perspective and that perspective is allowed because of our dual reality world.

In a dual reality existence everything is experienced as either energy or matter, yet beyond the confines of dual reality, we appear to live in the triality of a space-time-continuum, where everything is energy, matter or motion, with speed, time & distance.

Trapped within the confines of our planet earth, we have become obsessed with speed, time and distance and lost our connection to our Space-Time-Reality.

With dualistic thinking, we lose connection with the bigger picture. I can choose to look at everything in opposition or I can choose to look at both ends of the spectrum and find the balance in the middle.

This third way of looking at the world is the subject of another book. Suffice it to say that whenever we encounter conflict in life, we are trapped in a duality and the way to overcome that duality is to identify and choose a third way.

I can choose energy or matter as a duality, or I can choose emotive material energy as a balanced view.

Energetic emotive energy is the energy of matter in motion. It is also the motion of energy in matter, the matter of energy in motion, the motion of matter in energy, the matter of motion in energy and the energy of motion in matter.

Whichever way we perceive it to be in absolute reality it is the same thing. However in a relative world of duality, we have discovered six different perspectives of the same thing. We have the ability to see our world in an infinite number of different ways because we are individual people.

Hence, we have Chemistry that looks at the matter of matter, Physics that looks at the matter of energy, Dynamics which looks at the matter of motion; we have thermo-dynamics that looks at the matter of motion in matter that causes heat, aerodynamics that looks at the motion of matter through matter; then we have psychology that looks at the matter of thought energy, counselling that looks at matters of emotion and psychiatry that looks at more emotive matters, and so on and so on. Any so and so can look at energy, matter and motion any way they choose.

The point is that we are here to explore, discover and experience the variance and contrast that physical dual reality life has to offer. Our purpose is to take the 'toy' and play with it; to take the clock apart and see how it ticks.

There is no manual for how to live life. The manual is ours to write, anyway we choose and any way that we perceive that we should 'manually' write it.

There is no right or wrong way, just the way that we perceive to be right for our self and the right way for my Self is the way that I am presently going because that is the way that I have attracted into my reality.

The gravity of the situation that I find myself in is always of my own doing. I always gravitate to the level of my own consciousness. I always attract people, like me, with the same level of gravitas. Any grave situation that occurs is because I believe it to be grave because of the perspective with which I view it.

My gravitas and the gravity of my thinking gravitate from the grave of my sub-conscious beliefs, which are buried from my conscious memory.

My attraction is a measure of the gravity of my own self-esteem that is the product of my self-worth & confidence in my Self.

We are held in high esteem by others because of the value that we give to them and the trust that they have in our confidence.

Confidence, worth & esteem are a measure of attraction, which will become more apparent later in the book. For the present just ask the question:

“Can I really be attractive with low self-confidence, low self-worth or low self-esteem”.

To understand gravity, we are first required to understand its opposite – anti-gravity. In the same way we will not understand matter until we understand anti-matter, or energy. Therefore an understanding of Attraction first requires an understanding of the Law of Non-attraction.

Non-attraction and anti-gravity is the same thing. In simple terms, the energy of gravity holds things together and the energy of anti-gravity allows things to separate and be distinct from other things by being non-attractive.

In short, anti-gravity already exists, except science has yet to discover it. In a dual reality world, if gravity exists then so does its polar opposite – anti-gravity.

So far, science is only teaching us half of the picture. It sees gravity as a force that holds matter together and anti-gravity as a force that allows matter to be separate and go its own way. It is still looking for the secret to anti-gravity because it can't yet see it.

Well anti-gravity is alive and well and living on Planet Earth because without it I could not follow my own unique, individual and exclusive path through life in this physical world.

Without anti-gravity, or non-attraction, all would be one. Without the ability to be separate from everything else, I would be everything else and have no distinction. Nothing would exist because all would be everything and everything would be the same – just a whole lot of Energy representing a whole lot of nothing. With nothing to distinguish the hole from the whole, the hole would not exist, only the Whole.

With no distinction between energy & matter, all is Energy and nothing matters; unless that is, all is matter and energy doesn't matter. As always, life is a matter of perspective and choice. Non-attraction allows that choice and that choice of perspective.

The Law of Non-Attraction

The Law of Non-attraction states that: “Energy is divided by its frequency & wavelength.” This means that the matter, or state, of energy in motion is differentiated by its energy vibration.

All matter is a form of energy vibration. In fact what makes matter matter, or not, is its energy vibration. Energy cannot be destroyed; it just changes its form. When I destroy matter it becomes energy again from whence it came.

Energy is infinite and eternal. In Absolute Reality, Energy has infinite Space and Eternal Time.

In relative dual reality existence, energy is experienced as a finite time, speed and distance.

The 'speed' of an energy vibration is the product of its 'time' and its 'distance'.

The 'distance' of an energy vibration is called its 'wavelength'.

The 'time' of an energy vibration is called its 'frequency'.

You see, it's just a matter of perspective: I can see with my physical eyes and measure the speed, time & distance of physical matter; or I can feel with my intuitive sense and measure the frequency, wavelength & vibration of my physical life from a spiritual perception.

In Absolute Reality: Energy has an infinite wavelength and an eternal frequency, which allows only One Vibration – the Vibration of the Energy of All That Is – Everything & Nothing.

The Law of Non-attraction allows Nothingness the potential of becoming Everything – all possibilities suddenly exist determined by the magnitude of any particular wavelength and the force of any particular frequency.

It even allows for particular wavelengths and frequencies to be experienced as either waves or particles or both. I can experience life from a physical perspective, a spiritual perspective, or both.

Spirit is just another name for energy. My spiritual origins are energetic. I was once just a thought form of my own Super-conscious Self and in reality I still am because Energy is never destroyed, it just changes form.

The paradox is that we are all experts on our own conscious reality in total ignorance of the realisation of our own unconscious mind. We have no mind for what is not immediately physically evident, even though we know this statement to be untrue. Our mind is totally able to focus on what is true or untrue, physical or non-physical and create any reality we choose in the imagination of our mind in any moment of time and anywhere in space.

The reason we can do this is because the vibration of the energy of our consciousness can be divided by frequency and wavelength. It is the ability of the energy of thought to be divided by frequency & wavelength that allows the act of thinking different thoughts. In the beginning was the Word and the One Word could not become Consciousness in active Thought without variation and contrasting vibrations of thinking. It allows Consciousness to be totally divided in Thought and many conflicting thoughts to be realised simultaneously in a time-space-reality.

This allowed 'Thought' to be attractive. Like vibrations of energy are attracted to like vibrations of energy. What makes vibrations alike or unlike is their frequency and wavelength. Like vibrations of energy are attractive because in absolute reality they cannot be permanently separated. It is their nature to be pure and whole.

In this space-time-reality similar forms of thought energy are attracted to each other until eventually they coalesce sufficiently to become realised and, then over time, materialised.

Conversely, energy that has unlike or different vibrations remains non-attractive particularly when it has materialised into an apparently physical form of energy.

Similar atoms of matter having a similar energy vibration are very attractive to each other. Atoms of a different energy vibration attract different wavelengths and frequencies of energy to materialise in totally different forms of energetic matter.

Everything at a fundamental level is made up from energy. The atoms that are the building blocks of all matter are fundamentally an energy vibration and so is consciousness and thought. The reality of our material world is totally relative to the reality of the consciousness that is experiencing it, because the consciousness that is experiencing the reality is the same consciousness that is creating it; even when that reality does not appear to be true.

From an individual perspective this appears to be untrue because the conscious energy that created the conscious world is not the individual consciousness that is experiencing it. From an absolute perspective of Consciousness, there is no distinction and no disconnection, but from the relative perspective of an individual consciousness experiencing reality, there is.

It is my disconnection from my spiritually energetic origins that disallows my awareness of this as a perspective, a truth, a belief and the reality of my experience.

My individual consciousness remains unaware of the depth of its True Consciousness without its connection to its intuitive awareness.

Perspective 3: To realise that I am attractive, I have to be Emotionally Intelligent.

In the absence of energy being visibly recognisable, it is only possible to 'see' energy intuitively and I will discuss this later in the book. For now I ask only that you accept what you know to be your truth or feel perceptively to be right and have an open mind with regards the rest.

I intuitively feel the space that I am in and intuitively know the time that I am experiencing even when I cannot see the reality of my true existence. Similarly I intuitively feel attraction even when I do not know it to exist or see it in action.

My relative physical dual reality world of choice is only possible because energy in physical form can be both attractive and non-attractive. It can be both alike and unlike by virtue of its vibration and how our vibration determines our virtue is the subject of the next chapter.

Perspective 4: Things that are not attractive are not necessarily unattractive

Like energy can be both alike and attractive or alike and non-attractive.

Before I can become Attractive, I have to learn to manage my state of being non-attractive, so that from my perspective of life, everything is attractive and I understand why.

Now here is where things can get a little complicated: “You see the thing is, I want to be attractive but I don’t want to give up my choice”. I choose to become selectively attractive and must therefore choose a third choice that overcomes the duality of attraction & non-attraction, which I call ‘Pure Attraction”.

Pure Attraction

Pure Attraction occurs between like vibrations of energy. From here on, I will refer to the Attraction of pure energy with a capital ‘A’ and the attraction that is a duality of non-attraction with a small ‘a’.

Pure Attraction has no duality; it is pure, has no distinction, and makes no distinction whether energy is pure or impure. It makes no distinction between wavelength or frequency and works constantly at all Time and consistently in all Space. In other words, it works every-time and everywhere in a space-time-reality. Whatever form energy takes, whether as a wave or a particle, in its pure form or impure form, whether it is attractive or non-attractive; it is governed by the Law of Attraction. This means that like energy is drawn unto itself and unlike energy is not.

This allows energy to congeal and become solid, liquid or gaseous depending on the frequency & wavelength of its vibration.

Inanimate objects don’t have a choice. Once created, they remain in their physical state permanently or impermanently, but not indefinitely, because everything in this finite world is subject to the vagaries of Time & Space.

What makes life on Earth really interesting is that ‘animate objects’, in particular Human Beings, do have Choice. They have a choice because they are conscious and they process thought; and it is through this conscious, and unconscious, process of thought that the reality of their energy changes.

We do not consciously choose the wavelengths and frequencies of our thoughts even though that is what we are actually doing when we are thinking. We are not sufficiently conscious-aware to be aware of our thought energy, even when we are conscious of what we are thinking.

Because we have particular thoughts, the matter of our thinking is not energetic, it is particular. We see the particles of matter that represent our thoughts not the energetic wave on which our thoughts are carried.

Because we are unaware of the vibration of our thoughts and unaware of its particular wavelength or frequency, we tend to be unaware of the action of duality on both the frequency and the wavelength of our energetic thoughts.

Duality allows choice and it works on an infinite number of levels. There is no limit to the ways in which our thought energy can be divided, which allows infinite possibilities to exist and the existence of infinite possibilities of reality. In other words, if I can think it, I can attract it into my Reality, subject to the limitations of Time & Space.

Understanding pure attraction requires the emotional intelligence of knowing when & why energy is impure. In absolute reality, energy has only a pure vibration. In relative dual reality, the vibration of energy is divided by frequency & wavelength. It is the division of vibration that allows a choice of vibration and allows energy the ability to change form by changing its frequency or wavelength.

In Absolute Reality there is no Time or Space. When absolute energy divides by frequency it creates Time and when it divides by wavelength it creates Space.

The faster the frequency of thought the more moments of time that are experienced and the longer the wavelength of thought, the greater the feeling of space we experience.

To understand this, we are required to be connected to our intuitive thought, because this is not yet scientific law.

When modern science divided from ancient philosophy, thought stopped being intuitive and became counter-intuitive. Science shuts down intuition believing it to be irrational and counter-intuitive. It has divorced the energy of thought from real life and because it does not yet appear on the electro-magnetic scale as an electro-magnetic energy, it is not even recognised as a form of energy.

Thought is the creative potential of pure energy. It is energy in its purest form, even though our thoughts are often perceived to be less than pure.

The reason that I can think impure thoughts, that I believe can be both non-attractive and un-attractive, is because I live in a dual reality world where those choices are allowed.

What makes a thought impure is just the matter of perspective of an individual person thinking an individual thought.

Thinking is the act of our conscious observation and perception of the physical world from a perspective of the past, the present and the future. Without the existence of time, our thinking would be greatly limited.

Until we have a distinction between our thought and our thinking, we have no thought of where new thoughts come from, or what thought actually is.

Thought is the energy of consciousness, although it would be more accurate to say that Thought is the creative force of the pure energy that is Consciousness.

It is only in our divided world that consciousness is individual and unique and separate from the Consciousness of All that Is; because duality allows our perception of reality to be either relative or absolute.

Individual consciousness is conscious of its physical experience yet unaware of its spiritual origins. It is conscious of all things material with its physical senses, but without its intuitive senses, spirituality has become counter-intuitive. In our disconnection from our other forms of Conscious Energy, we are no longer conscious of our sub-consciousness and our super-conscious energetic form.

I can consciously see how particles of matter can be attractive or non-attractive. What I am required to learn is the emotional awareness that thought waves can be attractive or non-attractive; and furthermore they are capable of being un-attractive as well.

This is because not only is my thought vibration divided by frequency & wavelength but the frequency is further sub-divided by polarity and the wavelength is further sub-divided by gender. All of which occurs sub-consciously, until that is, I become aware that polarity & gender is a matter of my thought energy in motion.

My thoughts are a reflection and an expression of my energetic state of being. It is the state of my Beingness that determines my energetic vibration.

My energetic vibration is an expression of my state of being and determines the polarity of the frequency of my thinking and the gender of the wavelength of my thoughts.

How Attractive I am, is a measure of the state of my Beingness, the state of my energetic vibration, the state of my Aura, which is a reflection of the energy or vitality that I am emanating to the world at any moment of Time or point in Space.

How I am appointed in any moment of time in my present reality is a representation of my state of emotional Beingness that is determined by the polarity & gender of my thinking.

Whereas science understands frequency & wavelength because it has studied energy in the form of electro-magnetic waves of light & sound, it does not as yet fully understand the study of polarity and gender, even though electrical current has polarity and electrical connections have either a male or a female gender.

Polarity exists because we have a choice of direction. Because we can only travel in one direction at once; we can go either forwards or backwards, but not at the same time; we have determined going in a forward direction to be generally positive and going backwards to be negative.

We can, of course, change our mind at any time and choose to go backwards in a positive way. Either way, we have a choice and we determine that choice to be either positive or negative.

Unlike us, an electric current of energy has no choice, yet still subject to the Law of Attraction, is polarised in only one direction, blissfully unaware of the colour of the wires, as long as the male and female elements stay fully connected. Introducing an opposing polarity of electricity will create what we call a 'short circuit' and may permanently disrupt the ability of the male and female aspects to successfully reconnect.

It is interesting to note that energy in the form of flowing electrons that we term as electricity has the three characteristics of all pure energy forms, though they are referred to by different names:

- The frequency of electricity is called its force or volts, which determines its polarity.
- The wavelength of electricity is called its magnitude or amps, which determines its ac/dc gender.
- The vibration of electricity is called its potential or watts, which determines its intensity.

Left to its own devices (or devices), electricity, like life force energy, just flows effortlessly. The intensity of electricity, its potential to do meaningful work, is determined by the introduction of electrical resistance, which is a choice introduced by 'Man'. In this case the Electrician or Electrical Engineer.

In reality, all the resistance that I will ever encounter in life is the result of the choices that I make regarding, who I am and where I am going.

I have a choice of who I am being because the wavelength of my energy has a gender and I have a choice of where I am going because the frequency of my energy has polarity.

Just to make sure that the equations balance: The choice of the polarity of my energy frequency combined with the choice of the gender of my energy wavelength, determines the potential of my energetic vibration and the intensity of my life experience. Just in case any mathematicians want to put it into their own language.

Unless I am consciously aware of my energetic state of being, the state that my energy is being, it would be considered to be untrue that I am consciously choosing my own experience of reality.

The Truth is that, when truth & untruth have been overcome, there is only one person creating each and every individual reality, and that is the Individual that is creating the reality of their own experience.

Whether I know it to be true or not, whether I am aware of it or not, my thoughts, whether conscious, sub-conscious or unconscious, are creating my perception of time & space and my perspective of reality.

We all have a different reality of life, because we all have a different experience of life, because we all have different energy vibrations, because we all have unique thoughts, because we all have a choice. That choice is an energy form, until it's realised and made manifest in physical form as the creation of my own personal reality as a result of my Thought.

The reason that anything in this world is **non-attractive** is due entirely to its energy vibration being unlike another energy vibration by virtue of its frequency or wavelength.

The reason that anything in this world is **un-attractive** is due entirely to the personal perspective of the observer and the polarity and gender of the thought of that conscious observation. This brings us to the Law of Un-attraction:

The Law of Un-attraction

The Law of Un-attraction states that:

“The polarity and gender of energy determines its attraction and unattraction and the intensity of the experience”.

The important consideration here is that Attraction is an Absolute Law; it is absolutely law. The law is unconditional, infinite, eternal and continuously present.

Non-attraction is a relative law that is based on the frequency of a vibration of energy being relative to the wavelength of a vibration of energy. It is particularly necessary in the creation of the chemistry of a physical existence. Without it, there would be no land, no sea and no air; no animals, no fishes and no birds. There would be no physical reality and without the experience of a physical reality, no spiritual reality either.

Un-attraction is not the same as non-attraction. Un-attraction is a relative law that is based on the polarity of the frequency of an energy vibration, and the gender of the wavelength of an energy vibration.

Perspective 5: My perspective of life is not determined by the Law of Attraction

The Law of Attraction brings me consistently & faithfully the focus of my attentive thought. The perception of my thought has a choice of being either male or female in character and the perspective of my thought has a choice of being either a positive or a negative aspect of my personality.

My thought is always a faithful representation of my personality & my character, because the law of Attraction always brings into my reality personalities & characters that I can choose to either like or dislike, because I find them either attractive or un-attractive. People who are unlike me, we are not alike, are not drawn into my conscious reality. I do however, become very conscious of people in my reality that I either very much like or very much dislike because I experience them to be either attractive or un-attractive to me.

In general, we like people who are like us and we dislike people who are unlike us. Similar people who are alike, like similar things and different people who like different things are usually seen as different and unlike. Although we are different, we don't necessarily dislike someone, we always have a personal choice. We can find them non-attractive and neither like nor dislike them; we can find them non-attractive and either attractive or unattractive; we can find them un-attractive and ugly, un-attractive and repulsive, attractive and loving, attractive and beautiful; in fact we can perceive other people to be attractive or not in an endless number of different or similar ways, none of which has any bearing or influence on the Law of Attraction.

The fact that we can experience our own reality is because of the existence of both the law of non-attraction and the law of un-attraction. It is what we are actually attracting that is due to the action of the Law of Attraction. Whether something is attractive or non-attractive to me is because of its wavelength & frequency; whereas, whether something is attractive or un-attractive to me is because of its gender & polarity.

I like or dislike something because of its attraction or un-attraction, whereas, I am like or unlike something because of its attraction or non-attraction. The actual combination of everything in my life that is attractive, non-attractive, or un-attractive, determines the intensity of my life and the ideality of my life. In my ideal life, I get to invent new words: 'Ideality' means a measure of how ideal my perspective & perception of my life is in each present moment of reality.

Ideality, like reality, is always personal to each individual. There cannot be the existence of just one ideality in a dual reality world. Besides, getting everyone to agree to what is ideal is neither a reasonable nor a desirable probability. Where there is only one reality, there is only one ideality, which means that there is only one ideal and only one idea of reality, which we have to accept as our reality, unless we have the choice to change it.

Whether my life is ideal or not is a matter of my own personal perspective. Whether I blame something or someone else for my life being less than ideal, is my choice. The Law of Attraction does not bring me everything that I want; it brings me everything that I do not want as well. It does not judge, it does not discriminate and it does not discern what is right or wrong for me. I do.

The ability to choose what I want and what I do not want is because the energy of my thought has a polarity. The polarity of my thought energy allows my personal perspective of whether something is positive or negative, which I discern is either good or bad, or right or wrong for me.

I can look at everything in this world from a male or female perception, with a positive or negative perspective. Alternatively, with a female emotional perception, I can feel something to be good at the same time as knowing something from a male rational perspective to be wrong.

The law of un-attraction allows me to see life any way that I know or feel it to be. I do this instinctively and intuitively, irrespective of my level of conscious-awareness and my degree of either rational or emotional intelligence. I can choose with my mind, choose with my brain, go with my heart, worship my solar plexus, or consult my horoscope; the choice as always is mine.

Attracting an Ideal Life

A dual reality world that allows choice, allows the choice of creating a reality where time and space are divided. This allows Consciousness to be in different places at different times, which allows different perspectives of reality to exist. A dual reality world that allows choice, allows the experience of Energy in motion as matter or energy. This allows Consciousness

to be either conscious of a physical world or aware of a spiritual world, or consciously-aware of the existence of both in alternative states of space-time reality.

The perspective of a Pure Undivided Consciousness is that this is an ideal way in which to experience life in an ideal way, by having a choice of a definite number of perspectives with an infinite number of possibilities. It also allows an infinite number of ideal experiences. The only problem is that in a world of duality there always exists the possibility of perceiving an experience to be less than positive. This is essential to the creation of an Ideal Life. It is the experience of a life experience that is less than ideal that allows the choice of what is really ideal for me. It also allows the possibility of what is ideal for me to be less than ideal for you. It allows you to have your ideals and me to have my ideals, which allows us to share our ideals together or experience them alone. All of which is ideal.

From the perspective of a Pure Undivided Consciousness that is beyond any duality, this allows the possibility of opportunity to exist, and the most important opportunity from the perspective of an expanding Consciousness is the opportunity for development & growth. Any opportunity for personal development & growth is ideal in life, and an Ideal of Life. The conscious-awareness of personal development & growth at an infinite number of places, an eternal number of times, through a continuous experience of reality is what Consciousness is aware of as being the ideal of life.

So, from an absolute perspective, Life is ideal and always presents opportunities as a present or a gift in every present moment of reality. However, from an individual perspective that is the subject of relative dual reality existence, life can be less than ideal; it can become a problem. The main problem with life is that we have a choice. When choice is a problem, the opportunity is lost. Whenever I see a problem in my life, I have lost my opportunity for personal development and my opportunity to experience life in an ideal way.

When my life is ideal, I do not have a problem. It is the existence of problems that makes my life less than ideal. I always have a choice of perspective, between seeing my life as a problem or seeing my life as an opportunity. The problem is that I believe that I have to get rid of the problems before I can receive the opportunity, which I do. The real problem is that no matter how many problems I solve, the only opportunity that turns up is the opportunity to solve more problems.

The problem is duality. When I make problems & opportunities a duality, they just become a matter of perspective of whether the opportunity is a problem or the problem is an opportunity. The way to become problem-free is to not have problems. By the law of Attraction, whenever we focus on problems, we just get more problems. When we focus on opportunities we get more opportunities.

I overcome problems when I see problems as a challenge, but I have to see the challenge as an opportunity. Once I see a challenge as a problem, I have run out of power and I will fail the challenge. Success comes from seeing every challenge as an opportunity to succeed; whereas, seeing all opportunities as a challenge often leads to failure.

In a dual reality world of success & failure, problems & challenges are overcome by seeing the third way as an Opportunity for Success because taking an opportunity is always successful. Whether something is a success or a failure is just a matter of perspective and choice. The Law of Attraction always brings us the focus of our attention. How we perceive

what we attract is our own perspective and our own choice. Often when we perceive that we have failed, we have from a higher perspective succeeded.

You see from a higher perspective there is no problem with life, everything is perfect. My opportunity for expansive growth, and the experience of my ideal life, is to come into alignment with that higher perspective of all that is in my life.

From a higher perspective there is no failure; whatever action I take, I have already succeeded, even before I start. Whatever I ask is already answered even before I ask; unless, of course, I am not aligned with the highest perspective of who I really am.

My greatest challenge in life is to realise the opportunity of becoming who I really am because only when I know my true reality can I truly make my reality real.

Until then I am required to accept whatever I am attracting into my reality, otherwise I will have to tolerate it as a problem. The difference is that opportunities are most acceptable, whereas, problems are intolerable unless I have a solution and I tolerate a challenge until I face the possibility of failure.

To Attract an Ideal Life, I have to be an ideal person; I am required to be fit for purpose; my purpose is to be ideal; to be my ideal state of being that empowers me to choose my ideal life; to be my Beingness; because my Beingness is the source of my power; it is my power of attraction.

The Power of Attraction

Many believe that their power comes from money and that money is a measure of their wealth.

Although money is, as is everything, subject to the Law of Attraction, it is not the Power of Attraction.

Perspective 6: Being Attractive is not dependent on having money

Money allows my will, the power to resist change. With enough money, and enough will power, I never need to change my perspective. With money, I can buy myself a comfortable life, but I cannot buy happiness or wellbeing. However, with a wealth of happiness & wellbeing, I will always attract enough money when living my ideal life.

In my ideal life, money is never a problem; neither is it an opportunity; money is never an issue because there is always enough. Whenever money is an issue, it is a problem not an opportunity because my opportunities are never dependent on having money. They are dependent solely on my seeing them as an opportunity & accepting them as an opportunity. I am continually presented with opportunities in life, none of which are dependent on having money. Whenever an opportunity appears there is always enough money, otherwise I have missed the opportunity, which is always perceived to be a problem.

The Law of Attraction brings me the focus of my thoughts. Thinking that I do not have enough money brings me just that experience. Focusing on problems will only ever bring me

the opportunity of finding solutions to those problems because the act of focusing on a problem uses the same vibration of thought as focusing on a solution to the problem. They are a duality of the same frequency of thought energy. Therefore, solving problems will never make me problem-free.

The intensity of my feeling with regard to a problem, how negatively I feel about it, is an indication of the magnitude of its power to manifest into my reality. The greater I feel the problem to be, the great power it has to become realised. The more I realise the problem, the more real the problem becomes, because the more power of my attention that I give to it. We really are the creators of our own problems, as we are the creators of our own opportunities and our own ideal or un-ideal life.

Perspective 7: The Law of Attraction is unconditionally non-judgmental

However, the intensity of my feeling with regard to an opportunity, how positively I feel about it, is also an indication of the magnitude of its power to manifest into my reality. The greater I feel the opportunity to be an opportunity for me, the more I know the certainty with which I will see it become my reality; my real and realised experience of life that is ideal for me.

The Law of Attraction faithfully brings me the experience that resonates with who I am being in every different moment of reality. Intense experiences of life are accompanied by intense experiences of emotion. An intense experience of life is an intense emotional experience. It has the potential to make me intensely happy or intensely sad; it has the ability to make me either laugh or cry.

My reaction, as always, is my choice dependent on how I see things, feel them or know them to be. Unfortunately, I don't always see life intuitively, with the wisdom of knowing the wealth of emotional feelings that are available for me to experience.

With the emotional intelligence of my intuition, I understand that the intensity of my life is the effect of the gender & polarity of my thoughts. Negative problematic thoughts draw like negative problematic experiences into my reality in the same way that positive opportune thoughts bring positive opportunities for expansive growth.

In the same way that my energy vibration is the product of its frequency and wavelength; the intensity of my life experiences are the product of the polarity & gender of the thoughts that I am having about any particular experience in my life.

Therefore, to change any particular experience, or alter the intensity, I am required to change the gender and polarity of my thinking. I am required to change my belief and the emotion on which that belief is transmitted.

A belief is a frequency of thought that has a gender and a polarity, which is carried on a wavelength of emotion. The gender and polarity of a belief determines the wavelength of the emotion and the wavelength of the emotion determines the intensity of the experience of that emotion.

In a relative dual reality world my beliefs determine my emotional state of being, which determines how I create my reality and how I experience my reality. In this way, two people

can view the same experience from totally different perspectives with totally opposing emotions because they hold totally different beliefs.

It is not the experience that I attract that makes me happy or sad, it is my belief about what is occurring that determines my emotional experience and it is my emotional state of being that has a very big influence on what I believe to be occurring.

This is why something can be very acceptable to me one day and intolerable the next, which is usually something to do with its gender.

For some reason we are attracted to people of the opposite sex. Actually it is not their sex that is Attractive, even though sex can be either attractive or unattractive. It is the gender of their energy vibration that is particularly Attractive. I am Attracted to a person with a similar wavelength of energy that compliments either my male or female gender. The Attraction between the separate genders is mutual when they share the same wavelength. I attract a member of the opposite gender, irrespective of their particular sex, because we are on the same wavelength of thought and share the same beliefs.

When I share the same beliefs in a mutual emotional experience, it becomes a shared experience of pure emotional energy, which both partners find very Attractive.

When experiencing the attraction of opposites, I am really experiencing like wavelengths of energy being drawn unto their selves.

When experiencing the separation of a single sex existence, life becomes a search for the soul-mate that will make me feel complete and whole. It is not natural for energy to be permanently divided, which means all energy naturally seeks to re-unite with its other half.

As an Energetic Being, my male emotional energy seeks alignment and balance with my female sensitivity and my female emotions seek harmony with my male rational thought. I only realise this effectively through the interaction that I have with all other people that I Attract into relationship with my Self. My Yin & Yang energy constantly seeks the harmony of balance.

It is in the search for energetic balance that I experience finding my power from other people.

Perspective 8: My Power of Attraction does not come from other people.

This wave of energy that is united when two people come together is called Love. We simply fall into love with a partner whose energy polarity is aligned with ours and whose energy wavelength is complimentary to ours. We both experience the bliss of Pure Energy and the pull of Pure Attraction, and we are in Love.

The Pure Energy of Love

Unfortunately, this blissful feeling of pure energy only occurs when we are together and seeing the world from the same perspective. After an appropriate honeymoon period, the

intensity of the relationship diminishes as each partner aligns their direction and polarity onto slightly different paths, which over time can either run congruently or in opposite directions.

Over time the vibrations of two energetic beings tend to come into harmony and vibrate synchronistically. The relationship becomes less intense yet more balanced. The law of non-attraction eventually allows each partner to tolerate each other's negative attributes and live in separate-togetherness. Alternatively, the law of un-attraction takes precedence and they have to either learn to endure a situation of living together in separateness or get a divorce.

In any partnership of two materialised Souls, there are three choices of relationship that can be experienced:

A Co-dependent relationship is most common in our present society. A couple are attracted to each other because each has what the other needs, either physically, emotionally or both. Most couples are blissfully unaware of the cause of their attraction and their emotional need to continue the relationship, and are therefore generally unaware of their dependency on their partner.

An Inter-dependent relationship is one where each partner is aware of their own emotional needs and is free to get those needs met from a circle of close friends and relatives. They are therefore not solely dependent on each other and they both have the freedom to follow their separate paths, together.

An Inter-developmental relationship is one in which both partners recognise the purpose of the relationship is their own personal development through their individual experience of life. They are able to live together in togetherness because they have attained a bigger perspective of life where living from their highest perspective is of most value to both partners.

Each Interdevelopmental partner understands how to use the Law of Attraction beneficially in their life and understands that the Energy of True Love emanates from a Source that is within each and everyone. They do not seek the source of their love from any external source or person that is outside of their Self.

They know that the only way to experience that feeling of Pure Love is to be Truly Attractive, and once they are, they are able to share that Love with a partner who is also Truly Attractive.

By the Law of Attraction we can only Attract an Attractive Being once we are being Attractive our Self. Once we know our Self to be intensely Attractive, an intensely Attractive partner will be drawn to us. It is the Law.

Until then, whatever we are attracting in life is an accurate representation of the energy that we are giving out to the world. It is the Golden Rule.

Pure Love is the experience of pure undivided energy being drawn unto itself. I experience pure Love on the occasion that the polarity of my thoughts is most aligned with the balanced gender of my energy, so that the frequency & wavelength of my vibration is balanced.

The Source of Pure Love, which is most Attractive when radiated, comes from within and is expressed as our Presence.

My Presence, or lack of it, is an expression of my current state of being, in each moment of reality. A moment of reality is created by a thought. The reality of each moment is determined by its frequency polarity and the gender of its wavelength.

The intensity of every experience in my life is an expression of my energy vibration, which is a faithful representation of my emotional state of being, which is the result of the belief that I hold about each present experience.

How I perceive each experience in every moment of reality is the result of the angle of my perspective, which is my attitude.

The laws of non-attraction & un-attraction allow an infinite range of possible emotions to exist for either the benefit or the detriment of my experience.

The Pure Energy of Love is the sum total of all emotions and all emotional experiences, because every vibration of energy has an infinite number of emotional possibilities that can be experienced with an opposing gender or polarity.

Every emotion is an aspect of Pure Love, even the ones that appear to us as being negative, wrong, bad or even evil. Energy is neither moral nor immoral, it just is, and the Law of Attraction makes no judgments either way. Judgment is always a matter of personal perspective.

The polarity of an emotion does not make it more or less Attractive but its intensity does and it is the intensity of Love that determines its power of creativity. This means that emotion is a measure of our creative power.

The Creative Power of Love

Perspective 9: The irony is that the more in love we are, the less creative we are inclined to be.

My emotional state of being is a measure of my creative power, which makes my emotional intelligence a pre-requisite for being consciously creative.

The good news is that if my emotional state of being is not very attractive, I am able to create a new one but it does require both my authority and my emotional power to do so.

The reality is that when the magnitude of my emotional energy is low, I don't have the creative power to change anything. I have to connect to my emotional power, in order to change my energy vibration, so that I can connect to my creative power. The problem is that my creative power is emotion – the pure emotion of Love.

The bottom line is you just can't do it without some assistance. Somebody telling you to think positively doesn't work; because the ability to think positively requires positive emotional energy that comes only when you are thinking positively.

When you are thinking negatively and experiencing negative emotion, you are experiencing a lack of emotional power; and in this energy void, this power vacuum, action becomes very limited.

Changing my perspective takes a good deal of emotional energy, so it is only achievable when I am having a good day; and when I'm having a good day, I don't need to change my perspective.

This is why we all need a bit of support & guidance, because without it, we will all remain totally lost, confused and continue to get very frustrated.

Perspective 10: The ability of Love to be creative is subject to its power being authorised

My creative power of love comes from within me. I connect to my creative power within via my emotional state of being and I understand my emotional state of being by how I am feeling.

A basic level of emotional intelligence feels emotion as either positive or negative, which means I like the feeling or I don't; I love the feeling or I hate it, depending on its polarity and its intensity.

In the absence of any emotional intelligence, I can suppress my emotions sufficiently to ignore them completely and make only rational choices in my head; that is until the feeling becomes so intensely fearful that it stops me in my tracks.

Fear is an acronym for false evidence appearing real. It is not an emotion but a conviction in a belief that is false and limiting my progress along my path.

I do not ever recommend that you feel the fear and do it anyway. Fear is my opportunity to change my mind about what is occurring in my life. Nervous fear & excitement are the same intensity of energy viewed from opposing perspectives. We can proceed with fear or we can proceed with excitement, because we always have a choice in this dual reality world.

I recommend that fear is an opportunity for reflection and a change of mind. A change of mind creates a change of heart and allows me to progress in a positive way. My direction is only positive when my emotion is in positive alignment.

When you are positively empowered with inspiration, nobody needs to motivate you to move because there is nothing standing in your way; no resistance, no inertia, no entropy, no problem, just a great opportunity.

The real issue and the question to ask my Self is: "What is standing in my way?"

I am always standing in 'my way'. No one else is standing in my way. When someone else appears to be standing in my way, I am standing in someone else's way; and I am standing the way someone else is standing, instead of standing my way.

Perspective 11: The only person standing between me and my ideal life is my Self.

When I am not being ideal myself, I cannot attract my ideal life because I am getting in the way. I need to learn to get out of my own way, in order to get my own way, and I need to let go of having my own way in order to find my own way.

The problem is that there are two aspects of me, and they cannot both have their own way. There is the present me, with or without presence, and there is the Higher Aspect of me that is always present, whether I am aware of it or not.

My awareness of my Higher Self is intuitive. If I can't feel it, see it in my imagination or know it to exist, then it is not real; it is not in my present reality and I am disconnected from my own source of higher guidance and support and I will remain lost, confused and very frustrated when I can't get my own way.

The only time & place that I am connected is when I am being creative and feeling the creative power of love within me.

By creating a space of love within me, I am connecting to the power of Love within me and channelling the power of love into my creation. That creative power is an intensely positive feeling of emotion and is always present when I am in alignment with my Higher Consciousness and my thought has a pure vibration.

When my conscious thoughts are in alignment with the higher aspect of my Self, I align with my emotional power; my power becomes authorised and allows my creative ability to effortlessly flow from within me.

When I choose a thought that is authorised, I choose it with the authority of my higher self and it becomes present with power. It is powerfully presented to myself in the present moment as my gift from me to me.

I only have to accept the gift to allow my presence to be realised in that moment as a present. I do that by approving who I am being in that moment. When I can see, feel & know who I am being in the moment, I attain the emotional intelligence of my super-conscious awareness and the awareness of my Super-conscious Self.

My Super-conscious Self is always in alignment with who I really am and is beyond the limitations of dual reality existence. That means that my authority to choose and my power to manifest that choice is unlimited.

My ability to consciously manifest my choice in physical reality requires my alignment with the authority that created my choice of thought because the magnitude of my power is relative to the force of the originating authority.

Unless a thought has the authority of its originator, it does not have creative power because the creative power of any thought is relative to the power of the authority of its creator.

The more pure and intense my emotion, the more in alignment with my source of authority I am and the greater my creative power becomes.

The key, therefore, to accessing my creative power of love is to feel the emotion of love for whatever I am doing. When I do not love what I am doing, I am disconnected from my true

power, which means it does not have the authority of my highest choice, which means it is not aligned with my true path.

When I am doing something without feeling emotion, my ego Self is divided from the higher aspect of my Self and what I am doing is without my Soul's co-operation. Without Soul, my work is ego driven and will lack the creative spark of ingenious spontaneity.

My Soul is my creative ingenuity, my imaginative genius, and is genuinely spontaneous, but only when I am intuitively connected.

Perspective 12: The Source of my power & authority is my Soul

The Source of Creation

The source of my creation is my Soul. When my Soul is missing from my reality, there is no ability to create my own reality consciously, because I am without the power or the authority. So if you don't believe that you have a soul, you are going to have to make one up in your creative imagination.

To do that, you are going to have to make it up for real, which may need a change in perspective; especially if you have been led to believe that making things up is wrong or its just your imagination and it's not real. These are limiting beliefs and will disallow creative ability.

When I disbelieve the source of my creative ability or when I believe that the source of my creative ability is outside of my Self, then that is the reality that I experience. My belief creates the reality that I experience.

Imagining it, making it up and creating it, are all the same thing once I overcome the duality of illusion and reality; and realise the reality of the illusion that I have already created to be my reality.

When life becomes an illusion that is real, I realise that life really can become magical, unless that is, I believe it to be a trick. The only way to make an illusion real is to experience it in real life, yet before I can experience it for real, I have to create it, and before I can create it, I have to make it up in my mind; I have to make up my mind that I intend for it to become real, I have to imagine it in my mind then allow the Law of Attraction to bring it into my reality as a faithful representation of my thought.

The Law of Attraction is a creation machine; it is a mechanism through which thoughts and dreams become real, but like any processor, I have to learn how it works.

Like any process, I first have to learn that it exists, that it really exists. Secondly, I have to switch the machine on. Actually the Law of Attraction cannot be switched off, it is always running and always operating, infinitely, eternally, continuously and faultlessly. It is in perfect

perpetual motion and the ideal creation machine for an all seeing, all knowing, and all feeling, Creator.

I am required to switch my Self on, to connect my Self to the Universal Process of Creation, to become consciously aware of my Creator and that my creator is, was and always will be, me.

Furthermore, I have to realise that I am both the creator and the creation. I have created my Self to experience everything that I create. To be both the creator and the creation requires a very special world, a dual reality world where I can look at everything from opposing perspectives; the perspective of the creator and the perspective of the creation.

When I believe that the source of my creation is outside of my Self, I have become lost within the duality of the experience, which it was always my intention to become. Only by immersing my Self into the full experience of my creation can I fully appreciate the true wonder of whatever I am creating.

In my ideal world, I choose the ability to consciously create my reality in full awareness of the actual experience. There is no point making a gourmet meal and letting someone else eat it; unless of course, I am making a hash of it and would rather not experience the mess that I have cooked up.

The Law of Attraction makes no praise or criticism of whatever I decide to serve up as just my desserts. Because whether they are just or I am just the victim of an injustice, as always, is my choice.

In the first part of my life, I forgot that I am creating my own reality and I adopted the reality of whomever I believed had created it. I continued to believe that I was the victim of what someone else created until I was awakened to the possibility of a new reality that has the potential to change my life forever.

You have also been awakened to that possibility; otherwise you would not be reading this book right now. You have woken up to the reality that there must be something more than the reality that you are presently experiencing and you are seeking the answers to how to experience it.

Well, before you can experience it, you have to create; and if you are waiting for someone else to create it, you are a victim of having to wait for someone else to create it and you will become a victim of someone else not quite creating it the way that is ideal for you.

You see, someone else's way will never be ideal for you; that is what you have spent your life so far experiencing. The only reason that you have not yet created your ideal world is that you didn't know how and you didn't know you could.

From the perspective of your individual physical ego self, it is not possible to create one's own reality; so that becomes your experience.

Consciously creating my reality requires a connection to the source of my creative ability, which I call my Soul. Now, you can call the source of your creation anything you like, as long as you name it; because you cannot identify with a god with no name.

If you decide to call the source of your creation 'God', you may have to work through a lot of limiting beliefs about God that have been given to you by your parents, your teachers, your ministers, your society and your every experience of life so far.

I will remind you of the words of a great Messiah who said: "You too can be like me" because "We are all made in the image of God". Unfortunately very few appear to have attained that image, because most people appear to be totally divorced from the reality of their true identity.

Whatever I imagine my god to be, whether God Almighty, just another god, just a myth, or just a fabrication of the real truth, that will become the reality of my own experience.

How I see the reality of my own creation has a huge impact on my ability to become the creator of my own unlimited experience.

From the experience and the perspective of my lower ego Self, I have neither the power, nor the authority, nor the ability, to create my own reality.

It is only from the perspective of my 'Higher Self', 'Real Self', 'True Self', 'Super-Conscious Self', 'God-Self' or any other name that I use to define my 'Soul', that I recognise my omnipotent, omniscient and omnipresent source of creativity.

Now, let me say right now, in absolute reality there is absolutely no power, no authority and no ability to create someone else's reality. The Law of Attraction disallows it.

Perspective 13: I have no power, authority or ability to create someone else's reality.

The Law of Attraction specifically brings the focus of my thoughts to me and the focus of your thoughts to you; it is faultless and immutable.

Other people are creating their reality, whether they are aware of it or not; as I am creating my reality whether I know it or not. Any influence that other people have in my reality is because, knowingly or unknowingly, I have allowed it.

When I adopt other people's thoughts and beliefs as my own, I allow those thoughts and beliefs to become my reality; because they are creating my reality.

When I am conscious of the Golden Rule and aware of the Law of Attraction, it becomes essential to the creation of my own reality to allow all others to follow their own path of creating their own unique reality, without interference; because only then will other people allow me to effortlessly create my own reality, without interference.

Perspective 14: The Golden Rule is golden; when I do unto all others that which I would have others do unto me.

What causes static and confusion in any communication is interference from unwanted energy vibrations. I cannot clearly transmit a vision of my ideal life as a pure thought pattern concerning both my present observation and the imagination of my desires in a pure

communication to the Universal Processor of all Creation whilst experiencing interference from an outside source.

Like any processor of data, when I put garbage in, I get garbage out. When someone tells you that they have tried the secret law of attraction and it doesn't work and its garbage, that's because in their thinking they have input confusing or contradictory data.

Living in a world of duality gets more and more confusing the more and more choice that we experience. The more choice we have the more entropy we create and the more resistance we potentially experience.

To Attract my Ideal Life, I am required to have a very clear idea of what my ideal life looks like, and that requires 'Super Vision'. The Super Vision of my Soul, who is always there to oversee my progress through life because that is my Soul's role; from the perspective of my Self.

The Role of the Soul

My sole role is expansive growth and so is the role of my Soul. In the big picture of existence, my Soul seeks eternal, infinite and continuous growth through the personal development of its Self. The purpose of physical reality and material life is to facilitate that process.

Through the incarnation of physical life, an id & ego self is created from the entity that is my Soul. My super-conscious Mind creates a conscious and sub-conscious aspect of its thought.

From the perspective of my physical ego self, because I have complete freedom of choice, I can think whatever I like. Whatever I choose to become my reality will, but unless I understand the basics of how the law of Attraction works, I will find that whatever I choose not to become my reality, will as well.

In my disconnection from my Soul, I see myself as a separate entity from my Soul. From my Soul's perspective, there is never any disconnection and because my Soul has unconditional choice in all matters, so does its Self.

My Soul never tells me what to do as it can only give direction indirectly, when I am not directly in communication. In my disconnection from my Soul, the only consistent connection that I have is my emotional sense of feeling, but even that can be translated in either a positive or a negative way.

My Soul is not my supervisor. It is neither my inner critic, nor my manager, nor my boss, nor my teacher, nor my parent, nor my master; unless that is I choose to become a slave of god, a child of god, a student of god, a worker for god, an employee of god, or see god as eternally in judgment of myself, as always the choice is unique to each and every Individual experiencer.

I see my Soul as an 'Overseer' with all the personal qualities of life that I aspire to. My Soul always sees my Self as equal to my Soul, because from my Soul's perspective there is no disconnection, no separation, and no distinction in being divided.

My experiences of physical reality are just my Soul being its Self from a divine perspective. From my Soul's perspective, in absolute reality, all physical experience is divine, because it offers the opportunity for unlimited expansive creative personal growth. My Soul's perception is that nothing is negative because nothing is negative, because when everything potentially exists for the asking, the experience of nothing becomes divine.

Therefore when we ask for nothing, that is exactly what we get – nothing. Unless I ask a question, I cannot get an answer. Unless I ask my Soul for direction, I cannot get a reply. When I ask for support, I am making a statement that support is not there and that becomes my experience – being unsupported. When I know that my Soul has already made provision for its Self, then that becomes my experience.

When I believe that there is something that I am without, then that becomes my experience and the more that I focus on being without it, the longer the experience will last.

Perspective 15: Be careful what you ask for, because you might get it.

The quickest way to have everything I want is to want for nothing, because when I truly want for nothing, I have everything that I want. When that becomes my experiences and I am truly in gratitude and appreciation for having everything that I want then that becomes my reality and I know that I can have anything that I want in the future – within reason.

Now, I said within reason, not within limits. There is no limit to what I can choose, the universe is infinite, which means unlimited. If I can imagine it, I can create it with the focus of my thought as long as I have a reason to do so.

Creating for no particular reason is unreasonable and irresponsible; both of which are negative attributes of my Self and not divine attainments of my Soul. When I am out of alignment with my Soul, I am disconnected from my creative power & authority. My Soul is only ever absolutely reasonable & responsible. In my ideal life, I take full responsibility for everything that I create.

My Soul creates the ability of expansive growth through the power and authority of its choice. Unless its Self is in alignment with that choice, it has no power or authority. Unless my Self is in alignment with my Soul, I am powerless to choose, which has often been my experience.

My Soul is the overseer of the vision for my life. My physical ego self has the ability to choose for itself its own intentions, which are influenced greatly by the perspective of reality filed in my sub-conscious memory.

When the conscious, sub-conscious and super-conscious aspects of my Consciousness come into alignment, everything is as one and united, with the presence of a clear direction.

When my intention, my perspective and my vision are aligned, life is a divine experience. However, when:

- My intention and perspective are out of alignment, I will get frustrated with my lack of presence.
- My intention is out of alignment with my vision, I will get lost due to my lack of direction.
- My perspective is out of alignment with my vision, I will get confused because of my lack of clarity.

Only when my conscious intention is aligned with my sub-conscious perspective and in alignment with my super-conscious vision will the experience of my life having the presence of a clear direction become my reality.

My Soul always has presence and always presents that in the present as a present to its Self with clear direction, in alignment with its Vision for its Self to experience in real life.

From this perspective, the role of the soul is to over-see the journey as the wise Seer and omniscient presence, who knows all, in the role of Overseer.

It is also the Provider of all provision that is essential for the journey through physical life, which is the essence of the Soul's Providence. My Soul provides all my provisions, should I choose to accept them or not.

My Soul does not adopt the role of Protector, because from the perspective of my Soul, there is nothing to be protected from. On the contrary, any protection that I seek myself creates a comfort zone that serves only to restrict my freedom to create an expansive experience.

It is neither my Soul's purpose to protect itself from its Self, nor to protect its Self from what it provides for its Self to experience. These are all false perspectives of a Self that intends to follow a path other than its true Vision.

When I have no clear distinction between my intention, my perspective and my vision, they appear to be the same, but that doesn't mean they are in alignment. In the absence of knowing my clear vision for my life, the only way to know that I am in alignment is when I am experiencing life as being ideal and divine. So when my life is less than ideal or divine, I am out of alignment with the true source of my creative ability. When I am out of alignment with my true source of creative ability, life is less than ideal and less than divine because my ideals are less than divine.

A Divine Life

Living a Divine Life is not dependent on my being religious; it is dependent on attaining an ideal life by living my own ideals and owning my ideals and my own ideal experience of life.

I don't have to be religious, but I do need to be spiritual as well as physical. Combining my physical consciousness with my spiritual awareness allows me the conscious-awareness of all my senses.

My senses are the essence of how I interpret the reality that I have created by what I am presently experiencing. My sense of reality is my present experience and my present reality is the experience that I am sensing. The reality of my senses is essential to my present experience and presenting my reality in a way that makes sense requires me to experience the present.

Whichever way I look at it, unless I am presently experiencing all of my senses, I cannot experience the full presence of my reality in a sensible way. That requires me to connect to the reality of my present experience with not only my 5 physical senses of sight, hearing, smell, taste & touch; but also my 3 intuitive senses of seeing, feeling & knowing.

The only ways to sense energy is to know it, feel it, or see it intuitively; because my physical conscious self is unable to see, feel, or know anything to be real unless it is visible, audible, smell-able, taste-able or touchable.

The intuitive, spiritual aspect of my Self is my Soul. When I can intuitively see, feel or know something to be real, then I am co-operating with my Soul. I am using the senses of my Higher Self and seeing the reality of my life as my Soul sees it.

My Soul only connects to the physical experience of life through my Self; and when my Self allows it, I feel the full emotional power & authority of my Soul's connection to my Self.

Connecting to the ability of my creative power & authority only occurs when my Self is in alignment with my Soul and we are 'co-operating' with the Laws of Attraction.

My Divine Life requires the co-operation of my Soul; because, I have realised, without the co-operation of my Soul, life is less than ideal. For my Soul to fulfil my vision for my life requires the co-operation of my Self.

The co-operation of my Self with my Soul is as essential to my journey as is the co-operation of my Soul with my Self. The longer I remain un-connected and un-co-operative, the more confused, lost and frustrated I become in my search for my ideal life.

My Soul is always co-operating, always providing, always connected, always offering opportunities, always offering positive emotional encouragement, always and all ways; forever and ever Amen.

When I am short on provisions, disconnected, long on problems, emotionally negative, treading water or going in circles; then I am not co-operating and I am trying to do it all my Self, with absolutely no idea what it is I'm supposed to be doing anyway.

Perspective 16: My connection to a divine life is intuitive.

I cannot have a divine life without my connection to my own divinity, which requires intuition. Intuition is my 'tuition from within'. My Inner tutor is my guiding 'light' that illuminates my path through life, every step of the way.

From the perspective of physical reality life, I can only ever see the next step of my journey; because my Soul only exists in the 'now' of each present moment. In the Absolute Reality of my Soul, there is no past or future, and there is no power, authority or ability to create anything in the past or future, only the present.

My Soul can only co-operate when I am present in the moment. When present in the moment, I feel the 'gap of space'; know the 'now of time'; and see the 'flow of reality'. My space-time-reality is in alignment when I am in the gap, in the flow & in the now; because that is where I am 'found' and I find my Soul.

Even though I may know my Vision, and I may align my perspective and my intention accordingly, I cannot know my path because it does not yet exist. I can't go to the last page of the book and see how it turns out, because the book is not yet written. That is why I am here, to write the book of my own 'Life'. My title of my Book of Life is my Vision. When I know my vision, I know the title of my true identity and my purpose for making the journey; but the journey itself is yet to be experienced as the book is yet to be written.

It is a story of my Soul's expansive development & growth through the experience of relative dual reality life on the physical planet Earth.

In the absence of knowing my way, I will require faith in my internal guidance system that is always available to me on my journey through life.

The Essence of Faith

Faith is the essence of my Journey. To faithfully undertake my journey requires me to be full of faith. Being full of faith is not a belief but a feeling of anticipated fulfilment. It is a knowing that full of faith, I am empowered to fulfil my journey.

Faith is the essence of who my Soul is being. My Soul always has faith in its Self, whether I am faithful to my Soul or not.

Faith & trust is not the same thing. Trust is a duality of trust & mistrust, which means that trust can be misplaced, whereas faith cannot. I am either co-operating in good faith or I'm not co-operating. I either have faith in my Soul or I have no faith at all. I can trust the faith of my religion, but that is trust not faith.

I have learned to trust everyone that I meet. I trust them to do exactly whatever they choose to do that is right for them, and I find my trust is rarely misplaced. Generally speaking, people do what they consider is right for themselves, given their perspective of their reality. I

don't trust people to always do what they say because I find that people rarely do exactly what they say, preferring to do instead what they believe is right for them.

I have no faith in other people. I follow my faith, faithfully full of faith. I never choose to follow someone else's path; although I may follow their example, which is an expression of who they are being, I never follow their path.

I believe that we all have our own individually unique and exclusive path to follow and when I faithfully follow the path of another, I will become lost, confused and very frustrated.

My Golden Rule is: "Follow your own path and allow all others to follow theirs" because when I faithfully allow all others to follow their own path, they allow me to faithfully follow mine.

Furthermore, I have found this golden rule also applies to my co-operation with my Soul: When I faithfully follow the path of my Soul, I allow my Soul to lead the way; and in so doing I become both a fulfilled leader of my own life and a faithful follower of my own life. I attain the ideal balance between being a leader or a follower and find that I have overcome the duality, which is divine for me.

I found that when I let other people lead my life, I never got round to discovering, exploring or experiencing my own ideals and what others believed to be best for myself, wasn't ideal.

When I let my ego make my choices, I found that it led me into all sorts of dramas that created varying degrees of limiting beliefs, boundaries, emotional needs and some very frightening realities.

The benefit to my Self of allowing my Soul to lead the way as my internal guidance system is because it has some quite unique advantages, which I am happy to share with you, if you will allow me; as my Soul is happy to share with its Self, when it is allowed to express its highest attributes in co-operation with its Self.

Divine Qualities

Divine Qualities are the sum total of the personal attributes and attainments that I have accumulated as my Soul journeying through many life-times, on many planes of existence; by creating many different realities.

Attributes are personal states of 'Beingness' that my Soul can attribute to its Self, whereas attainments are those personal states of 'Beingness' that my Self can choose at will, but only when in co-operation at a Soul level; which is Divine. Only when my attributes and attainments are of divine quality, am I operating in congruent harmony as my Self & as my Soul.

From a Soul perspective, qualities, attributes and attainments are all the same thing; until that is, I find my Self in a dual reality world of choice and distinction. How much distinction

my choice has then becomes relative to the quality of my personal attributes and attainments.

In order to attest to the power of my Soul, affirm the authority of my Soul, and acknowledge the ability of my Soul, I need to first remember that the potential of all energy is the product of its force and magnitude.

Secondly, I need to remember that this knowledge is neither contained in any text books, nor is it available yet on the internet; so I will have to use my intuition when I am considering my ability to see potential, my power to feel magnitude and my authority to know force.

In absolute reality, my Soul, intuitively & instinctively, has an omnipotent magnitude of power, an omniscient force of authority and an omnipresent potential ability.

The thing about potential ability is that it is just a potential until that ability is realised; and that is where my Self comes in. My Soul is totally dependent on my Self to faithfully fulfil its potential ability as an expression of life. Until that potential ability is brought to life, it cannot be brought to life. Until I realise my potential ability, my potential ability cannot be realised; it is not real until it becomes expressed as my reality.

In relative duality, my Self, rationally & emotionally, has a magnitude of self-worth or not, a force full of self-confidence or not, and a potential ability to hold myself in high esteem or not; depending on my perspective in any present moment.

When I am not expressing an expression of my highest esteem in my Self, my confidence and sense of worth is diminished; because the ability to hold myself in high esteem appears to be relative to my confidence in my own self-worth. You see, I am only as valuable to my Soul as I believe myself to be. Any belief that I am unworthy will create that as the reality that I experience.

Any lack of confidence that I experience is solely down to my inability to confide in my true self. When I keep my Soul a secret, it has huge implications for my self-confidence.

Any lack of self-esteem, created by my lack of worth or confidence, is an expression of the character and personality that I have adopted as my reality in favour of my true identity. Without the esteem of my true identity, which has omnipresent potential, my potential is ever present; I will lack confidence in my omniscient authority and deny the value of my omnipotent power.

My Soul always & eternally holds my Self in High Esteem, because there is no low esteem in which to behold myself from a higher perspective.

My Soul has every confidence in my Self because it sees the potential of its Self, whether I can see that myself or not.

My Soul sees the value of its Self, even when its self has no confidence in its own worth.

Now: "Who do you want leading your life and showing you the way; your irrationally-logical ego self or your emotionally intelligent inner guidance?"

The question is: "Where am I now and where do I want to be?"

"Are you going to faithfully and intuitively follow the omnipresent direction of your higher Self or do you prefer the arrogance and vanity of your own will power?" The choice as always is individually available to each and everyone.

The question is: "When am I living: In the past of my sub-conscious self, the present of my conscious self or the future of my super-conscious self"?

Attraction in Action

In the first part of this book, I have asked the questions "when?" and "where?" We have explored the reality of when in time and where in space that attraction exists. It is now time to ask two more questions: "Who?" & "Why?"

Attraction is always in action. The question is: "Am I aware of why I am attracting?" This is the same question as "Am I aware of whom I am being?" because it is my state of being that is energetic. It is my state of being that is the matter of my energy in motion.

The matter of my energy in motion is about "Who I am Being", not what I am doing. Doing is not attractive; "Being is!"

The reason that we get very lost with our Beingness is that we have been taught about the verb to 'be'. We have been taught that a verb is a 'doing' word and therefore being is something that we do.

So, we ask our Self the question: "What do I have to do to be Happy?" We search our Soul and ask: "What do I have to do to be content, fulfilled & joyful?" We seek advice from our physicians and medical experts and ask: "What do I have to do to be healthy?" To our financial gurus we ask: "What do I have to do to be wealthy?" And to our professors and teachers we ask: "What do I have to do to be wise"?

And the answer to every question is "nothing".

There is nothing you have to do to be attractive. So stop trying. I told you before, you already are. You are attractive by virtue of your state of being. Actually you are attractive by virtue of your sins as well, which we will come onto a bit later.

The Law of Attraction takes care of all the action, unconditionally, immutably & perfectly.

Now, let me say right away, I am not saying do nothing. I am saying there is nothing that you have to do. I am saying do only what you choose to do, because it is in alignment with the highest aspect of who you are and an expression of your true identity. That means it is in co-operation with your Soul.

Having to do anything is a toleration. Whenever I 'have to', I 'ought to', I 'should' or I 'must' do anything, I am tolerating the conditions that are attached to my action. With enough patience, I can be taught to tolerate and endure the many conditions that are imposed on my life. I am also taught that the harder I try the greater chance I have of overcoming all the conditions that are resisting my attempted actions; none of which is effortless and positively flowing and in alignment with the highest aspect of my Soul-Self.

The Emotional Intelligence of understanding my own emotional state of being, allows me to *know* what action to take because it *feels* right and I can *see* why it is right for me, right now.

The problem is that tolerations are a problem, not an opportunity, and I will continue to tolerate the problems in my life when I believe that I ought to, should, have to or must. As always, I have three choices: I can find my life to be intolerable and become very impatient, frustrated & angry; or with enough patience, I can tolerate my problems until I find the right action to take to solve my problems; or I can learn to accept every moment as an opportunity for growth and look at who I am being in relationship to whatever is occurring in my life.

The paradox is that the busier that I am being, the less time I have to look at who I am being.

Perspective17: Being busy may be rationally logical but it is not emotionally intelligent

The thing is, my Soul is not particularly interested in what I am 'doing', it is concerned with who I am 'being' whilst I am doing whatever I am doing.

My Soul allows me to unconditionally choose whatever I want to do, knowing that every action is an opportunity for the expression of my 'Beingness'. However, my Soul only gets inspired and excited when I have the opportunity through whatever I am doing to expand my Beingness in a greater, more expansive, expression of who I really am.

Doing nothing is an expression of my idle slothfulness, which is a sin. That is not to say that my Soul prefers the virtue of diligent and dutiful hard-work.

Diligence is often an 'ought to'; duty a 'have to'; hard work a 'must'; and all three a toleration that helps me find the solution to my problems and misses the opportunity for the expansive growth of my Beingness.

My Soul is synonymous with my Beingness. I am either Being my Soul or being myself. The choice, as always is mine; and yours, separately and individually.

I cannot 'do' being my Soul. That is a pretence and a falsehood. It is not a true expression of who I really am. As I am on a journey of exploration, discover and experience to 'become' who I am in 'Real Life', my focus of attention and the main point of my action is to allow me to look at who I am being whilst I am experiencing, exploring & discovering my real life.

My 'Beingness' can either be the pure state of emotion that is all aspects of my Soul's Love for my Self; or it can be any, old or new, sin or virtue that I choose to experience for my Self.

My Soul will constantly provide the opportunity for me to ask: "What am I doing?" Until eventually I will ask a better question like: "Who am I Being?" In the asking of a better question is the opportunity for expansive growth.

The paradox is that: "I cannot look outside of my Self to see who I am being, although actually I can".

I cannot look outside of my Self to see, because seeing is intuitive and comes from within. My Inner Tutor is within me and never without me. My Beingness is always an expression of my Inner Being, and I connect to my Inner Being intuitively. I know it is there when I feel it; and when I know that I feel it, I get it and I am able to see it intuitively. I can see with 'the eyes that cannot see' unless I am blind to the intelligence of my emotions.

The reason that I can also look outside of my Self to see who I am being is once again due to the Law of Attraction.

You see, like energy is drawn unto itself. My emotional state of being is the vibration of energy, determined by its frequency polarity & gender of wavelength, which I express to the world. That expression of who I am being draws like vibrations of energy unto itself. I attract my state of being as a reflection in other people who are attracted to me. Other people's emotions reflect to me my presence, or lack of presence, because who they are being is a true reflection of who I am being; once I am able to reflect on the emotional intelligence of my own reflection.

With intelligent emotion, I am able to both reflect my true identity and reflect on my true identity. I am able to see whether my reflection, on reflection, is a true expression of my Soul-Self; or whether I have adopted the personality of a character that is playing the role of a human being, doing life.

My personality & character may well be a true reflection of the role that I am playing in life, but that is just acting. I'm just play acting my role that I believe that I have in life, which is a pretence. Pretence is who I used to be then, in the past, not who I really am in the Now of my present.

“Do I choose to be the star in an intensely dramatic version of my life, or do I choose to be a true expression of who I really am?” As always the choice is mine, and yours.

That is not to say that the role that we are playing in life is not important to us. It is, unless of course you believe that you don't have an important role to play in life or that the role you are currently carrying out is of little importance, or you don't understand why playing a role is important in your life.

The role that I am playing in life is what I am doing in life, not who I am being. The role that I adopt, with my personality & character, is the subject of my life and what I do whilst in that subjective role becomes the object of my life.

I live an objective life, doing whatever I need to do to achieve my objectives, in the belief that, that is the objective of life. Life has many objectives in the absence of a personal Vision. When I cannot see what it is that I am supposed to be doing, I will look objectively at my life and form some worthwhile objectives for my life, because I believe that is what I ought to do.

What I do becomes the subject of my life instead of my Self. What I have, the objects in my life, becomes the objective of my life. The objective becomes to have more and more, which requires my doing more and more to achieve my objective of having more and more.

I get totally lost, confused and frustrated in my subjective-objective reality and fail to answer my question of how to be happy, healthy, wealthy & wise.

Perspective 18: Beingness is an emotionally intelligent state of being

Until I am able to understand the state of my emotions in a rational way, I cannot consciously choose my emotional state of being, and I will remain a victim of my emotional outbursts; and so will everyone else.

When I suppress my emotions, I suppress my ability to feel what is right for me, I suppress my intuitive senses, I suppress my inner guidance system, and I depress my Soul.

Perspective 19: I will never become emotionally intelligent by suppressing my emotions

Being Emotionally Intelligent

Emotional Intelligence requires an understanding of Emotion; so I need to define it rationally, logically and intelligently.

Being 'Emotional' means understanding my energetic state of being. Not to be confused with being 'Irrational'; this means making decisions based on my negative emotional feelings.

Emotional & Irrational are a duality because they are the same vibration of energy with an opposing polarity & gender. I can intuitively *see*, *feel* or *know* an emotion to be female & positive (emotional) or male & negative (irrational).

Now, if you are starting to struggle a bit, it's because being emotional is not rational. You see, Emotional & Rational are a duality as well; they are the same wavelength of energy with opposing genders. Emotional energy has a female gender and rational energy has a male gender.

In a male dominated society, female energy is suppressed. The only way that a female Executive can both survive and succeed in the rational logic of business is by connecting to her male energy. This is why female Executives are often better Managers, because they have managed to balance the male & the female aspects of their energies. They have discovered that the states of being both emotional & rational are positively beneficial; that being unemotional is as disadvantageous as being irrational; and they know that being emotional is not the same as being irrational.

This is all very difficult to comprehend if you are either 'Unemotional', which means disconnected from your intuitive energy with suppressed emotions; or if you are 'Rational', which means you rate everything in a physically logical way; especially if you see being emotional as either irrational or illogical because it is beyond the remit of the physical senses.

Male energy will always polarise towards the rational intelligence of our current education system, which in the main excludes intuition, emotion & sensitivity; in favour of the unemotional & insensitive rationale of cold, hard, logical, provable facts.

There is nothing worse than an irrational view of an illogical experience, so to overcome this, we have been taught to suppress our emotions in a rational way by being unemotional. Is it any wonder that we have lost our intuitive guidance system and energetic presence in the confusion of our own teaching system?

Emotional Intelligence requires me to look at emotional states of being in a rational way; so let's apply the Laws of Attraction and see what happens:

Law 1: ***"Like energy unto itself is drawn"***

- Rational people are drawn to Irrational people, who they dislike.
- Emotional people are drawn to Unemotional people, who they dislike.
- Rational people are drawn to Emotional people, who they do like; and vice versa.

This is because whether an energetic state of being is seen to be rational, emotional, irrational or unemotional, is just a different perspective of the same like vibration of energy.

Law 2: ***"Energy is divided by its frequency & wavelength, which allows the potential to be either attractive or not"***

My energetic state of being is presented in a divided state of both thought and emotion. I can know it or feel it even when I can't see that:

- The rational frequency of my thought is attractive
- The unemotional frequency of my thought is non-attractive
- The emotional wavelength of my feeling, on which my thought is conveyed, is attractive
- The irrational wavelength of my feeling is non-attractive

When my frequency of thought is separated from my wavelength of emotion, I attain the potential to attract people with like thoughts or attract people with like emotions; or both. I also attain the state of not attracting people with a different energy vibration to mine.

Law 3: *“The polarity & gender of energy determines the intensity of its attraction or un-attraction”*

When the frequency of my thoughts is divided by polarity and the wavelength of my emotions is divided by gender, I attain the ability to relate to others in a whole range of intense experiences.

- The rational frequency of my thought is both male & positive
- The unemotional frequency of my thought is both male & negative
- The emotional wavelength of my feeling is both female & positive
- The irrational wavelength of my feeling is both female & negative

This allows:

- Positively attractive rational male energy to attract positively attractive emotional female energy, because they are the same like vibration of emotional thought
- Negatively attractive unemotional male energy to attract negatively attractive irrational female energy, because they are the same like vibration of emotional thought
- Positively attractive rational male energy to repel negatively irrational female energy, which it sees as unattractive
- Positively attractive emotional female energy to repel negatively unemotional male energy, which it sees as unattractive

The potential for relationships of male & female energy to be positive or negative, attractive or non-attractive, and attractive or un-attractive, is infinitely possible with an intensity that is determined by law 4:

Law 4: *“The potential ability of energy to be creative is determined by the magnitude of its power and the force of its authority”*

This means that the more an energy vibration is divided, the more potential it has to be re-united; and the more an energy vibration is united in its purity, the greater its potential creative ability.

Which means that the more divided the energy of my thought and emotion becomes, the less power & authority they have. Therefore:

- Being unemotional or irrational is not very powerful and its ability is without the authority to be creative
- Being emotional and not rational or rational and not emotional is more powerful but not potentially creative
- Being in both emotional & rational equilibrium achieves inner balance and allows my thought to become powerfully creative, relative to the intensity of my authority.

Now you may well argue that there are some very rationally unemotional scientists who are very creative in their scientific endeavours, which there are.

However, when disconnected from our emotional source of power, we will have to rely on will power, which we authorise our self. It is our self-will that drives us on and motivates us to never give up and to keep trying against all the odds to succeed, even after countless failures.

You may also argue that there are some very irrationally emotional artists who are very creative in their artistic endeavours, which they are.

However, when disconnected from our rational source of authority, we will have to rely on spontaneous genius to keep our feet firmly on the ground. Without self-determination and a degree of groundedness, our imagination can fly off in all sorts of irrational directions and produce all sorts of illogical expressions, in the name of so-called art.

When artists bring rational logic to their work, it attains creative balance; in the same way as when scientists bring intuition to the sensitivity of their work it becomes on balance, very creative.

Everything as always is a matter of how we see things and whether we see things intuitively or we only see what is visible to us.

All this means that my power to potentially create my own reality is determined by the magnitude of my emotional state of being and its ability to be in alignment with my omnipotent Higher Power.

It also means that my authority to potentially create my own reality is determined by the force of the conviction or belief in my thought. However, just because I am intensely convicted doesn't mean I have access to my creative authority. What determines my

creative ability is my alignment with my Higher Authority, which determines the potential of my thought, not the action of my lower self that determines the intensity of my action.

Potential and intensity is not the same thing. It is true to say that the greater the intensity of the emotion, the greater the potential of the thought to be creative. It is also true to say that the greater the potential of the thought to be expansive, the greater the intensity of the emotion. It is the intensity of the expansive potential that allows the ability to be creative.

My Soul allows me the power to action an authorised thought. My ability to act requires both power & authority. When my power & authority is divided, or when my power & authority have no distinction, my creative ability is limited. It is limited to the individual ability of my Self.

When the authority of my ego self is out of alignment with my Higher Vision, I will have to depend on my will power and the motivation of my Self or others. I may be self-determined and motivated, but I am not truly empowered.

Being Self Determined

Perspective 20: Being self-determined can be either good or bad

I am being Self-determined when I determine for my Self whatever I choose to experience as being real. I can determine that with or without the power, authority & ability of my Soul.

When I am feeling an intense emotion, whatever emotion and whatever intensity, I am intuitively feeling my alignment with my Soul's agreement. My 'Soul Agreement' is also called my 'Calling', my 'Vocation', my 'Covenant', or my 'Vision'.

The greater the intensity of feeling, the greater is the alignment with my Soul. This applies whether I am being connected or disconnected; sensitive or insensitive; emotional or unemotional; or a combination of all three. We will look at the distinction between being connected, emotional and sensitive, later in the book.

The reason that the creative potential of my energy is different from the creative intensity of my energy is because I have the potential to both create and uncreate, or destroy, whenever, and whether, I choose or not.

A negative intensity of energy will disallow my action in the same way that a negative thought will determine my decision not to act. A negative thought disallows my action because I believe that it is not right for me. It appears as a limiting thought because it will either limit my action or it will limit my creative ability, depending on my perspective.

An intense limiting belief is called a fear. Fear is not an emotion, but in our emotionally un-intelligent world we feel fear as an emotion because we have not recognised the limiting belief that caused it. It is always my belief that creates a fearful thought and the accompanying emotion that I feel as fear, so I call it fear.

I have been taught that fear is an emotion and there are only two emotions, the other being love. Lost in the confusion of fearful thoughts and a world of intensely uncomfortable emotions, is it any wonder that I learned at a very early age to suppress my feelings.

From the perspective of my Soul, there is no fear because my Soul is unlimited in its thought. The highest aspect of my authority is Omniscient and all knowing, infinitely, unconditionally and unlimited in its ability of pure communication. There is absolutely no False Evidence Appearing to be Real in the experience of my Higher Self.

My Soul is not a fearful god. I am not a god-fearing soul who worships a fearful god; unless, that is, I choose to be, which I don't because I have cleared all my fears and limiting beliefs about God.

From the perspective of my ego Self, whatever exists in my reality is the consequence of whatever I believe to be true. I will be opinionated by my own opinions, believe in my own beliefs and be convicted in my own convictions. They will become the experience of my reality because of the focus to which I give my attention.

My Soul is fearless, because it holds no limiting or fearful beliefs. My Soul does not feel fear, because the vibration of energy with which my Soul vibrates is never divided by polarity. It is the attention of my divided Self that perceives energy to be divided by either gender or polarity or both.

My Soul is painless, because it is not capable of any negative feelings. My Soul only emanates pure wavelengths of undivided emotion with pure frequencies of undivided thought. My 'God' is neither male nor female, but perpetual harmony. My 'God' is not judgmental and is neither positive nor negative, but continuously neutrally balanced.

My Soul is problem-free, because it only sees opportunities for its Self in life. In Life my Soul is the highest representation of my Self in both Love & Light. Its Love is without hate or fear; its Light is without darkness or evil, because its Ideal Life is without the intensity of polarity or gender, which allows the unlimited ability of an omnipresent creative potential with an omniscient force of authority combined with an omnipotent magnitude of power.

We all have the potential to live an effortlessly fearless, painless & problem-free life; but we have to consciously choose it with determination, commitment & dedication.

Being Self-determined means choosing my own personal reality and the way that I choose to experience that reality.

My first problem arises when my determination is determined by my ego self and it is not in alignment with my Highest Choice. In essence that is what a problem is: An opportunity that is not aligned with my True Authority. Without true authority, every choice is just the opportunity to experience a problem that I am either determined to tolerate or determined to solve.

Determination becomes a byword for will-power. It becomes a measure of the power of the will of my ego self. It is the determination of "I will" without the power & authority of "I Am".

My true power is an expression of who I Am Being. It is my Being-ness that is my emotional power. Being determined lacks power when it is an expression of my need to work very hard to succeed, because in that scenario my energy is not flowing effortlessly. I am really determined to overcome the resistance, by solving the problem, of what is standing in the way of my success.

Perspective 21: I am always standing in the way of my own success

It is only when my Self-determination is aligned with my Vision that I am able to allow my choice to flow effortlessly to me.

The paradox is that being truly Self-determined requires no determination at all because my opportunities are always presented for my effortless allowance; with the knowing that my allowance arrives effortlessly in abundance when I allow it.

Self-determination first requires me to determine the true source of my authority. When I determine my choices in alignment with my highest wisdom, I do not need the determination of my will power to allow them to manifest. I can assuredly allow the Law of Attraction to fulfil it for me.

All the self-determined will power in the world will fail to bring together two energies that are not sharing a like vibration. When my intention is out of alignment with my vision, they cannot resonate in the same time-space-reality.

Unless I am the vibrational equivalent of my perspective of my intended vision, I am not energetically resonating in alignment with my Being-ness and whatever I try to do is doomed to fail.

My commitment to being out of alignment with my true power, will commit me to needing to succeed to prove myself right and fuel my will power.

My dedication to whatever I am doing does not determine its criteria for success. Dedication will only ever commit me to challenge myself to find the limits of my own boundaries.

Unless I determine the course of action that resonates with my Inner being, I will eventually end up either committed to an institution or dead to the world; having determined that I am too tired to resolve my insane problems.

The question to ask is: "Is my dedication & commitment determined by my lower ego self or my Higher Soul-Self?"

Or from another perspective: "Am I dedicated to my life in the same way that my Soul dedicates its life to my Self?"

Whichever way I look at it, I am self-determined, the question is: "Which Self"?

Am I driven by my sub-conscious ego self or am I guided by the awareness of my super-conscious Soul.

The question is: "Who is my Authentic Self?"

Being My Authentic Self

My Authentic Self is the One who is writing my Book of Life. The author of my life is authentic and authorised.

The author of my 'Book' holds the vision for it becoming a reality. It oversees the blueprint for the book. The blueprint outlines the headings and the direction in which the story will unfold. They are my sign-posts on the journey of my life. They are the headings for my journey and the headings for my journal.

My authentic Self keeps my headings in alignment with the presence of clarity of direction.

For the book to be realised, I am required to become the subject of the book my Self. It is a story about my Self and everything that happens about my Self, around my Self and experienced by my Self.

Without my Soul, there is no Author; without my Self, there is no story; without my Soul-Self, there is no Book!

My authentic Self is empowered to experience the unfolding story of my life. My unauthorised Self is driven to survive the vagaries of a dual reality existence with relative experiences of pain & pleasure, and fear & excitement; in pursuit of the solutions to my problems and the reason for my purpose, in my search for my truth and my untruth.

In truth, my Being-ness is beyond duality, which is where I will find it when I consciously choose an awareness of it.

Doing something or doing anything, will not make me authentic; as there is not an authentic way of doing something, or anything. I can only be authentic, I cannot do it.

When I am being authentic, authentic is grammatically described as an adjective. It is a descriptive word for describing who I am being.

I have said before that what I am doing is not important; it is who I am being whilst I am doing it that is vital for my Soul. It is also vital for my power because the vitality of my power comes with who I am being.

This makes 'adjectives' very powerful, or not; as opposed to adverbs, which in regard to emotional power are irrelevant. My Soul sees no expansive growth from describing what I am doing in a different way.

I do however see great benefit in the expansion of who I am being whilst experiencing life. The more balanced the thought & emotion become, the more enjoyable the experience is for me.

Please note: It is not the intensity of the experience that determines my joy but my inner balance. The intensity of my experience will determine how much pain or pleasure, fear or excitement that either solves or exacerbates my problems.

The intensity of my life is determined by the polarity & gender of my vital energy, my life-force energy; whereas, my potential for enjoying my life is a matter of my energy attaining a purer vibration.

The better I perceive my emotional energy to be the more beneficial the experience of life. I perceive my emotional energy as a feeling, an emotional feeling. When I choose a higher perspective of my experience, a purer thought frequency; my emotional energy rises to a higher state of being.

An adjective describes my emotional state of being that determines my emotional power. Adjectives measure emotional power. I measure my emotional power by describing my state of being. I state the power of my emotion by describing it 'adjectively' with an adjective.

In the same way that my thoughts are either polarised in a positive or negative perspective, my emotions are perceived in either a positive or a negative way; because it is my thought about my emotional state of being that adjectively describes it in either a positive or a negative way.

In this way, I can describe my experience of life as painful, fearful & problematic; or as pain-free, fearless & effortless. I can even choose which set of opposing experiences is positive for me or not.

The way to realise what is actually my real experience emotionally is to realise my emotional state of being. I do this with my awareness of my emotional state of being. I realise it by describing it adjectively with an adjective.

When I cannot describe in words my adjective state of being, I am unaware of who I am being and will default to being conscious of just a positive or a negative physical feeling.

The current study of emotional intelligence tends to focus mainly on our negative emotions and how to suppress them, which isn't very intelligent once you understand the Law of Attraction. The more we focus on the negative aspects of life the more we manifest them as our reality.

Being Adjective

Being emotionally intelligent requires me to adjectively describe my state of being, discern whether it is the highest expression of my Being-ness and therefore ascertain how powerfully attractive I am being by feeling the magnitude of my positive emotion.

This requires the ability to not only *feel* the emotion but also *know* what it's called before I can see whether it serves me best or not. All of which requires the essential use of my intuitive powers, which are the essence of my instinctive presence.

Once I can feel it and know it adjectively, I will get to see it; as long as I see how to get it. If I haven't got a name for my emotional feeling, if I haven't named a particular gender of wavelength of my vibration, I will have to make it up.

If you believe that you can't just go round making up words then think again, change your mind, have faith in your own authority and value your own creative ability with the esteem it deserves. In your own reality, you get to create it your Self, your way, adjectively with any words that serve you.

Of course, getting other people to use your new word is very beneficial to your ability to communicate effectively and to be accepted in a logically rational world.

Making up words that rationally describe a logical measurement for emotion, may remain beyond the comprehension of those who are intuitively & instinctively disconnected from who they really are.

It may take a lot of commitment, dedication & determination to persuade them; or not. You see, what other people think is of no consequence in what I attract as my own reality, unless I believe that it does.

It doesn't matter that physicist [Alessandro Volta](#) happened to call the frequency of electrons flowing in electricity a volt, or that engineer James Watt called the vibrational potential of the electro-magnetic wave a watt. What matters is that they objectively described them from their subjective viewpoint, so that we are able to share that same perspective today, or not.

Unless I am able to refer adjectively to an emotion, it will remain the object of my subjective perception when subjecting myself to an objective. Whether the objective is mine or someone else's, the emotion with which I carry it out remains subjectively mine.

When I suppress my emotions and keep them to myself, there is no reason to name them adjectively. With my emotional intelligence suppressed I have no way of being sensitive to the world around me.

Intelligently understanding my own emotional state of being is a pre-requisite for becoming sensitive to the emotional moods of other people. All communication whether written, verbal or unspoken, is carried on a wavelength of emotion.

That is why it is possible to read someone's thoughts without them having said a word. We have the potential to intuit people's thoughts, even when we do not have the conscious ability to know how.

That is why we can pick up an atmosphere in a room without having spoken to anyone; we can feel the tension or feel the good will that is emanating from those who are present.

My presence is the vibration of my emotional state of being that I am emanating, whether I or others are aware of it or not. The closer my vibration is a match to my environment the less aware I am of the presence of others.

I always notice someone coming into my space whose vibration is not in concordant harmony with my own. This is because my Soul is making its Self aware of someone or something that is present and presenting the gift of a growth opportunity.

Recognising the people in my life that I attract because they bring me a message that directs me on my path requires focus and awareness. Unless I am focused on my path and aware of an opportunity it will either pass me by or cause me to have a problem.

From my Soul's perspective this is not a problem because time allows every future moment of my reality to be an opportunity to receive a new present and a new gift.

The real problem arises when, in my unawareness and inability to consciously choose the path of my own development and growth, every opportunity is seen to be a problem to endure and when I run out of sufficient energy to tolerate any more problems my life descends into chaos. In my frustrated confusion, I get very lost and I am on a path towards the realisation of my own disaster.

Unfortunately, if I am unaware of my destiny, I am also unaware of my fate and my life will blissfully career headlong towards the direction of my doom.

Every 'dark night' is my Soul sending me an opportunity to see my life from a newer and better perspective.

Every new opportunity that arrives in my life is my Soul offering my Self a way out of chaos, away from disaster, that overcomes my problems, meets my challenges and presents me with what I need to hear that directs me on my own effortless path through life.

I am always on my journey; the question is: "in which direction am I travelling?"

The direction I am travelling is determined by the polarity of my thought. Negative thinking creates negative choices that direct me on a negative path, which is never effortless. The problem is that in problem mode, I do not have the emotional power to overcome the challenge and hear my messages with clarity.

The good news is that I always know when my polarity is negative because of the intensity of the resistance that I am presently experiencing. I will always experience becoming the victim of my own negative thinking.

The fastest way out of victim-hood is the realisation that there is only me creating my reality. I am only ever the victim of my own negative thinking. Feeling the negative emotion that accompanies those negative thoughts is my message to change my perspective.

When I project my belief that I am the victim of my negative emotion, I look for the source outside of myself and blame others for creating it. I create a villain outside of myself to victimise me because that is how the Law of Attraction works. I draw unto my Self the focus of my thoughts.

In a state of victimhood, I will draw unto my Self both victims and villains in a drama that is beyond my conscious control.

Controlling my Dramas

Whether I'm aware or not, an effortless life requires a great deal of emotional power; and whether I leave my sub-conscious self to manage my need for emotional energy or not, there will be occasions when I do not have the energy to do what I want to do. When I do not have the energy to do what I want to do, I am out of alignment with my super-conscious source and I will have to come up with a sub-conscious plan to manage my emotional power and get the emotional power that I need.

Now, remembering what happens when my personality & character are being driven by my limiting beliefs and my emotional needs, I am just acting out the drama that is playing out in my life.

When the dramas in my life become very dramatic and my emotional energy need is greater than my current power available, I need to either consciously or sub-consciously come up with a way of controlling the drama so that I am in control of the drama.

In times of low energy availability and high will power, I will need a strategy for controlling my dramas to ensure that I do not run out of energy. Sub-consciously, we all learn how to do this at a very early age; by copying other people.

There is a good possibility that I will default to the control dramas of my parents if they were very influential in my early years of life.

When I believe myself to be the victim of someone else's actions, I will either suffer their injustice as a 'Poor me' or I will become 'Aloof' and retire to my cave to recuperate my energy.

When I believe that another has the emotional energy that I need, I will either intimidate them to share it with me or more subtly interrogate them to gain it from them. Whether I adopt the stance of an 'Intimidator' or an 'Interrogator' or become aloof or become a poor me, depends on how introvert or extrovert my personality and how passively or actively I need to restore my emotional energy.

Emotional Intelligence requires a full understanding of how we all compete for energy in our relationship to other people and which drama we sub-consciously adopt for that purpose.

Perspective 22: Becoming Emotionally Intelligent requires a conscious awareness of my control dramas

Unless I am conscious of the dramas with which I am seeking to control others, I will be sub-consciously competing with all others for my emotional energy requirement, which is not very intelligent.

I will continue to be either a victim or the villain of every drama that I attract into my reality. In a dual reality world, the victim and the villain share the same frequency of energy vibration with opposing polarities, both of which are seen as either positive or negative from opposing perspectives.

Every villain has the positive perspective of controlling their victim for their own good, whereas every victim has a negative perspective of being victimised and controlled by a villain because of their badness.

In the continual battle between good & evil, there are no winners, only losers. All competitors and combatants have lost their way and have lost their power, otherwise they would not need to conflict and compete at all.

Only once I give up the fight and stop competing with my Self am I no longer a victim of my own misaligned choices and therefore no longer attract either other victims to sympathise with me or other villains to further victimise me.

When I overcome the duality of the victim & the villain, by understanding that I cannot be one without also having the potential to be the other, I can no longer attract either victims or villains into my personal reality. They will walk straight past me in the street because I am no longer attractive to them.

Nobody can take your emotional energy from you unless you allow them to because you are resonating with their like vibration of energy and sharing their drama. Opposing another's drama is sharing their drama; it is sharing the same vibrational frequency, even though it has an opposing polarity.

By the Law of Attraction, whichever perspective of a drama I focus on will bring the experience of the drama to me. Both my positive & my negative perspective will draw me into a drama that is the focus of my attention, whether I want it to or not.

The only way to remain out of every drama is to be sensitively aware of the drama and detached from it.

Being Sensitively Detached

Perspective 23: Being Sensitively Detached is Emotionally Intelligent; because it requires emotional intelligence to become it

I am learning that being emotionally intelligent by being both emotional & rational is not enough. Having learned how to look at my Self with both rational consciousness and emotional awareness, I am now required to look at, regard and even respect, other people with emotional sensitivity and rational detachment.

Sensitivity, as I have mentioned, is the awareness of other people's emotional state of being. It is often confused with being too sensitive, or over-sensitive, which is who I am being when I get sucked into the drama. My male rational thinking may choose to remain insensitive to other people's emotional issues, which is only possible when there is no attachment to the drama.

I am attached to any dramatic experience of life when I am attached to the energy vibration that is sponsoring the drama. That attachment is caused by the Law of Attraction. The only way to detach my Self from the drama is to un-attach my Self from my need to be in the drama.

The only reason, consciously or sub-consciously that I am drawn into a drama is because I need emotional energy, because I do not have enough emotional energy to detach my Self from the drama. When I start to deplete my emotional energy further by competing in the drama, I will get angry, frustrated or intolerant of my situation and react with an emotional intensity equal and relative to the amount of emotional energy that the drama is draining from me. All of which is emotionally very unintelligent.

Detachment is not disconnecting from people, from my Self or from my Soul-Self; which is a male negative attribute, particularly that of a person being aloof. It is detaching my Self from the duality of my energy that is creating a drama in my life. By overcoming the duality of my energy, I can choose a third way and a better choice for me.

It is un-attaching my Self from the dependency that I have built up for other people to meet my needs emotionally. My attachment to other people; as it is to material objects, particularly sentimental things; is because of the particular emotional need that is sub-consciously being met for me. I am attached to life because of what I need emotionally from life. I can even become attached to the dramas in my life because of the emotional energy that I need from them.

Perspective 24: Being Emotionally Intelligent allows me to consciously understand my emotional energy needs

The benefit of consciously understanding my own energy needs is that I can get them met quickly confidently and effortlessly instead of sub-consciously being driven by them.

To understand which aspect of emotional energy that I need in any present moment requires the emotional intelligence of being aware of what I believe that I do not have; and to do that I need to 'name that need'.

I have a list of names of over two hundred positive emotions that potentially raise emotional energy by attributing them to our Self. Only 10 of them are relevant to me. After long deliberation, I have uncovered 10 emotions that are essential to my enjoyment of life. However, the way I saw these emotions from my sub-conscious perspective was always out of alignment with the super-conscious perspective of my vision for my life.

The reason that emotional needs are so difficult to understand and why we are mostly unaware of them is because they are a perspective of our sub-conscious mind.

Subconsciously I see my need for emotional energy – my emotional needs; yet unaware of my emotional needs, I am only aware of the value of getting them met, because when I sub-consciously meet an emotional need, I consciously feel, know or see the value to my Self.

The point is that when I am not conscious of my emotional needs, I am sub-consciously aware of my need to get them met, and I am sub-consciously driven to do so.

Since I have become aware of my unmet emotional needs, I am able to get them met consciously, so that my power never becomes depleted. When my power does appear to be depleted, usually when I am being sucked into (attracted to) a drama created by a limiting belief, I am able to consciously employ a strategy for identifying my need and meeting my need for emotional power, which allows me enough power to look at the limiting belief that created the energy drain in the first place.

I cannot consciously become aware of my emotional needs until I can consciously name a need that I have emotionally. In the same way that I can identify a physical need by consciously naming what I need materially in order to meet it by obtaining it, I am required to be able to do the same with whatever I need emotionally.

We all intuitively know our emotional needs, whether we are conscious of them or not. Intuition requires awareness and awareness of my intuition is essential to the understanding of what I need emotionally and how to refuel my emotional power requirement. The problem is that without intuition, I have no connection to my power requirement; and without my emotional power I have no connection to my intuitive Self.

Being Powerful

I am always full of power, like every atom in the universe. The question is: "How do I access that power without a dramatic reaction that is potentially offensive to other people?"

"Is it emotionally intelligent to attack people with my emotional reaction to needing more power?" This is precisely what happens instinctively when I am without the emotional intelligence of being able to control my emotional dramas because I am unaware of a belief that is limiting me and creating a void in my emotional energy that I need to essentially replace.

Intelligence is the power to act beneficially at all times from conscious choice. Emotional Awareness allows my every action to be intelligent because it has the power to be beneficial. Without emotional intelligence, I have no way of knowing in advance whether the outcome of my action will be successful.

The only reason that I ever fail is because I run out of power. I always give my Self the authority to do whatever I am doing because I always have the authority of my own choice. Even when I have chosen to abdicate my authority and not choose, that is still my choice.

At school and in business, we are not taught the difference between power & authority; so we grow up believing them to be the same thing and that becomes our experience, the people who believe that they have the authority believe themselves to have the power.

In absolute reality, power & authority are the same thing; there is no difference between the authority of thought and the power of emotion because they are both absolute.

However, in our relative experience of life, all vibrations of energy are divided by frequency & wavelength – Law 2, which means that thoughts and emotions can be both separate and different and power & authority can as well.

The creative power of my Soul is absolute, and so is my authority because in absolute reality all energy is pure, whole & undivided. In the relative physical world, where the Laws of Attraction apply, I still retain absolute authority but my power becomes questionable.

My power becomes a matter of whether it is in alignment with my Soul's authority or not.

When I divide my Self from my Soul's higher omniscient authority, I disconnect my Self from my Soul's omnipotent higher power. I always retain my choice even when I give away my authority.

This means that irrespective of whether I choose for my Self, or others choose for me, that choice will be powerless to manifest unless it is aligned with the intention, perspective & vision of my Soul-Self.

“So how do I know when I am in alignment or not?”

The answer is always my emotional state of being, or how I feel about my choice. No choice is ever inherently bad, wrong or negative. It is the alignment with my Soul-Self that allows both authority & power to co-operate and my choice to be good, right & positive for me.

This is where a lack of emotional intelligence becomes a problem: In my emotionally insensitive disconnection from life, I have learned to do it when it feels really good & positively exciting and avoid it when it feels really bad and positively fearful. You see, we have been taught that fear is a good thing because it keeps us safe; so we continue on our fearful path that is unsafe, painful and always problematic, until we make a new choice with a less limiting belief.

The main problem though is not fear but the procrastination of not knowing which choice is good or bad when there is no discernable emotional feeling either way. In reality this is no bad thing, because doing nothing is the first step to reconnecting to my inner guidance system.

When my Soul is communicating in a neutral way with a balanced intensity of emotion that is neither positively exciting nor positively fearful, in other words: 'I have no feelings either way on the matter', then my message is that I have everything that I need to just be present and enjoy the contentment of being fulfilled.

Perspective 25: My happiness is always within me, not in the intense excitement of the outside world.

When I believe that my power lies in the pleasure of experiencing life, I am lost and confused within the duality of pain & pleasure and I will experience relative amounts of each, because they are the same energy vibration.

When I believe that my power comes from money and my wealth from being rich, I am lost and confused within the duality of greed & pleasing and I will experience relative amounts of each in a social hierarchy that becomes more superior through greed and more pleasing of those who are more greedy and therefore more superior than those who please them.

In a society where our pleasure comes from the superiority of our avarice and the greed of being pleased by others, there has never been the realisation of true happiness because pleasure does not create the emotions of contentment, fulfilment or joy; it is a different vibration.

True Happiness has a wavelength of Joy and a frequency of fulfilment that allows me to vibrate with contentment in complete satisfaction, gratitude and appreciation of my present experience; whereas pleasure is a duality of an energy frequency that is polarized with pain. I frequently feel pain and I frequently feel pleasure, or I can experience my pain as pleasurable and my pleasure as painful, because all possibilities are available to me in my relative experience of life.

When I believe that I am not content with my joyless and unfulfilled life, I am really displeased with the lack of ability of my power to create my dream of being happy.

We all dream of being happy. We all have a vision of happiness and we all intend to be happy, yet somehow this is not our perspective of reality. When I believe that I am unhappy, the Law of Attraction brings me more experience of whatever I believe to be my reality – more unhappiness.

Whether I look at the positive or negative polarity of the perspective that I hold, it is still the same frequency of energy and comes with the same frequency of my thoughts. The more frequently I focus on a thought the more active becomes my attraction to the realisation of that thought.

Now when my thought is negatively polarized so is my emotion, which means that I am powerless to change my thought, which means I am stuck with the thought and the emotion on which that thought is being carried.

When I feel stuck in life, it is because I am stuck with a negative belief. When I un-stick the belief, I un-stick the emotion and stop beating myself up by being the victim of my own negative perspective of life.

The time to change my beliefs is when I have the emotional power to do so, because when I am actually experiencing the negativity of my belief emotionally, I am powerless to act positively.

Perspective 26: My ability is always relative to the product of my power and my authority

Being Able

In absolute reality there is only one ability: The ability to create. Creative ability is Divine.

We have in the past attributed creative ability to our gods who have attained the divine right to create our reality for us. In our separation from our divine origin, we have disconnected from our true creative ability that is ours by right.

In dual reality life, we have another choice; we can destroy as well as create and in our confusion we have come to see our power as the ability to destroy and our authority is by virtue of that powerful ability.

Authority has been bestowed on those with the ability to use their power to destroy others; and those with no power have no ability without the authority of others.

Without power, we abdicate our authority and with it our ability to create our own reality.

What has been created by those in power is a society without the ability of the individual to create their own reality. Creating one's own individual reality is not authorised by our governing authority.

When I adopt someone or something outside of my Self as my governing authority, I lose my power and my creative ability.

Perspective 27: My creative ability is relative to the power of my authority to be creative

The equation is power & authority equals ability. All men & women are created with equal power & authority to enable them to create and experience their own different reality. Equal authority enables equal power to choose. My authority is my power to choose and when I give away the authority of my choice, I give away my power.

I have been given the ability to live my own life. It is only when I live my own life that I connect to the power & authority to do so. When I choose to live under the authority of another, I give all my power to them and they then determine my ability or not to live my life well under their authority.

I have been taught that my ability is determined by my skill & knowledge; and to improve my skill and knowledge requires me to train hard under the guidance of a good teacher.

In this common scenario, my Ability is put into the hands of someone else's ability to teach me knowledge and train my skills. This is not my natural ability as even the best teachers and trainers agree that there is no substitute for natural ability. Despite this, they still teach me to be trained with discipline.

Discipline is my ability to follow a straight path but the question is: "Whose discipline am I following?" My path may be straight but: "In whose direction is it travelling and whose journey am I following?"

"Am I following the path of my ego's choice, my super-conscious inner guidance, or the discipline of my teacher & trainer?"

"Is it my intention to be a disciple of my vision, a follower of my intention, an adopter of another's perspective, or are all three in congruent harmony and alignment?"

I have been taught, because the elders of my society believe, that:

- My power comes from money, which makes me wealthy
- My ability comes from knowledge, which keeps me healthy
- My authority comes with status, which is bestowed upon the wise

In reality, status is bestowed upon the wealthy because they have money and power that they have gained with their knowledge; and those with the knowledge are not about to share it with anyone who will challenge their status and deplete their power at the cost of their wealthy riches.

This is a society that believes that knowledge is power and very valuable, which is very worrying for the authorities of that society who are faced with the daunting reality of knowledge becoming freely available to everyone on the world wide web of the internet.

Power struggles are never to do with power; they are always to do with a lack of power and a need for power. With enough emotional power, life is never a struggle. The problem is that when I believe that power comes from either money or knowledge of both, I am never able to have enough; and without enough, I cannot be abundant.

The only ability that I really choose is to create and live an abundant life.

Perspective 28: Abundance is a state of being

Being Abundant

The Law of Attraction brings me everything that is the focus of my thoughts – in abundance. The universe is unlimited in its abundance and its ability to deliver abundantly.

The problem with abundance is that I have to decide exactly what I want an abundance of. Most people believe that they want an abundance of money, when in reality they really want the power that they believe that money will give them. They are stuck with a belief that to have an abundant life first requires an abundance of money & also the power to keep it.

Then when they have the money, they don't know what to do with the power that they believe that they have. The only real power that money has is the power to spend it.

The problem is that money doesn't give us power, nor ability either; other than the ability to spend it. Neither does it give us any more authority, other than the authority to spend it or save it, or give it away. It does give us more choices, but unfortunately the more choice we have the more entropy and resistance we encounter in life. Money doesn't solve as many problems as it creates. The more choice that I have, the more difficult it becomes to choose and the more difficult it is to be satisfied; which means the less content and less abundant my life becomes. I end up with an abundance of things that I don't really want, which is not being abundant.

When my abundance is a duality of my scarcity, I will either be rich or poor with not enough or more than I need. More than I need is the same as too much, unless I see it as plenty.

Having plenty means that I have enough for now and enough for the future, which is a statement of my belief that I may not have enough in the future. The problem is that we never know how much enough will be for the future: "I may have plenty but will that be enough?"

Even when I have plenty the focus of my thoughts is about not having enough for the future, which will bring me that experience.

So, having plenty doesn't work for me, it's not being abundant. I can have plenty, I can have not enough and I can have too much; or I can be abundant. All I have to do is define when I am being abundant by experiencing all the experiences of not being abundant.

In my life so far, I have experienced scarcity & poverty and I have experienced gluttony & extravagance and decided that any duality of having too little or too much, not enough or more than enough really isn't ideal for me.

In my Ideal Life, I always have enough; so I set out to always have enough in the knowing that when I have enough of everything that I want or need, I am being content. I am then able to realise that when I am feeling content with having enough of everything, I am actually being abundant.

In absolute reality there is an abundance of everything. My potential is to access that abundance whenever and wherever I choose. Being abundant is the realisation that that potential is a reality.

Being abundant is the state of being able to access my potential and realise it at will; always bearing in mind the limitations of a dual reality existence. That means my ability to manifest abundance in reality is subject to both time & space.

Time means that I am limited to experiencing abundance in the present moment of now. I cannot experience abundance in the past or the future, only as a present in each moment of time.

Space means that my ability to experience abundance is limited to my power to feel it. If I don't feel abundant, I'm not being abundant.

Abundance is the feeling of being content in the present moment with enough. Enough is the key to being abundant and unlocks my potential ability to be content.

I will never be happy without first being content; I will never be content without first having enough; and I will never have enough until I first discover my ability to be abundant and to be part of the Abundance of All that Is with the power & authority to manifest it at will.

The story of the Alchemist tells of one who discovered the secret of turning base metal into gold. It goes on to describe how abundant the Alchemist is able to be and how content he is with having enough gold. The reality is that the Alchemist needs very little gold when he has the ability to make it at will from any base metal.

The Alchemist also found the secret to life: That when we have the ability to manifest something or anything at will, we have the power & the authority to be abundant in our life, which means that everything in our life is abundant; and that is ideal.

What the Alchemist also learned is that we all have the innate ability to turn our basic life into a golden life of our own ideal choice. We all have the potential power and authority of our own creative ability delivered to us faithfully by the Law of Attraction according to whatever we think, ask or express as our truth.

The question is: "Am I creating my truth, or am I living an illusion of the truth in a world of relative duality?"

Being Truthful

Perspective 29: The truth is that nothing's true and everything's true

The absolute truth is what I know and have faith in to be my true values that guide me on my true path.

I have a path that is true and I travel that path experiencing what I value to be true.

The truth is that my path and my values are particular to me and your path and what you value is peculiar to you.

Looking for the absolute truth in a world of relative duality is pointless because both truth & untruth exists. What is necessarily true for you is not essentially true for me. It is not the essence of your truth that is necessary for me to value my path but the essence of my truth.

"So, how do I discern what is true or untrue for my Self?"

The truth is that when my path is true, it is authorised and flows effortlessly without problems.

The truth is that my true path has only opportunities.

If you think that I am making this up, then that is both your truth and my truth, even though we share a different perspective of my creative ability to make something up.

This is because we all have the creative imagination to make it up but often lack the creative power to bring it into reality.

Every truth is a potential thought waiting to be realised and manifested into reality. That means a truth is a potential that may or not be presently realised.

It is my belief in what I think is untrue that disallows its manifestation into my reality. If I am unable to realise the potential for something to be real, I believe it to be un-true and it remains un-real, un-realised and un-manifested.

Once I realise that all truths are potentially real from the perspective of another, I allow them to follow their own truth, which, by the Law of Attraction, allows me to follow mine.

To follow my truth, I am required to be truthful. My Soul is full of truth and knows no untruth to be. There is no untruth in the Beingness of my Higher Self.

Perspective 30: When following my path, I am being both truthful and faithful

This means that I am in my highest authority and making my highest choices. My energy vibration is true. The polarity of its frequency is neutral and the gender of its wavelength is balanced. I have overcome the duality of my own gender and polarity and I am in concordant agreement with my True Soul-Self; my Soul and my Self are exclusively connected.

Being Exclusively Connected

I have now learned that my emotional Intelligence requires me to be not only rationally-emotional with my Self, and sensitively-detached with all others, but also exclusively-connected with my Soul.

I now choose to be rationally emotional in my conscious intention, to be sensitively detached in the awareness of my perspective, and exclusively connected to the super-conscious awareness of my vision.

With the inner balance of my rational emotion, my sensitive detachment and my exclusive connection, I complete the triality of Beingness for all possible relationships to flow effortlessly without pain, fear or problem.

Every relationship with everyone I encounter becomes a positive opportunity for expansive mutual development and growth, which is ideal.

Now, this is my ideal and my idea and it may not be your idea for an ideal life; so check it out to see whether it rings true for you.

“Does it feel right?”

“Do you know it intuitively to be right for you?”

“Can we travel this path together sharing our togetherness or do you have a separate path, a different truth, your own perspective of how reality really is?”

If you are still with me on this, then let us check out our alignment with the Laws of Attraction:

Laws 1, 2, & 3 state that: ***“Like energy unto itself is drawn; relative to its frequency polarity & the gender of the wavelength of its vibration”***

- The vibrations of being Exclusively-Connected, Sensitively-Detached & Emotionally-Rational all have a balanced gender of their wavelength and a positive frequency polarity
- The wavelengths of being Connected, Sensitive & Emotional all have a female gender that is frequently positively attractive
- The wavelengths of being Exclusive, Detached & Rational all have a male gender that is also frequently positively attractive

Furthermore, each wavelength of gender has an opposing negative polarity that is unattractive:

- The vibrations of being inclusively disconnected, insensitively attached & irrationally unemotional all have unattractive negative qualities that are non-attractive when being in a positive state of mind.
- Being inclusively attached, unemotionally insensitive, irrationally disconnected or any other desired permutation is equally unattractive.

Therefore, only once I have overcome these dualities of my Beingness and choose a positively balanced relationship with my Self, which is aligned with my Soul, can I vibrate with harmony & accord in relationship to all other people.

Until I vibrate with the pure energy of my Soul’s choice, I will attract a similarly negative polarity of frequency as my own and an opposing gender of wavelength to compliment the personal energy vibration of my Self.

Until I solve the paradox of how both like polarities attract and opposite genders attract, I will forever remain in the battle of the sexes for domination of a negatively divided world.

The purpose of my journey is to explore, discover & experience who I am being in relationship to my Soul, my Self and other people from a super-conscious, conscious & sub-conscious perspective in order to bring my vision, my intention and my perspective all into

alignment, balance & harmony; by creating my ideal reality in my ideal world using the Laws of Attraction in the most emotionally intelligent way.

As a Golden Rule that will require a lot of empathy & compassion for all other people.

Perspective 31: The Golden Rule is very attractive when I allow it to guide me

The Golden Rule

With 'time & space' being the 'when & where' of my reality; and 'who & why' being the 'wavelength & frequency' of my vibration; what remains to be asked is the 'what & how' of attraction.

How the reality of my vibration is realised is according to the Law of Attraction; what it follows is always the Golden Rule.

The Golden Rule is how I make attraction attractive for me.

When I do unto others what I choose for others to do unto me, the focus of my thoughts is aligned with what I want for my Self; so I get what I want for my Self by the very act of doing it unto others.

Attraction works on all three levels of thought, word & deed. This means that:

- What I think about other people is a reflection of how they see me
- What I say about other people will be said about me
- What I do to others will be done to me by others

When my thoughts, words and deeds are out of alignment, then it is the emotion on which the sponsoring thought is delivered that indicates the true vibration that I am both expressing and attracting.

It is always the essence of who I am being that determines the vibration of like energy that I am drawing into my experience, without exception.

Whether my thought creates an emotion that is positive or negative makes no difference to how the law works, because what is attracted are like vibrations of energy, which are determined by their frequency & wavelength, irrespective of their gender or polarity.

This means that when I think about what I do want, I attract it; and when I think about what I don't want, I attract it. Therefore my negative thoughts will attract negative experiences of negative emotion and my positive thoughts will attract positive experiences of positive emotion. Similarly, my neutral thoughts will attract neutral experiences of an effortlessly quiet life.

When I speak of negative experiences, they are the focus of my thoughts and I attract more negative experiences into my future; and when I do negative actions, they are sponsored by a negative belief that creates negative reactions in the future.

When I speak only with positive words and do only positive actions, I put the experience of those words and actions into my future as long as they are both aligned with a positive sponsoring thought conveyed on a positive emotional wavelength of energy.

Doing a good deed out of duty will result in other good people doing their duty with regards to me. Whether I find this good or bad is a matter of perspective and the matter of our perspectives may well differ. When my duty is a toleration it will be returned to me as a problem; when my duty is an honour, I will be honored with what I receive in return.

Other people's negative thoughts, words and actions against me have no authority unless I allow them to influence me. However, my thoughts, words and actions have the authority to create my reality both truthfully & faithfully, because they do without exception.

The problem is when I see it the other way around. When my perspective is reversely polarized, I see it the wrong way round. When my thoughts words and actions are the result of other people's thoughts, words & actions, I get pulled into their dramas and their negative reality. Someone else's view of what is real is never good for me, unless I know it to be in alignment with my own which means it has to feel good.

When something feels bad, it is not inherently bad; it means that my perception is negative because I have an opposing perspective, which is not aligned with my Soul's vision. When someone else's perspective thought or intended action is not in alignment with mine, I can either have a problem with them, or I can see them as offering me an opportunity to change my perspective, alter my intention and align both with my highest vision for my life.

When I adopt someone else's truth as my own, I align with their perspective of reality, which is very often out of alignment with my intended vision.

Over the past 10 years I have challenged countless beliefs that formed themselves into my sub-conscious programming, which I have since found to be limiting my ability to create the experience of life that is ideal for my Self.

I have discovered that the fewer beliefs that I have, the simpler and less complicated life is; and the less limiting my beliefs are the less I am convicted to play out my dramas. Having a very strong foundation of core beliefs is greatly beneficial in my quest to align with my truth.

The analogy is that my true alignment flows effortlessly like a river from its source to the sea. Any limiting beliefs that I sub-consciously hold are like rapids, eddies and whirlpools that dramatically suck me in and overwhelm my progress.

I have changed my limiting belief that 'seeing is believing' to 'seeing, feeling & knowing allows my faith to be'. I now have faith only in what I intuitively sense is right for me.

I believe that everything has the potential to be true, once realised; yet nothing is really true for me until I own it.

When I own my own beliefs, I own my own thoughts and I own my own words; and I then take unconditional responsibility for my actions, I have the ability to respond to whatever turns up in my life under any condition. This is my Karma.

Karma & Dharma

The belief that 'what goes around, comes around' and the belief that 'what I sow, so shall I reap' are both common examples of the Golden Rule in literal translation without a complete understanding of how the Law of Attraction works.

Karma & Dharma are a religious belief based on the existence of both good and bad experiences. They are based on a philosophy of a judgmental god that rewards the virtuous with dharma and punishes the sinful with their karma. That is unless you have translated the belief in your own different way, which as always is your prerogative and your choice.

The Law of Attraction makes no distinction between positive & negative polarity; it is the universal delivery system that just brings everyone the pure undivided essence of their individual thoughts.

From a negative perspective, when I believe that evil, bad & wrong things go around in my experience, then it is only a matter of time before that belief manifests as my reality and all the negative things that I fear and do not want come around and manifest in my reality; it is the law.

Also from a negative perspective, there is good soil and bad soil in which to sow my seeds of desire on earth. Metaphorically, I have been led to believe that only my good thoughts will germinate, but in the negative manifestation of my belief, the seeds that I sow on stony ground grow into some extremely strong and voracious weeds.

Every thought that I have is a potential seed of desire waiting to manifest in a contextual field of growth. Whether they bloom as beautiful flowers or incessant weeds is just a matter of my own perspective.

Where 'one man's meat is another man's poison', 'one woman's flower is another woman's weed'.

The reality is that our worldwide religions have preached a gospel that allows the duality of both heaven & hell to exist on earth. They all have the Golden Rule in one form or another written into their scriptures; in Christianity it is the 2nd Commandment of Jesus.

Unfortunately this gospel today is seldom received as good news. 'Loving thy neighbour as thy self' proves to be very difficult in a culture that neither understands love nor is able to love its Self, itself.

The way to love my Self is by living the true value of my vision by attaining the attributes of Being-ness that are in alignment with my highest aspirations that express the qualities of my ideal life. Only once I love who I am being can I truly love whatever I am doing unto myself and all others.

In my ideal world, I don't need any others to do anything unto me; I choose for all others to follow their own paths in absolute well-being & happiness.

Happiness & well-being is not something I can do unto others, but I can be well & happy with all other people who are well & happy and vibrate in energetic harmony with me.

When I re-translate the Golden Rule to read: 'Be unto all others as you would have all others be unto you', it makes intuitive sense; I start to see how the Law of Attraction can work for me.

What becomes essential to my application of my version of the Golden Rule is my emotional intelligence. I cannot consciously be unto others as I would have them be unto me without a clear awareness of how I choose to be and therefore how I choose others to be.

What makes sense in an individual divided world is not for everyone to be doing the same thing to each other but sharing the same positively enjoyable states of being together that it is possible to experience whilst doing whatever they choose to do together.

Before I can share my state of being positively with another, I have to attain it and be able; with my own emotional power & authority to attribute it to my Self.

Perspective 32: Love is the expression of the vibrational power of my authorised state of Being-ness.

Before I can truly, absolutely & unconditionally love my Self as my Soul loves my Self, I am required to overcome all the dualities of love that exist in my present reality:

- A love that is opposed to hate is not pure Love, it is conditional on being alike
- A love that is opposed to lust is not pure Love, it is needy for love
- A love that is opposed to war is not pure love, it just hates conflict
- A love that is opposed to peace is not pure Love, it lacks inner stillness

These are just four examples of dualities where our love has been divided by the beliefs we hold and the perspectives that we perceive as our reality.

In essence, all wavelengths & vibrations of the energy that we call Consciousness, the conscious ability of thought, have the ability to express the frequency of that thought on any chosen wavelength of emotion.

Whatever wavelength of energy vibration that I choose for my thought is an emotional aspect of pure Love; whatever name I choose to give to it. Any word that I can attribute to a thought, in the action of any deed that is a description of my state of being whilst doing that action, becomes an adjective aspect of my expression of Love.

When that wavelength of emotional energy is divided into a duality, it loses its power to be absolutely true. It is no longer a true expression of my Soul-Self and my ego stands alone in its insensitive, unemotional disconnection from its source of emotional power. It will defer

automatically and sub-consciously to an irrational, inclusive attachment to other people in order to get that emotional need for power supplied from an external impure source.

'When needs must, the devil will ride'.

The devil is as much a creation of my belief system as is the belief that there is something that I am without and I need. The Law of Attraction brings me the reality of my belief system; I get a devil of a ride through heaven & hell on earth, which I believe that I can do without.

Perspective 33: I will continue to be within & without until I choose to be with

My Soul is always 'with' my Self; never within and never without, because in & out are in opposition in a relative duality world and my soul is never opposed to anything that I think, speak or do.

My Soul is not a judgmental god; just an unconditionally all loving expression of my highest state of Being-ness.

My Soul, in my infinite wisdom, understands how to use the Law of Attraction in the most beneficial way because my Soul is always using the Law of Attraction in my most beneficial way. I cannot use Attraction in a detrimental way unless I choose to do so with my negative focus. I cannot choose to use Attraction to the detriment of someone else; it defies the Law. Similarly it is not possible for someone else to use it against my Self. Only my Self is capable of using it against my Self and because I would never do that consciously and I am unable to do it super-consciously then the villain has to be my sub-conscious programming that holds my limiting belief with conviction. I always convict my Self with my own devilish fears, and beliefs in limitation, formed by the boundaries that I have in place in my life.

Extending Boundaries

We all have standards in life, which are usually linked to our values. We value relationships that raise our emotional energy and see anything that is a positive benefit in life to have a value.

Material objects and possessions all have a value to us, usually relative to what they cost us to purchase but also relative to their use or usefulness.

Emotional energy is also of great value and whatever we gain uplifting emotional energy from, we call a value. That is, we sub-consciously see the value of what supplies our emotional energy requirement and form an attachment to it. We become very attached to what we hold to have great value emotionally to us. When we form an emotional attachment to physical possessions their value to us is no longer relative to their purchase price but relative to the intrinsic value of our positive thoughts about them.

Our standards of behaviour are the standards of our own actions that are usually relative to ensuring that what we value is adequately protected. People with a great wealth of material possessions generally require higher standards of behaviour, in order to protect their assets,

than people who are poor in asset value and therefore have little respect for the material assets that they themselves do not have.

Whereas, my standards are the behaviour that is acceptable by my Self, of my own actions; my boundaries are the standards of behaviour that I deem acceptable for other people, in relationship to my Self.

When people respect my boundaries they are friends and acquaintances that I value because they conform to my standards. When people cross my boundaries, I pay a cost of emotional energy because of the breach in my standards.

My boundaries are usually relative to my standards. When the standards of my own actions differ from the behaviour that I expect from others, I am guilty of my own hypocrisy.

What I consciously see to have a standard of value, my sub-conscious sees as an emotional need that needs to be protected to ensure that my source of emotional power is not diminished. Unless I consciously put in the boundaries that I require to protect my standards from other people's lack of respect for my standards, my sub-conscious will have no option but to react with anger, frustration or intolerance when my emotional energy reserves become dangerously depleted.

When someone conflicts with my need for emotional power, I will get angry; when another conflicts with my beliefs or convictions, I will become intolerant; and when they are unable to do what I want them to do to my acceptable standard, I will get very frustrated.

My standards & boundaries, properly formed and well maintained, are designed to ensure that I have no reason to ever become angry, intolerant or frustrated, either with my Self or other people.

People with high status can become easily frustrated with menial people when their standards are not maintained because of their weak boundaries.

People with great monetary wealth become easily angered when their reserves are depleted by their financial mismanagement due to their own poor boundaries. Whether we blame someone else or not is irrelevant.

People with vast intellectual knowledge become quickly intolerant, due to what they see as the ignorance of another's foolish or stupid behaviour, because they lack the awareness, and therefore the ability, to enforce their own proper boundaries.

The Law of Attraction often brings us the focus of our thoughts in a similar polarity and an opposing gender. We often meet people travelling in an opposing direction with a similar gender, yet prefer to travel with a partner of an opposing gender.

Irrespective of who we encounter on our journey, we all expect other people to adopt the arrogance of our own standards and humbly conform to our boundaries in every way. "If only all other people respected my standards, my values and my boundaries, wouldn't life be wonderful?"

Well actually it wouldn't, because there would be no individual choice, no unique expression and no exclusive development and growth of my Soul.

In my Ideal world, it is not realistic for everyone to follow my standards and conform to my boundaries because they have their own choice, their own beliefs, their own perspectives, their own intentions, their own vision for their life, which requires their own standards of behaviour that dictate their own boundaries.

There is only one standard that is capable of forming a boundary within which 7 billion people can live harmoniously together, it is the Golden Rule; which regrettably is widely taught but generally un-adopted.

By the Golden Rule: Whatever boundaries that my standards enforce on other people, they will use a similar and opposing force to apply their standards through their boundaries on to me. They will do unto me what I have done unto them but with a different standard of behaviour because our standards are all different based on our beliefs and our differing perspectives of reality.

So, we are stuck with the paradox of the right and wrongs of enforcing the boundaries of our own standards onto others, until we find the agreement of a third way.

The dilemma is that without strong boundaries I am weak and humbled and with strong boundaries I am arrogant. The stronger and more resilient my fortifications the more arrogant and dictatorial I am able to be.

Unless I overcome my arrogance and my humbleness, my boundaries become my own personal prison cell. The fortified walls of my castle become the limits of my comfort zone and the extent of my boundaries becomes relative to the extent of my potential to grow & develop.

I need to find a way to be free to be safe and to be free to explore and free to choose to safely explore this world without the resistance of conforming to other people's boundaries that compromise my own authority and freedom of choice.

The way to do this is to become non-attractive by overcoming all of the dualities created by the opposing genders and polarities of my own energy vibration.

By the Law of Attraction, I only attract conflicting genders and polarities of like vibrations of energy. I am non-attractive to all opposing aspects of gender or polarity when I have a pure wavelength of emotion conveying a pure frequency of thought. In becoming sensitive to the polarity & gender of my own energy vibration, I can detach my Self entirely from the dramas created by differing polarities of energy caused by the differing beliefs, perspectives and standards of emotionally frustrated, intolerant and angry people.

The empathy and compassion of my sensitive detachment is required to be pure and undivided. So, it's time to look at what that means and how that can be attained.

Compassion & Empathy

Compassion & empathy are similar, yet different. They are the same wavelength of energy vibration that has opposing genders. I can choose the female gender of my compassion as opposed to the male gender of my empathy. As my empathy is a male characteristic, it is seen to be a rational, more intellectual quality than the personality of my feminine emotional compassion.

Empathy is therefore generally defined to be resonating with the same rational perspective as another or loosely defined as understanding exactly where somewhere else is coming from. If you like, it's being intellectually sensitive to another's perspective; whereas being compassionate is sharing the mutual passion of someone else's positive emotion, or feeling in harmony with their emotional perceptions.

Compassion regularly gets confused with sympathy, which is also resonating in emotional harmony with another, but from a negative perception of reality. I share compassion with the positive emotional experiences of another and I share my sympathy with the negative experiences of another.

When I believe that I can resonate in negative harmony with another without coming to grief, I end up very tired, confused and frustrated with my inability to be of any real service to either them or my Self.

Perspective 34: I cannot resonate with a negative polarity in a positive way

When death is believed to be a very bad experience, we are taught to mourn with sympathy at the grief of those who are bereaved. The bereavement is always the grief of the person who has lost their potential source of emotional power, never the soul who has departed.

From a positive perspective, true compassion is the celebration of all the positive attributes and qualities that have been attained by an individual in life before passing on to their birth of a new beginning. In absolute reality there is no death in an eternal life of expansive development & growth. In our relative existence, life & death are a duality that can be perceived from either a positive or a negative perspective; determined by an individual's beliefs.

It is not possible to create a positive feeling of either compassion or empathy whilst holding a negative belief, and therefore a negative thought, about whatever our Self or someone else is experiencing. It defies the law.

So let's look at the Law of Attraction with empathy and compassion. Let us see how it feels and know where it is coming from:

“Like energy unto itself is drawn; relative to its frequency polarity & the gender of the wavelength of its vibration”

- My emotional energy of empathy has a positive polarity and a male gender

- My emotional energy of compassion has a positive polarity and a female gender

Opposite genders attract and like polarities attract, which allows becoming either empathically compassionate or compassionately empathic very vibrationally attractive. However the frequency of my thought also has the potential for a negative polarity:

- The negative polarity of the frequency of my emotional energy has a male gender of wavelength called apathy, which as well as being un-empathic is also insensitive & unemotionally disconnected and often mistakenly referred to as being unsympathetic.
- The negative polarity of the frequency of my emotional energy has a female gender of wavelength called sympathy, which as well as being un-compassionate is also irrational in its inclusive attachment and often mistakenly referred to as being caring with a passion.

Empathy is an essential attainment for my Self in my ideal world; not least because I am by profession a Life Coach, but mainly because of its benefit to my own personal development & spiritual growth.

Compassion is equally essential to my experience of an ideal world because the experience is in the feeling not in the knowing. What benefit does the health of my wealth & wisdom have for me unless I have the power, authority & ability to share it compassionately with other people?

Compassion is the expression of my power and empathy is the understanding of my authority that allows me the ability to be sensitively detached, not just with my coaching clients, but all people that I meet and encounter in my life.

Until I attain the empathic compassion for my Soul that equals the compassionate empathy that my Soul has for my Self, I cannot share that state of being with other people; nor can I attract others to share it with me, as a golden rule.

My apathetic aloofness will attract either a similar negative polarity or the opposing gender of a sympathetic interrogator to show me the virtue of my sin.

In the grief of my poor me, I am attracting an intolerable reflection of the intimidating anger that I feel for whatever that I believe that I have lost; and I will be frustrated by the insensitive disconnection of another's unemotional reaction, whilst I depend upon the inclusive attachment of those whom I need most.

The golden rule is: Whenever my thoughts & emotions are less than pure, others will do unto me the opposite of what I do and the opposite of what I want to be done unto me.

Also as a golden rule:

- The person I least want to see, always turns up
- Whatever I fear most, appears first
- Whatever can go wrong, does

- Solving problems doesn't make them go away
- The most pleasure often results in the most pain

It is because of these reasons, and many other negative experiences of life, that the strategy of doing unto others that which is most beneficial to one's self doesn't appear to be very sound.

It is human nature to test out every theory that appears beneficial to life and through a consensus of popular opinion determine whether it will be adopted as law or just a general rule.

As a general rule the Golden Rule, although adopted by all religions, is not adopted in the main by the general populous of our society. In their fear of their negative emotional experiences they believe the evidence of their negative experiences in favour of what they intuitively know as their truth.

The most popular version of the Golden Rule has become: 'Do unto others as others have done unto you'. This is alternatively translated as 'an eye for an eye and a tooth for a tooth', which has become the foundation of a justice system that seeks revenge and compensation for all victims of life by blaming other people who they convict as guilty.

Until I see that I am only ever guilty of my own innocence and I am only ever innocent of my own guilt, I will remain consciously unaware of my true potential ability to accept everything that occurs in my life as the gift of an opportunity for my own expansive development & growth.

The problem is that in the innocence of my own awareness I become conscious of my own guilt until I see the opportunity to be innocent of all guilt by no longer being guilty of my own innocence.

My male energy of guilt has lost its female innocence and I have confused it with a negative polarity of being not guilty, which I see as a positive benefit. Is it any wonder I get lost and very frustrated with the judgments that I make about my life?

Whichever way I look at it, the pathway to accepting all life in a beneficial way is by overcoming my judgement of whatever is occurring in my life. When I stop discerning what is either right or wrong, then only beneficial experiences are potentially possible; and all beneficial experiences are acceptable. It is the law.

Being Accepting

However I look at what I need to do to be attractive, it always comes back to who I am being because it is always my energetic state of being that is attracting my opportunity to experience reality, whether I see an opportunity to do something or not.

Perspective 35: When I see an opportunity to do something that I am inspired to do, I do it

The question is: “Why would I do something that I am not inspired to do?” The answer is that I believe that I should do it, ought to do it, have to do it or must do it; depending on the intensity of my belief from a gentle opinion to a strong conviction, I determine whether I will do it or not.

So, let me look at what it means to be ‘Accepting’ from my three different perspectives of my life:

1. My Conscious perspective of life has a choice of accepting or not accepting, determined by a positive or a negative polarity of my belief. I can also accept or refuse & decline, depending on the gender of my feelings about what is being offered. I usually refuse what I believe to be garbage and decline whatever I believe will take me down a slippery slope. Alternatively I can prefer my female energy of *giving* rather than my male energy of *receiving*, and not accept what is on offer; unless that is, what I want is not on offer and I use my male energy to *take* what my female energy is unable to *give* me; none of which is a pure attribute of being Accepting.
2. My Sub-conscious perception is that my life is either tolerable or intolerable depending on my available reserves of emotional energy. With enough positive energy of female patience, I can tolerate and endure what is occurring without reacting with the male anger of my impatient intolerance. When I run out of patience life gets intolerable as I am unable to endure what is happening and my survival is under threat. I alternate between patience & impatience, tolerance & intolerance, as my male wrath & my female meekness determine my relative state of being; none of which has the attainment of my true Acceptance of what is actually occurring.
3. My Super-conscious Self has the omnipotent emotional power to approve of whatever turns up. With enough power of approval, I can truly accept whatever is occurring. With the potential potency of being all powerful in my emotional experience, I need neither patience nor anger; neither do I need tolerance nor intolerance because nothing is ever a problem. With the confident omniscient authority of my higher wisdom, I have a valuable wealth of power to give me the healthy potential ability to allow whatever turns up to be seen with the esteem of my highest approval.

After much exploration, I have discovered in my experience that my acceptance of life is relative to my approval and allowance of whatever is occurring.

In other words, not only do I choose to explore being accepting, but also I choose to discover and experience being both allowing & approving as well.

Well-Being

Well-being is not the same as wellness, which is the polar opposite of illness & sickness. Whether I am just sick or just ill is a matter of my male rational perspectives interacting with my female emotional perceptions that determine the truth of my malaise.

Well-being means being well without the duality of any kind or any unkind thought or emotion. This means that to be truly well, the duality of my gender & polarity is to be overcome. When I attain the attribute of well-being, I will be truly overcome with emotion in an absolutely positive way, without the relative duality of my polarity.

Perspective 36: Overcoming a duality requires my conscious-awareness of its triality.

I overcome every duality of my relative existence when I have three choices instead of two. When I have three choices, I realise that there is only one way for me and that is to proceed with neither a positive nor a negative polarity with both my male & female aspects in concordant balance.

It is the realisation of a third way that creates a divine triality, because knowing, feeling & seeing the triality of my power, authority & ability in all three manifestations of its apparency, is truly divine.

The triality of a third way always describes adjectively the defining point that is the fulcrum of the extremes of my emotional experience.

I cannot discover that equilibrium, with equality & freedom, until I have first explored & experienced the extreme edge or boundary of both the male & female aspects of my gender and both the positive & negative aspects of my polarity. Until then my exploration & discovery is without experience, or my exploration & experience is without discovery. I cannot explore & discover without my own personal experience, which is the purpose of my own Self. Once all three are in place, I experience the true value of my discovery & exploration.

Discovery & exploration is the same thing until I define them differently. It is only my meaning that gives both discovery & exploration a distinction in my life. Until I define them, they have no meaning and no mean difference; they remain a singularity. Distinction gives the distinction of choice. I choose this as distinct from that. When I then find the mean between my distinct meanings, I find a third choice distinct from my duality. My triality has three choices with a distinct preference aptly declared by the Three Musketeers as: "All for one & one for all". When all three aspects of a triality come together and overcome the duality, they always look the same from whatever direction they are perceived. Three distinct perspectives merge into one vision of what is possible.

The perspective of the authority of my mental thoughts when combined with the perception of the power of my emotional emotions becomes the realisation of the ability of my physical consciousness.

I will see the reality of my life as the continual exploration and discovery of solutions to my problems, until I recognise the opportunities that are continually being presented to me in my present reality as a gift (present).

My Consciousness not only has three different perspectives but also has three different perceptions that are physical, mental or emotional and hold the key to my power, authority & ability to realise, visualise and manifest with the conscious awareness of seeing, feeling & knowing the experiences that I am presently discovering & exploring; whether I am aware of them being a problem, a challenge, or an opportunity to become healthy, wealthy & wise through my emotional state of being approving, allowing & accepting; or not.

My state of being well works on three different levels with a physical dimension, a mental dimension and an emotional dimension. I cannot be truly well in my physical capability until my capacity of being mentally well is aligned with the competence of my emotional well-being. I require a rational capacity of emotional competence to become physically capable of being - well.

However, as my Soul is the epitome of well-being, I have the choice of seeing it differently, should I so choose. My Soul does not wish for my acceptance because I always have my Soul's forgiveness. From a higher perspective there is no difference between accepting & forgiving; whereas from a relative perspective accepting or receiving is in opposition to giving or for-giving.

With my highest vision, I see that everything is all ready to be received because it is already given; it is fore-given. What is fore-given is my provision, which is in alignment with my highest vision; and is my allowance waiting for my allowance of it to be received.

From my relative perspective my acceptance is conditional on my allowing it and not disallowing it by finding it unacceptable to me. Whatever I perceive to be unacceptable is a problem because I cannot see the opportunity that is before me.

Perspective 37: My opportunities are always before me once my problems are behind me

When I cannot see the opportunity before me, I am blind to what is fore-given. I see only what I think that I want, which is usually what I think that I am without.

Perspective 38: My only sin is to be without

Being without is a sin because that is what a sin is: The state of being without. I have been taught that being without God is a sin and being within God is a virtue; and if I don't go within, I will go without. A problem occurs when I am lost and confused within the drama of the duality of my sin & virtue, which could well be the subject of another book.

My present focus is the divine triality of being approving of allowing my Self to be accepting, having overcome the duality of my 7 deadly sins and my 7 heavenly virtues.

I am content, fulfilled and overjoyed at my ability to be accepting, allowing & approving of the present state of my reality, which is ideal. However, I have a slight concern for my future because it hasn't happened yet and the nature of the universe is change. Therefore: "Will my

ideal life change for the better or will it change for the worse”? That of course will depend on my perspective.

Being Good

Being good and being well are not the same, unless you believe that they are and that's all well & good for you.

There are three ways of looking at this, once I overcome duality:

1. I can be bad and choose to get better until I am good, which is my sub-conscious perspective.
2. I can be good and choose to be better until I am the best that I can be, which is my conscious intention.
3. I can be the best that I am right now, choose to be better and grow to become Good, which is the vision of my Super-conscious Self.

From an external negative perspective there is a fourth option, which is to be bad, get worse until I am the worst that I can possibly be.

My Soul is absolutely 'Good' with no hint of badness, evil intention or negative perspective; which are the choice of my id & ego self that is continually discerning through the judgment of what I believe is right or wrong for me at both a conscious & a sub-conscious level of awareness.

Being Good is a divine attribute because it has no duality of any aspect of being bad.

The ability to be Good with the attainment of Goodness, first requires the power of Grace & the authority of Gentleness.

Before I can experience the grace of my gentleness I have to overcome the strength of my will power, that is the weakness of my limiting beliefs & my false authority; and then overcome the power of my favoured emotional attachments that are an expression of my need to be gracious.

Grace is synonymous with my emotional power. Being disconnected from my power is both un-favourable & un-gracious. Grace has a polarity opposite of disgrace and a gender opposite of favour.

Female grace & male favour are gender opposites that combine well together. Whatever is given with grace & favour is most acceptable, whereas whatever is given with neither grace

nor favour is an unfavourable disgrace, which never meets my approval and shouldn't be allowed.

Gentleness is synonymous with authority & choice. A gentleman, or gentlewoman, always makes the right choice for their Self and other people; otherwise they are not seen to be a gentle-person. Ungentlemanly conduct is met with disapproval and is not generally allowed.

Being gentle is neither the male energy of being strong nor the female energy of being weak; but perfectly balanced to ensure the perfect behaviour of a member of the 'gentry'. Issues are dealt with gently with feminine delicacy and male assertiveness. When I assert a delicate touch it is perceived to be genteel.

Goodness! Gracious! Me! Is an expression of my Self which lacks the confident authority of my Gentleness that allows my well-being to be complete because gentle grace is good when my Goodness attains both Gentleness & Graciousness.

All of which is a matter of choice as to which attainments are best for me. I am as much at liberty to choose with a negative perspective of life and decide, quite honestly, that dishonesty is good for me.

In reality nobody ever sees themselves as being bad. We all intuitively know that at the deepest level of our Being-ness that we are all 'Good'; we just get very lost, very confused and very frustrated in our relative dual reality existence. Even society's most infamous serial killers believed that what they were doing was from their own misguided perspective of what they believed to be good; until they were shown from another perspective the evil of their ways. Some repent their sins and atone, whereas others remain resolute in the conviction of their action and the conviction of their prison sentence.

The only thing that really matters at the end of the day is whether I am happy with what I think, happy with what I say and happy with what I am doing; because when I am, I am happy with whom I am being.

Being Happy

My Soul is never unhappy. Therefore, I can only be unhappy when I am not aligned with my Soul.

Perspective 39: Happiness is very Attractive

We all know that happiness is very attractive because we are all attracted to people who are happy; unless that is we are feeling miserable and happy people can be very irritating. In actuality it is never a happy person that is irritating but the presence of one's own misery; but we are all free to discern our own perspective of whatever is being presented to us.

Happiness is very attractive because, like well-being, it is a pure vibration of energy. It is more correct to say that I am a pure vibration of energy that is called Happiness. It is a natural state of being for my Soul.

Therefore, I don't need to go looking for happiness in my outer existence; I already have the potential within me. Any feeling of unhappiness is created by a false belief that is limiting my authority to be happy and my power to connect to my Happiness.

Perspective 40: My lack of authority always disconnects my power

My Soul only ever chooses to be happy. I have the option to choose what makes me unhappy; even if I believe that I would never choose anything that made me unhappy.

The villain once again turns out to be my sub-conscious id. Id is short for idiot; unless it aligns with my entity and becomes my true Id-entity.

My sub-conscious is capable of idiotic thoughts when it is without intuitive reasoning and doesn't have a great feel for life's magical qualities. Intuition is the sense that is common to everyone, yet not commonly used by everyone. Most people spend their life on auto-pilot, which means they become a slave to the decisions of their sub-conscious master and are not consciously-aware of most of the decisions that are being made for them. This allows their individual consciousness to reminisce about the past or day-dream about the future, without having to face up to what is currently present in their unhappy lives.

Now it's no good blaming my sub-conscious programming when things get a bit unhappy. A better way is to become conscious of what is driving me to distraction in my current perspective of reality and change it.

My present reality is the creation of my past thoughts or past distractions. My distractions will present themselves as a problem when I believe that I am lost because what I have actually lost is my happiness. Therefore whenever I am unhappy, I have become distracted from my path and I am lost. My perspective is misaligned with my vision.

Unhappiness is a great indicator that I am off track, mis-aligned with my vision and not intuitively connected to my inner guidance system; so my emotional power is drained. When my emotional power is low, I get very unhappy. Happy & unhappy are a duality of polar opposites. Unhappiness is a feminine gender that opposes my masculine misery. The ability to be a miser can make me very miserable.

Playing the role of a miser is an act created from the belief that scarcity exists. With a scarcity mentality, I will hoard everything I have, never give anything away and believe every penny to be precious. This action will never make me happy, just more or less miserable. It is not my action that will ever make me happy; it is my perspective that either connects me to my emotional power of happiness or not. Therefore being unhappy is my opportunity to change my belief about what is occurring in my life.

My belief in scarcity will make me miser-able not happy, so I am required to change my belief. To challenge and change a belief requires my attention to:

- My perspective of where I am now, which is sub-conscious
- My intention of where I want to be, which is conscious
- My vision of how to get there, which is super-conscious

Now, when I take action based on my previous actions that are based on my current beliefs, there is no change to my state of being and I will attract the same reality in a different guise. I will just be unhappy or miserable in a different way. Unless I do the work on my sub-conscious programmed beliefs, they will continue to drive me to distraction; and I will go round and around in circles following the intention of my perspective, with no clear vision offering me a present clear direction.

Whichever, way I look at it, my conscious ego Self can't go it alone. I need and depend on my inner guidance for my happiness, which is okay, because that is exactly where my happiness comes from.

My Soul is both the authority of my inner guidance and the power of my emotional Beingness that allows my unconditional happiness. Allowing my happiness to flow requires my approval of my inner guidance system and my acceptance that my happiness flows with having a clear direction for my life that is both fulfilling & joyful.

Being Fulfilled & Joyful

My contentment with physical life is a matter of my mental fulfilment and my emotional joy. The quality of all three attributes allows the attainment of my Happiness.

Although it is possible to be satisfied with what I have physically achieved in my life, I am unable to be truly content unless my life is also filled full of joy.

A life filled full of an abundance of joy is joyful but not necessarily fulfilling. Fulfilment comes with knowing my vision. Unless I know my vision, I have no way of knowing whether I am fulfilling it or not. I may feel the joy of my fulfilment without knowing why, which will not allow my complete contentment.

I can also fill my life full of achievement & apparent success, and still feel the dissatisfaction of not being fully filled with contentment.

Perspective 41: The only true success in life is the attainment of being fulfilled

Being fulfilled requires the attainment of Fulfilment, which I attain when I am following the path of my vision. When I am fulfilling my covenant, fulfilling my purpose and fulfilling my vision for my life, I am being fulfilled.

The fulfilment that I feel is the acknowledgement of my Soul that my highest choice is being fulfilled, which is a very joyful experience for me, my Self & I. I can only feel the joy of my fulfilment when I am experiencing the power of my authority; because they are the same thing.

My ability to be content is relative to the power of my joy, due to the authority that I am fulfilling. When fulfilling the will of my ego self, my satisfaction becomes relative to my will to succeed. There is very little joy or contentment in accomplishing success without the attainment of Happiness.

Unless I am happy in whatever I am doing, it cannot be fulfilling, I will not feel any joy and my contentment will be unsatisfactory. Struggling for success against all odds will fill me full of frustration, not joy.

Attaining a joyful & fulfilled life has absolutely nothing to do with my accomplishment or my success; until I accomplish the success of my attainments.

I can choose the quality of life that my attributes & attainments allow me; or I can choose to attain the success of my ego's accomplishments. The choice as always is mine; and yours.

Happiness is a triality of fulfilment & joy that allows my contentment with my ideal life. The emotional joy of being mentally fulfilled allows my contentment with physical life and my attainment of a happiness that is divine.

There are not varying degrees of Happiness. I am either happy or I am not. Happiness is a pure wavelength of emotion, in the same way that Well-being is a pure frequency of thought. In the same way that I only think of knowing my Well-being, I only feel my emotion of Happiness; and by the Law of Attraction I only experience a life that is well-happy and I fall in Love with Life.

In Love with Life

There is one question left to ask, and it is: "Which"?

Which attainments & which attributes will give me the life that is most attractive to me and the life that I am most attracted to?

The question is: "Is the life that I am presently attracting, the life that is most attractive to me or could I attract something better?"

You don't have to be Good, Gracious or Gentle; you could choose to be Great, Gorgeous & Godly; or choose a divine attainment with one of any 25 other initial letters. The choice as always is yours.

I cannot be in love with my life unless my life is ideal, so when I ask 'which is best for me', I am giving you my answers, which are not necessarily yours.

My path is of no interest to you, when you realise that it is not your path but mine. I mention my path, not because I want you to allow me to follow it but because it is my example of how it is possible for you to follow your path. It is my allowing you to follow your path that will ensure your ability to allow me to follow mine.

So let's look at how you can choose your ideal life, giving my ideal life as an example. I choose to be an ideal example of the expression of a quality life for my Self, so that you are inspired to choose your ideal life for your Self.

The way to choose your ideal life is to follow your inner guidance system and be only what feels beneficial for you. When you have the right positive emotion, it is presenting the right way for you. As no one else can feel your emotions, no one else can tell you which way to go.

I find that the only way to stop other people telling me where to go is to stop giving them advice, which means understanding my own arrogance; which I will come onto in a while.

When you are feeling good, then your thoughts are positive and any action you take is beneficial on your path. Your intention to do something is in alignment with both the perspective of your sub-conscious beliefs and your higher, super-conscious vision.

But, I don't need to tell you that, you already know that. When you are inspired to do something, there is no stopping you, because you have the divine ability of both your power and your authority behind you.

The problem is that when it's behind you, you're not aware of it; that is, until it's not there anymore and you hit a spell of resistance, which challenges you until you run out of power and finally succumb to having a problem.

At this point, you generally start to look for a solution to your problem, which is causing either pain or fear or at the very least is giving you a headache.

Your brain is working so hard processing all that sub-conscious information that it starts to complain at the lack of any satisfactory outcome because you are heading in the wrong direction.

Your opportunity is always in the opposite direction to your problem. Instead of getting busy, get still; instead of working hard, rest; pick the flowers, smell the coffee and re-connect to your inner guidance system by clearing all that over-processed thinking and allow your pure thought the ability to be heard.

You cannot follow an effortless path that is continually offering resistance. Any resistance that you encounter is created by your own limiting beliefs in your own false evidence appearing real. False evidence creates real resistance. Clearing any resistance that disallows an effortless journey requires a change in perspective. Changing my perspective allows me to challenge the belief that formed my old perspective and change my belief about what is occurring.

At the end of a hard day of problem solving, or at the end of a life-time of missed opportunities, you will eventually realise that solving problems never made life effortless; it just made it more bearable, tolerable and endurable.

We are not talking about surviving a life of unbearable, intolerable endurance. This may be conceived as a triality but it has no third way and is therefore a duality in disguise.

The sub-conscious is a jealous guardian of your values and will use every trick in the book to convince you it is acting in your highest good.

The only way to truly test your new perspective, and know its truth for you, is to see how it feels for you. That is why emotional intelligence is essential; you cannot intelligently know without your emotional feelings, you will default to the knowledge of other people from your sub-conscious memory.

The question is: "Which emotion am I feeling?"

Perspective 42: Messages are received with an intensity ranging from inspiration to fear

The Intensity of Love

Now, if you have been paying attention, you will recall that the intensity of an energy vibration is determined by its polarity & gender.

As polarity is a divided aspect of vibrational frequency and gender is a divided aspect of vibrational wavelength, then vibrational intensity is not a measure of pure love but a measure of impure and divided love.

Overcome your fear and you will get an inspired message. In the face of adversity lies a great opportunity.

In absolute reality there is only pure Love; the experience of which is generally described as a state of ecstasy with an intensity of pure bliss. If living life in an intensely ecstatic state of pure bliss appeals to you and you are inspired to try it, then that is your path; which many others have followed. I doubt whether it requires much emotional or rational intelligence to induce that state of being either legally or illegally with the use of medication or drugs.

Achieving the attainment of being pure Love is a totally different experience. It is my state of being whilst I am living my ideal physical life, rather than the intensity of my emotion whilst not living a physical experience, that is the focus of my vision.

That is not to say that the intensity of my emotion is not important on my journey, it is, but for a different reason.

Perspective 43: The intensity of my feeling is a measure of my connection to my creative power irrespective of its gender or polarity

My ability to create my own life requires both power & authority and my Soul has both. However, my Soul does not have the ability without its physical Self. I can only create my life by being here, present in this contextual field where all potential realities are possible.

Connecting to my Soul is not as difficult as it appears when I know that my Soul is always connected to my Self energetically. My power & authority is always available to my Self; I just have to re-connect it.

I connect to my power through being in authority. I connect to my authority by following the path of my vision. I follow the path of my vision by aligning my intention and my perspective accordingly, so that they are both faithful and true.

I do this by hearing my messages. My Soul cannot tell me what to do directly, because it would disallow myself choice; but it can and always does provide guidance on the direction of my path, which it does by who I am being.

Who I am being is an emotional feeling that I can translate into a thought. I can then change the emotional state of how I am feeling by changing my thought. It works either way; I can change my thought with my emotion and I can change my emotion with my thought.

What I cannot change is the intensity of the emotional thought that ranges from inspiration to fear; but I can suppress it. When I suppress my fear, I suppress my inspiration because they are the same intensity of energy with opposing positive & negative polarities.

Suppressing emotional intensity disallows my Soul's messages until I realise that my Soul only ever sends me Inspiration. It is my choice whether I receive this as a positively intense or a negatively intense frequency of my Soul's vibrating message.

My Soul always reflects to me my highest state of being and, when I have an opportunity to co-create that emotional state of being, my Soul is intensely ecstatic and that intense feeling

becomes apparent to my Self; any way that I have been programmed to receive it by my sub-conscious belief system.

The state of being ecstatic, or ex-static, means without 'static'. Static is stuck or stagnant energy that is not effortlessly flowing. Pure energy is a matter of motion. Emotion is energy in motion. The purer the state of the emotion, the less effort and the less static is experienced.

Perspective 44: Getting stuck energy to move is the key to all personal development

When my divine messages are being received through static, they get distorted and become unintelligible, to the extent of evidently appearing to reveal a false reality that I interpret as fear and therefore suppress. In other words, I don't see the message so I don't get ecstatic.

When my receiving equipment only ever receives static, I fear that it is broken and I switch it off.

My Soul only ever sends me a pure vibration of Love for my Self. I can only feel that love for my Self when I am in alignment with my Soul; as a Golden Rule. Therefore, I can only love others as I love my Self when in co-operation with my Soul.

How I receive that pure wavelength of emotion that carries a pure frequency of thought depends on the attitude and inclination of the satellite dish that is my metaphorical intuition.

Unless I am accurately tuned in, I will not get my messages with the presence of a clear direction.

Depending on how well my intuitive reception is attuned, I have a whole range of intensity of emotional experience to choose from, which are either male or female and either positive or negative:

- Positive female intensities of emotion include:
 - ***Passion, Beauty, Wonder, Bliss, & Ecstasy***
- Positive male intensities of emotion include:
 - ***Excitement, Eagerness, Enthusiasm, Optimism, & Inspiration***
- Negative female intensities of emotion include:
 - ***Anger, Grief, Depression, & Despair***
- Negative male intensities of emotion include:
 - ***Boredom, Pessimism, Intolerance & Frustration***

Positive intensities of emotion are relatively powerful and negative intensities of emotion measure a state of relative powerlessness.

Modern Psychology has made intensive studies of emotional intensity in its pursuit of making people less miserable, whilst failing miserably to connect them to their source of

emotional power. In the understanding that you cannot make someone else happy, they have concentrated on trying to change the intensity of emotional energy from negative to positive in total ignorance of its gender; with varying degrees of success & failure.

Unfortunately, the polarity of a frequency is not relative to its intensity, which means that any attempt to raise someone's energy by changing its polarity without first balancing its gender, will remain a drama of the duality of relative *hit or miss* and will *fail or succeed* purely by chance.

Many people believe that 'if there is a chance of success then we should but try', which is very hit & miss and emotionally unintelligent, even when it appears to have a rational logic.

The Rule of Chance states that: "Logically and statistically, the chances of something being good or bad in a dual reality world are 50/50"; which I do not find to be very attractive odds for even a mediocre life and certainly not ideal for my life. Chance as a rule is not always golden.

God Doesn't Play Dice

Albert Einstein said that. Albert is the father of modern Relativity. His theories of relativity have stood the test of time for over 100 years of fellow scientists' attempts to disprove them.

He is famous for the equation: $E = mc^2$, which translates as energy is equal to matter multiplied by the speed of light squared. All of which makes immense sense to science with little consequence to life in general; except it led to the invention of the atomic bomb.

Literally it translates as energy and matter is the same thing in a reality where the speed of light is a constant. It supports the scientific realisation that energy cannot be destroyed, it just changes form. What form it takes is relative to the speed of light or relative to the speed of the electro-magnetic waves of energy vibration that are forming our perception of what is being experienced.

Now, Einstein followed the physical science of measuring everything in *time, speed & distance*; which is very useful when intending to send a rocket to the moon. When I look at life from the perspective of the triality of *time-space-reality*, rather than the dual reality of space-time, I get a bigger picture of life and a different vision for my life.

Time, speed & distance measure the energy of matter in motion ($E = mc^2$), but not the matter of energy in motion, nor the motion of energy in matter. Using energy to create matter is a different matter entirely to using matter to make energy.

You see, the matter of energy in motion has a scientific name of electricity; and the motion of energy in matter is known as magnetism; both of which are without the gravity of the matter of energy in motion. So far, gravitational waves are not able to be measured.

Energy in motion is emotion. Matter in motion has an energy that is measured by time, speed or distance. Energy in motion is the effect of the Law of Attraction. Science has misunderstood the gravity of attraction and sees only the attraction of gravity, because they are looking in the opposite direction. Their perspective is polarised towards matter, not energy. Consequently they have left gravity out of the equation because whenever they try and mathematically introduce gravity to their electro-magnetic equations they end up with a host of infinities.

They are without the realisation that our 'host' is the infinite, eternal & continuous Space-Time –Reality of All that Is, that the Law of Attraction faithfully governs.

Science is stuck with 4 apparent forces of electro-magnetism, a weak force, a strong force and gravity which won't fit in. The problem is that you can't make a triality out of a duality with four elements; you just end up with a singularity, which in this case is gravity.

A quick look at Law 2, and we realise that every vibration of energy has a frequency & a wavelength, which works for electricity and also magnetism, but we haven't yet discovered the frequency & length of a gravitational wave.

The other realisation is that although electricity & magnetism can be seen as either separate forces or a combined force, we haven't yet named the third force, because gravity doesn't appear to fit the equations. With Law 4: We realise that all forms of energy have a potential force & magnitude. Remember that electricity has volts, amps & watts.

From a higher perspective, with a pure undiluted energy vibration, it is possible to see the potential for the energy of my life to be relative to the gravity of my thoughts and the magnetism of my emotions.

I will leave the mathematicians to do the equations, because I intuitively know that 'as within, so without'. In other words my inner reality is a reflection of my outer reality. What I experience in the outside world as a magnetic force combined with a gravitational magnitude to produce an electrical potential for life, is relative to my personal force of magnetic personality combined with the gravitas of my character that gives my life the potential to be electric.

Whichever way I look at it, and whichever way I call it, the energy of my reality takes many forms that all conform to my 4 aspects of the Law of Attraction in action.

The electrical potential of my Consciousness is realised with the magnetic force of my personality and the gravitational magnitude of my character; which is my Grand Unified Theory, or to use an acronym: My G.U.T. instinct.

Theories only become Law when all the bits fit together perfectly. That means that they look the same from whichever direction I choose to see best and respect most; and for my theory to get your respect requires it to work in your experience from whichever perspective you see as the best way of looking at it.

Seeing four aspects of energy as all being a force disallows the magnitude and therefore the potential for it to effortlessly energetically flow in my experience of life. When I see the force of my logic as a charge, I realise the potential magnitude of my error that is a cost to the energetic growth of my understanding with both rational logic & emotional intelligence.

$E = mc^2$ has proved beyond doubt to work extremely well in a dual reality perspective of space-time; but it won't answer any questions on: "How to be Attractive". I overcome the duality by introducing a third way and making a triality out of whatever I am equating to. I therefore offer, in the spirit of growth in human potential, advancement on Einstein's equation by adding some additional 'Energy', because the original equation is not divine from my perspective.

Therefore I propose that: $E = emc^2$

Which is another way of stating that: Pure energy (E) is a triality of energy (e), matter (m) & motion (c^2) in a space-time-reality of electro-magnetic-gravity.

Now, that's enough of the physicality of the physics, I need to balance that with the spirit of my spiritual reality so that it is workable in my physical reality.

The Spirit of Life

The problem with physical life is that it is governed in our modern society by our physical sciences. The science of how things physically work has dictated the standards of our material existence and the boundaries of our comfort zone. We are comfortable within the boundaries of our own physical knowledge because our greatest fear is the unknown.

The problem with spiritual life is that it is governed in our modern society by our spiritual religions. The religious scriptures of the past are used to dictate our moral experiences of the future and have become the boundaries of our comfort zone. We are comfortable within the boundaries of our theological knowledge that allows us to fear an unknown God.

Science & Religion are a modern day duality that sees the same energy vibrations from opposing perspectives that create opposing beliefs, opposing realities, opposing experiences along opposing paths.

Just because two paths are opposite and different doesn't make one right and one wrong. They can both be right or both be wrong because it is all a matter of individual perspective.

The question is: "Is science and religion assisting me on my personal path to create my ideal life, or is it limiting my ability?" The answer is always time specific, place specific and relative to the individual reality of the perceiver of the question. There is no right or wrong in an absolutely ideal world.

To find the spirit of life requires energy. It requires a connection to the source of one's own emotional power, which means it doesn't come from an external source.

I have learned that it is not the good feeling spirit that comes in a bottle, nor the good feeling spirit of inclusive attachment of a religious congregation. Both of these potentially offer an opportunity to connect to one's own spiritual energy, yet both can be equally convicting and equally addictive.

Pure source energy is never detrimental, never fanatical and never addictive, which are all personal aspects of an individual personality & character created by an individual's personal emotional needs and limited beliefs.

Spirit is synonymous with emotional fuel not physical fuel. Science studies physical fuel and calls it energy, which is very misleading. Our modern day energy industry governs the process of extracting power from combustible matter to create the energy of motion. That motion is used to drive our transport and heat & light our environment, which is all designed to make our comfort zone more comfortable.

Religion has hijacked our thoughts and called them spirit, whereas science has hijacked our power and called it fuel.

What we often end up with is a triality of body, mind & spirit, which is not surprising in a world that has become devoid of emotion. Science has opted for an exclusively insensitive disconnection from emotion, whilst religion has adopted an inclusively sensitive attachment to spirit. Both have abandoned the 'spirit of life' that is to be found in the emotion of every experience.

When I deny my emotional connection to life in favour of my sensitive attachment to other people; or when I confuse my sensitive detachment with my emotional disconnection in preference for an exclusively rational perspective, I lose my attractive ability of my creative power & authority.

When I become of a mind to allow the emotion back in my body, I instantly approve of the spiritual nature of the triality that is my body, mind & emotion. My mental character and my emotional personality take on my true physical identity in the spirit of who I really am.

When I see spirit as the energy that fuels my life, I make spirit a part of the whole and apart from the whole and I lose the wholeness of Spirit, the holiness of Spirit, and Holy Spirit has no meaning for my Self.

When I see the Spiritual Energy of All that Is, it becomes the all encompassing one version of everything that is Universal in my consciousness. The Universal Consciousness of the whole Spirit is just Divine Energy, which leaves god nicely out of the equation. Unless, that is, you see God as the Holy Spirit of Universal Consciousness & Creator of All that Is, was and ever will be; in whose image you and everyone else is created from Divine Energy into less than divine physical matter.

On a less metaphysical level, this means that my version of the Spirit of Life is just divine when it is my version of what I have created as my ideal world. That doesn't make me god, just the image of a creator using my creative imagination; which is just divine for me.

I do not have the individual power or authority to change the world, no one does; not even God. Man has dominion over his own personal world because we have all been given personal 'Choice'. Dominion means the ability to choose, not power & authority over other creatures.

Personal choice means that we don't have to agree; we just have to agree to disagree, in harmony and peace of mind; and to allow our Self to get on and create our own reality, whilst allowing all other creatures, and individual creators of their reality, to follow their own unique path separately in togetherness or together in separateness; because like energy is drawn unto itself, according to the Law of Attraction.

When I see Spirit as pure Energy, I allow an individual vibration, frequency & wavelength of that pure energy to manifest as a physical, a mental & an emotional aspect of my Self in alignment with law 2 of Attraction. The spirituality of my spiritual reality aligns with the physicality of my physical reality.

When I discover, explore & experience an identity with an exclusively and uniquely individual personality & character, I am in alignment with law 3 of Attraction. I am now ready to embrace law 4, which states that: The potential of Spirit in Life is relative to the magnitude of its power and the force of its authority.

The Pure Spirit that I call my Soul, has omnipotent power and omniscient authority; whereas as my Self, I am limited by the confidence & worth of my self-esteem.

This means that my ability as a creator is relative to how highly in my own esteem, I see my Self. My Soul holds its Self in the highest esteem possible through the experience of my being my Self. All possibilities of esteem exist relative to a complete range of values in which I have confidence; or not.

So, in the true spirit of life:

- My super-conscious Self is omnipresent with clarity & direction
- My sub-conscious Self is lost, confused & frustrated
- My conscious ego Self always has a choice

The paradox is that I cannot consciously be my sub-conscious self, although I can become consciously aware of where I am lost, why I am confused and when I am frustrated.

These will then become my opportunity for presenting my Self with a clear direction for a life journey that is in alignment with my highest ideals.

My 3 steps to attracting an ideal life are:

1. Get present
2. Hear my directions
3. Be clear

I cannot consciously attract & create anything that I am not first able to see in my imagination.

Getting the Present

Perspective 45: Being present happens when I am problem-free

Being present can be difficult, easy or effortless to achieve, depending on my perspective of the problem.

When I am present I am effortlessly in the flow of life without the problems that cause the resistance to my experience of happiness & well-being.

I cannot be happy having problems because they are a sign of my absence of well-being. Being well & happy are the true indications of my effortless experience of being problem-free.

Spiritual practice teaches meditation as a means of being present, which is all well & good for people who lead an effortless life and have the presence to meditate.

Meditation is the key to hearing my directions in step 2, but first I have to get present. Unless that is I hear my message and get the gift contained within it.

When I see meditation as a *gift*: I get (see) the present (gift). When I see meditation as a problem, I am seeing all the problems appearing in my mind that are resisting my ability to meditate.

The key is not to resist the problems, as whatever I resist will remain in my reality. Resistance is my negative focus on whatever is occurring, which by the Law of Attraction will grow stronger with my continued focus.

Being problem-free means not having problems and requires me to return all the problems that are not really mine back to their true owner and to secure their ownership of their problem. This means that I am required to stop interfering in the problems that are appearing on someone else's path, because they are not my problem and it's not my path.

The point is that from my higher perspective, they are not problems but opportunities. I cannot solve someone else's opportunities, nor are someone else's opportunities an opportunity for me.

The golden rule is: When I allow another the opportunity to solve their own problems, they allow me the opportunity to see my opportunity; unless I see solving my problems as an opportunity and a solution.

Perspective 46: Solving problems is not the solution to becoming problem-free

Problems, challenges & opportunities are a triality of the same energy vibration. Without a challenge in life there is no opportunity for growth, just problems.

When I challenge my Self to always see the opportunity that is being presented to my Self, I am on my path to becoming problem free.

Any opportunity that I miss will result in being a problem, which is not a problem because the opportunity will be re-sent; that is, unless I resent the opportunity to face up to my continuously recurring problems.

Most people eventually realise the futility of the effort that they put into managing not just their problems but also the solutions that they have dreamed up for their problems and look for a competent idiot to manage their solutions for them. Most managers in business today are highly trained and well paid problem-solvers.

Once business owners have all their problems manageably under control, they realise their freedom to enjoy their ideal life; unless that is they choose to create a bigger business with bigger problems, out of the opportunities that are continually presenting to them, and employ more managers to manage them.

In my experience, people who have a problem managing their problems, and a problem paying someone to manage their problems, usually have no problem in attracting a competent idiot to share their problems.

People with problems attract people with problems, because people with problems like solving other people's problems, which is why they never get around to becoming problem-free. The more successful we become as problem-solvers, the bigger problems we are able to attract into our reality.

Similarly, the more problem-free I am, the more opportunities I am able to attract into my life; and the more I appreciate those opportunities, the more my opportunities appreciate & grow.

The Law of Attraction does not polarise the focus of my intention, I do; the more I focus on my problems, the bigger they get and the more I focus on my opportunities, the bigger they get; without exception.

As I get & see my opportunities being presented, I gain presence, I get a present, and I get present in that moment of reality.

Perspective 47: A moment of reality is only realised in the presence of Now.

Once present in the moment of now, I am meditating; and I have no problem meditating because I have no problems to busy my mind. With a quiet mind, I can move on to step 2 and hear my messages.

Hearing my Directions

Perspective 48: My directions are a message not a directive

Nobody likes being told what to do, unless they are an incompetent idiot; and even they resent it eventually.

My Inner Guidance System is there to guide me with my choice of direction, not to directly choose for me but to indirectly show me the way.

A good Director brings the best out of their actors. They use their positive attributes to bring out their best performance. They set the scene and allow the emotion of the play to be expressed in the action of the performance.

My Soul cannot give my Self an intention, only emphasise my vision. My Soul has no intention, only a vision for my Self. The benefit of my Soul's super-vision is that it allows a perspective that is beyond the duality of time & space.

The instant my Self clarifies an intention; my Soul simultaneously co-operates with that intention and instantaneously transmits to my Self how it feels about my intention. It does this with an undivided intensity of emotion that conveys the potential of my intention.

Until I have a clear intention, my Soul cannot measure its co-operation with my vision, with feeling, to ensure we are on the same wavelength. Unless my intention is in alignment with my highest vision, it won't feel good, or bad; I just won't feel any approval or disapproval for my intention.

What makes my intention good, bad or indifferent is the perspective of my sub-conscious programming, which translates my inner messages according to my programmed belief system.

When I feel the fear of my sub-conscious negative beliefs, my perspective is polarised out of alignment with my higher vision. My super-conscious positive feeling instantly becomes a sub-conscious negative fear, created by a past memory that has formed a limiting belief.

When my pure thought becomes confused thinking, I believe that nervous excitement is good and nervous fear is bad, I am not being given a clear direction and I will get lost within the drama of the duality of my perspective and get very frustrated. The fearless way may be problem-free but it may not be in alignment with the highest intention of my vision.

When I feel no emotion for my intention, either way; my Soul is not in alignment with my intention and communicates that by my total lack of feeling. This may be considered from a different perspective as being my safest option, but safe options disallow change and growth. My Soul favours development & growth, never stagnation; having no need of safety, security or comfort.

Unless I share my Soul's enthusiasm for my intention, why would I choose to action it?

The key to completing step 2 is to become fearless. The less fear I have the more clear my direction will become, because I will not be hearing the procrastination and the prevarication of my sub-conscious limiting beliefs.

My limiting beliefs create my fears. The more fearful I am, the more my fear will limit my action, deny my intention and paralyse my ability.

Fear and limiting beliefs have no higher authority. I have created them my Self, so I can challenge and change them my Self. Any belief that remains unchallenged will remain a problem to my intention to live my vision.

The inner voice that I am hearing is either my sub-conscious perspective or an expression of my super-conscious vision. The polarity of the intensity of the emotion that I am presently receiving and feeling is my indication of the identity of the sender.

When I hear my messages with an intensely positive emotion of inspiration, I have clear direction and my direction is clear.

When I hear my messages with an intensely negative emotion of dread, I have a clear indication that my path is blocked by my current perspective, so I change my intention to become my intention to change my perspective in alignment with my vision.

In other words: This is not about 'feel the fear and do it anyway', nor 'feel the fear and run a mile', but feel the fear, face the fear, change the belief, change my perspective, feel the excitement and intend to do it with my highest vision for my Self in co-operation with my Soul.

I cannot feel any form of fear, dread, apprehension, anxiety, loathing or any other negative intensity of emotion and be in alignment with my highest vision for my ideal life. When I get that clear then I will hear my directions with clarity. My directions flow with effortless clarity when I am in the presence of now.

Being Clear

Being clear is not just about clearing my problems and clearing my limiting beliefs. Being problem-free and clear of any problems allows my ability to be effortless; being fearless and un-limiting my beliefs allows me to choose with authority; but I still require the power to realise the ability of my authority clearly.

The problem is that I don't know my intention until I have an intention to follow my path without any intention.

When my intention becomes to follow my path without any conscious intention, I allow my vision to unfold or my sub-conscious perspective to surface. Either way I am on track; I am either following my effortless path or I have the opportunity to change my perspective so that I am following an effortless path in alignment with my vision.

My effortless path is problem-free, fearless and painless, which is in alignment with my ideal life. The less pain that I experience, the less fear I will create and the less problem my path will appear to have and the more emotional power I have at my disposal. The biggest problem and the greatest fear in life is the experience of pain, which is the biggest consumer of emotional energy and the cause of all depression.

I see pain as the effect of a bad experience due to the problem that I fear. I fear the problem of a painful experience. Whichever way I look at it, it appears clear that pain and fear are a problem.

That is until I see pain as an opportunity to become pain-free; I see fear as an opportunity to become fearless; and I see problems as an opportunity to become effortlessly problem-free.

The key to eliminating all three from my ideal life is my ability to connect to the authority of my emotional power. Pain is just my disconnection from my source of emotional power. Seeing my pain as a fearful problem will disconnect me further from my power. Feeling my pain as an indication of what I have the opportunity to change, which is always my perspective, allows it to become a positive benefit to my getting better.

The problem is that I need the emotional power to get better to connect to my emotional power. The opportunity is to realise that pain is not an indication of illness but a signpost on my journey to well-being. The question is: "Do I have an attachment to my pain that is allowing it to stay & grow?" or by allowing it to go: "Am I becoming gradually pain-less on my journey from illness to wellness?"

The problem of the fear & pain that I have accumulated over the years has to be reversed so that as I allow the pain to go, I let go of the fear and lose the problem. This will only happen instantaneously when I can see pain, fear and problems from my highest perspective, where they just don't exist.

The path towards an effortless problem-free life is to become painless and fearless. It is a journey that everyday becomes less painful and less fearful and less problematic, which feels good and empowers my Self to continue.

The alternative is to be fearful of the painful problematic experiences and try to avoid them, which disallows opportunities for growth and attracts more pain, more fear and even more problems.

Whatever becomes the focus of my attention, I will draw into my experience. It is the Law. When I can see a clear vision for my life that is aligned with both my intention and my perspective, I have the presence of my clear direction, to no longer be lost, confused & frustrated by the problem of pain & fear.

That should now present you with a clear opportunity; unless you choose to see your problems more clearly and decide to look for a clear solution. The problem remains that a clear solution can have all sorts of impurities dissolved in it, which can be beneficial or detrimental, good or bad, sinful or virtuous.

The Arrogance of my Sin & Virtue

Historically, sin has been seen to be bad & evil whereas virtue has been seen to be good & saintly.

Telling you what is right or wrong for you would be arrogant and judgmental, so I will choose not to humble you and talk about me instead.

My character, in the role that I am currently playing, is based on my beliefs and alternates between the dualities of the Intimidator & Poor Me, or the Interrogator & Aloof. My learned preference was to become aloof to my mother's interrogation and to interrogate my father's aloofness. I receive little sympathy as a poor me and any intimidation was not allowed. My parents always hid their conflict from their children.

My personality, in the role that I am currently playing, is based on my emotional needs; or the value that I placed on the way that I received emotional energy whilst I was growing up. When my emotional energy gets depleted, I value the approval of others and the appreciation of others; especially when achieving my goals and particularly when that achievement is right and pleases another who is close to me because they love me and need my love for them.

These values, which I learned at an early age, became the emotional needs that I sub-consciously drove myself to meet for forty years. They are my need for the emotional energy of love, which manifest in my reality as:

- My need to achieve
- My need for approval
- My need to be needed
- My need to be appreciated
- My need to be right

Now, I can see my needs as bad because it is bad to be needy and wanting; or I can see my needs as good and of value to me because they are; or I can be non judgmental and accept that my character and personality can be chosen consciously by becoming aware of the authority of my thoughts and my emotional need for power.

In the same way that I can control my energy with the awareness of the passive or active, introvert or extrovert, polarity of the character of my dramas; I can change my personality dependent on the gender of the emotion that I am attributing to my Self.

I first have to move out of judgment by challenging my inherited belief that sins are bad and virtues are good, which will always polarise my Self towards being good. I tried very hard to be pleasing, with modest humility, and patient meekness; in order to achieve my goals and earn the approval and appreciation that I needed. I was taught not to be greedy, without avarice, hubris or bigotry, so that my father was proud of me and I avoided his wrath.

I found myself in a world of assertively strong arrogant businessmen, impatient for success, who are greedy for power, wrathful in their authority, with pride in their own ability; who saw the humbleness of patience, pleasing, meekness, and humility to be a weakness in their character. I thank them all for showing me the error of my ways and helping me back on my true chosen path.

Perspective 49: Sin & virtue are gender opposites not polar opposites.

The sins of male arrogance have a gender opposite that is female humbleness, in a male dominant society. Therefore:

- My greed for emotional power needs others to comply and please me
- My wrath of my choice of authority needs others patient meekness
- My pride in my own ability needs others modest humility

When I add another four gender dualities, I have a complete set of mortal sins & virtues that are deadly to my life-force energy:

- My envy of what others have is without kindness and needs generosity
- My gluttony and extravagance is without thought for the poverty & scarcity of others
- My lust & desire is without care for the needs & passions of others
- My sloth & laziness is without a duty of due diligence and hard work

Once I see the sins & virtues of my chosen personality as having either a male or a female gender, and no longer as a good or a bad polarity, then my whole perspective of my life changes.

My definition of 'sin' changes from being wrong, bad and evil to just being 'without'. Whether my sin is without virtue or my virtue is without sin becomes the big question. "When the gender of my attributes is no longer divided, who will I become?"

Perspective 50: When overcoming duality becomes the focus of the majority, there will no longer be a need for conflict in the world

You see, as within so without. All the conflict in my outer world is the expression of all the conflict in my inner world. My conflict is not just between the polarity of what I want and what I do not want in my conscious mind. At a sub-conscious level I have the inner conflict of my personality & character, created by my emotional needs and mental beliefs, that is determining the gender of the wavelength of my energy vibration.

In other words, there is a battle of the genders going on inside all of each of us that we express and project into our outer reality; which either attracts or repels other people's interest or indifference.

In the same way that my character of being an Intimidator or an Interrogator will attract a characteristic Aloof or Poor Me, my sinful characteristics that label me as a Sinner will attract

the virtuous characteristics of a Saint; as well as the inclusive attachment of other like sinners.

Only once St George has slain his dragon is he able to rescue his damsel in distress, who is locked within the boundaries of her fortified tower. Or from an opposing perspective: Only once the Beauty has overcome the ugliness of the Beast will she awaken from her sleep in the arms of her White Knight or dashing Prince Charming.

Once upon a time in the Kingdom of Earth a tale was written that changed the Universe forever and ever. Amen.

We all have our own book to write and our own story to tell, which becomes history and her-story; and is written in the Annals of Time as the Book of the Living that retells the vision of each and every Individual Human Life; whether we know our Self to be the Author or not.

Taking Authority for my Self

Taking authority for my Self is the process of choosing who I am being. Authority means choice; whose authority I follow determines the choices I make and the power that I have to manifest those choices.

By reversing the process, I can either re-connect to my emotional power by being in alignment with my own true authority or, I can disconnect from the power of an authority that I no longer choose to follow.

There are always three choices:

- Other people's authority of choice will require other people's power for me to be motivated
- My ego's authority of choice will require my will power to motivate me
- My Soul's authority of choice, which always inspires and empowers my Self

Perspective 51: My Soul's authority is always aligned with the Golden Rule & the Law of Attraction

Now, when I believe that my choice will attract my experience relative to the Laws of Attraction, it does; and when I believe that my experience will determine my choice relative or not to the Law of Attraction, it does; because who I attract and whose authority I attract, or not, is all determined by 4 simple laws; irrespective of what I choose, or not.

I believe from my past experience that following other people's authority doesn't work for me, nor do following the whims of my ego's prospective intentions.

I have unconditional faith in the Law of Attraction delivering the true alignment of my vision for my life, in divine order.

So, let's see what's on the menu and which my 'order' of choice is. Again, this is my choice for my ideal life for my Self, not for you; although you are free to choose a la carte or stick to your normal table d'hôte fare, which ever takes your fancy.

I particularly fancy the pure vibrational energy of Happiness & Well-being to complement my personally expansive spiritual development & growth.

Law 4 reminds me that the magnitude of the wavelength relative to the force of the frequency is equal to the potential of each vibration of my energy:

The Vibration of Well-being

Perspective 52: Whatever I define as my own reality, I will attract as my own definite reality

My vibration of Well-being is defined by 3 wavelengths of emotion that I attribute to my Self:

- The power of my being Graceful
- The authority of my being Gentle
- The ability of my being Good

My vibration of Well-being is also defined by 3 frequencies of thought that I attain for my Self:

- The power of my Wealth
- The authority of my Wisdom
- The ability of my Health

An alternative perspective is that:

- My gracious wealth is the wavelength of my magnitude of power
- My gentle wisdom is the frequency of my force of authority
- My good health is the vibration of my potential ability

Whichever way I see it gives me a feeling of knowing my Self to be well.

That is, unless my well-being has a dramatic duality that divides it by gender; when:

- My gracious wealth of power is divided by my greed or my pleasing
- My gentle wise authority is divided by my wrath or my meekness
- My good healthy ability is divided by my pride or my humility

The combination of my perceptions & perspectives, based on my emotional needs and my limiting beliefs, will determine the intensity of my emotion and the resistance to the quality of my well-being. This means that the quality of my experience is determined by the balance & harmony of my particular attributes & attainments and will have a knock on effect on my Happiness.

The Vibration of Happiness

To test the theory of my Laws of Attraction in action, I am happy to look at another aspect of the pure Love that my Soul has for my Self:

My vibration of Happiness is defined by 3 wavelengths of emotion that I attribute to my Self:

- The power of my being Approving
- The authority of my being Allowing
- The ability of my being Accepting

My vibration of Happiness is also defined by 3 frequencies of thought that I attain for my Self:

- The power of my Joy
- The authority of my Fulfilment
- The ability of my Contentment

An alternative perspective is that:

- My joyful approval is the wavelength of my magnitude of power
- My fulfilled allowance is the frequency of my force of authority
- My content acceptance is the vibration of my potential ability

Whichever way I see it gives me a feeling of knowing my Self to be happy.

That is, unless my happiness has a dramatic duality that divides it by gender; when:

- My approving the joy of my power is divided by my lust or my need
- My allowing the fulfilment of my authority is divided by my envy or my kindness
- My accepting the contentment of my ability is divided by my extravagance or my poverty

Clarity is now dawning that, unless I am following my own path of personal development, the true value of my vibration of my attribute of Appreciation, in the attainment of Spiritual Growth, will be divided by the gender of my sloth or the diligent duty that I pay for my mis-aligned hard-work.

And what is more, this is all occurring before I make a judgement as to what is either good or bad for my Self by perceiving the polarity of what is occurring in my reality as having either a positive or a negative frequency.

It is presently becoming directly clear to my Self that before I can attain the emotional intelligence of being exclusively connected to my inner guidance, I first have to redeem my Self by attaining the 'Fore-give-ness' of my Soul that requires me to overcome the duality of good & bad that comes with my Judgment of my Self and all others when I am without my own sensitive detachment to my relationship with my own Ideal Life.

It is now directly apparent to my Self that a spiritual life of intense bliss is only attainable as a destination on my journey of spiritual development & growth. I do have the choice of living in blissful ignorance of my spiritual inheritance, but that is not what I have come here to do.

It is not the intensity of the experience that is important, once I learn that intensity is the product of the gender & polarity of my energy vibration. It is the quality of my life that determines whether it is ideal or not, which is the product of my personal attributes & attainments.

The attributes of unconditional Happiness & Well-being ideally compliment my Appreciation of my Expansive Vision for my Life, which is:

"To live in a world where everyone is in control of their own power, their own authority and responsible for their own actions"

Which, this book defines to be Attractive to Me, my Self, & I. All three are in balance, harmony & alignment with my perspective, intention & vision of my Ideal Life.

To Sum Up

I have overcome the duality of my questions that ask: "When in Time?" & "Where in Space?" to affirm the answer as: "My Reality".

I have overcome the duality of my questions that ask: "Who's Power?" & "The Why's of Authority?" to acknowledge the answer as: "My Ability".

I have overcome the duality of my questions that ask: "What Attributes?" & "How to Attain them?" to attest the answer as: "My Quality of Life".

I have redeemed my life, my way, as an expression of my appreciation for "The Reality of the Quality of my own Ability" in Life.

I just had to ask: "Which Idea Attracts which Ideal, which is my Idea of my Ideal Life for Me?"

I make my Life Attractive to me by making my Self Attractive to Life.

Any Way that I Choose!