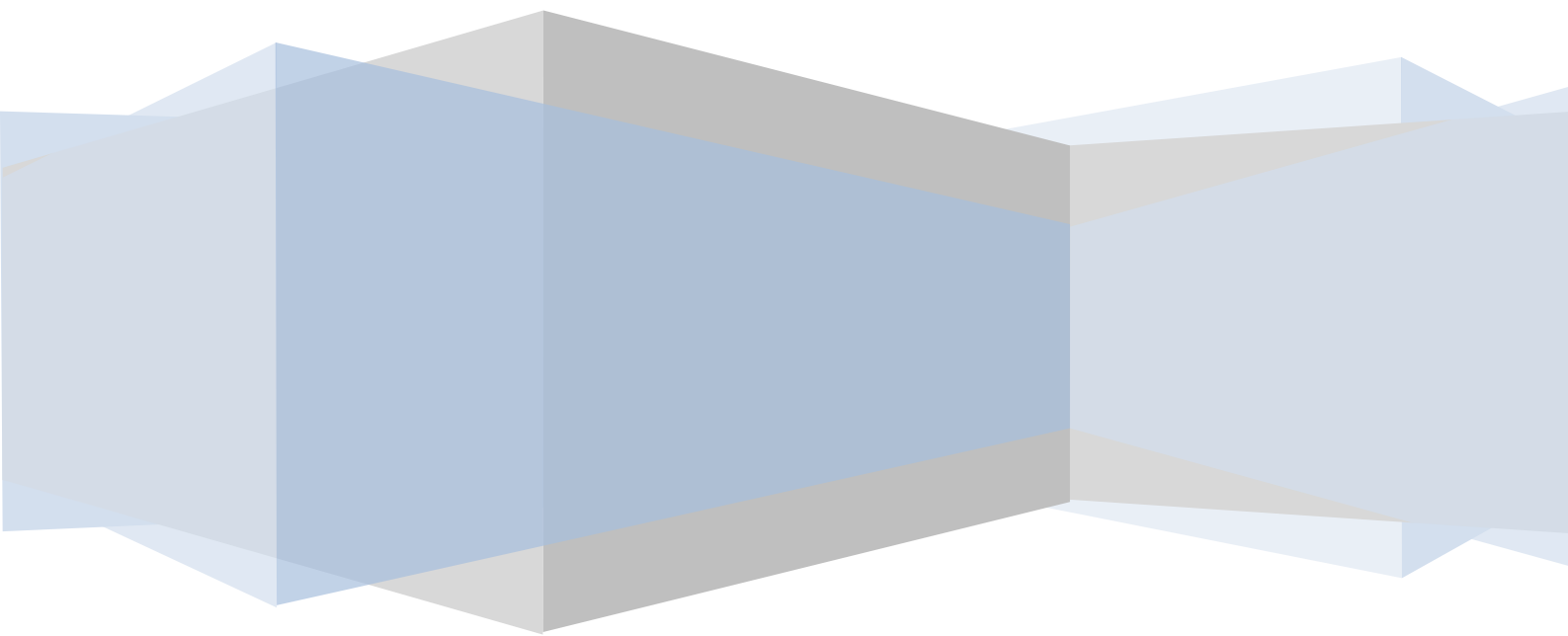


The Inner Coach

7 Modern Day Problems



Keith Collins

Procrastination

Procrastination is my belief that I shouldn't do something, which is in opposition to my thinking that I should do something.

My beliefs are my sub-consciously memorised programmes that form the basis of my rational judgments.

My thinking is a sub-conscious process of rationally deciding what it is that I need and how I need to get it.

When my beliefs and my thinking are in opposition, I will procrastinate.

Procrastination is a sign that life just is chaotic.

Chaos is my experience of having too many problems.

Procrastination is not only a problem but it is also my inability to solve a problem effectively or give up having problems.

Overcoming judgment and seeing that life just is a present to be accepted overcomes procrastination.

Prevarication

Prevarication is the problem of having too many choices.

It is the inability to decide.

With too many options my choice becomes unclear.

The more options that I have the more unclear my choice becomes.

We all have choice.

Few are able to use their choice wisely.

I am spoilt for choice when I have too many options.

Prevarication is the state of not knowing what is best for me.

It is trying to decide what is best rather than what is good for me.

It is caused by my disconnection from what feels good for me.

I overcome prevarication when I start to own my own authority to choose what is right & good for my Self.

Scarcity

Scarcity is the belief that I do not have enough.

Usually, people who do not have enough have not determined what enough is for them.

I cannot believe that I have enough unless I have defined what enough is for me.

Enough is never more or less than enough.

It is never too much, not much or too little.

Much is abundance, which is enough.

Scarcity disallows abundance but it does not oppose it.

Extravagance & gluttony are in opposition to scarcity.

Without the abundance of enough, I am either in scarcity or in gluttony.

When I decide what is enough for me, I overcome my scarcity mentality.

Procrastination & prevarication both keep me in scarcity because of my inability to choose what is enough for me.

Sex

Sex is driven by the belief that we need someone else to make us feel whole.

The belief that I am not whole causes a need to be loved.

Love is misunderstood because gender is misunderstood.

Gender is misunderstood because emotional energy is misunderstood.

Our lack of emotional intelligence defines sex as a physical act and love as an emotional need.

With emotional intelligence we understand the gender of emotional energy.

We understand that sex & love are a duality of opposing genders of the energy that we see as our emotional needs.

When sex & love are divided, we will seek one or the other or both.

Both become the absence of Love and the need for Love.

The pure energy of Love is undivided by male or female gender.

The male need for sex is in opposition to but attracted to the female need for love.

Overcoming our emotional needs allows sex & love to reunite in holy communion and to never be in opposition again.

Discrimination

Discrimination is caused by the belief that we are not all created equally.

When inequality exists, discrimination abounds.

Discrimination is my subjective view of how better I am than someone else.

It is my mis-guided way of measuring how good I am compared to other people.

It is my belief that mixing with people who are not as good as me will be detrimental to me.

We are all different by virtue of our sex, race, age, religion & social class.

These difference are characteristics that determine my character.

Discrimination is my dislike of certain characteristics that are unlike my own character.

Seeing that from a spiritual perspective we all have the same true identity and are all potentially equal human beings is how I overcome discrimination.

Duty

We are all victims of the belief that there is something that we have to do.

It is our belief that it is our duty to do something even when we don't know what it is.

In the absence of knowing our purpose, we opt to fulfil our duty.

Our duty is always to someone else.

Duty is a levy or a tax that we pay for following someone else's authority.

The belief that we have a duty to serve others is very emotionally taxing.

My duty means that my path is determined by someone else's authority.

My belief in duty disallows my ability to follow my own path.

When I restrict the path of another, it blocks my way.

Overcoming the need to serve others allows me to follow my own path, which is always beneficial for me and never detrimental to anyone else.

There is no duty to pay for my faith.

Busy-ness

Busy-ness is the belief that whatever it is that I am supposed to be doing, I have to keep doing it.

It is the belief that sloth, laziness & idleness are all the same thing and are detrimental to my comfort & survival.

Busyness drives business, which is driven by the need to succeed.

It is driven by the need to achieve, the need to attain & the need to accomplish.

It is driven by the belief that whatever I want, I must work hard to earn it.

If I don't earn it, I don't deserve it.

It is driven by the belief that I must keep trying and never give up.

It is my experience of pushing against any resistance and entropy in life.

Overcoming the effort of work and the idleness of no effort allows my experience of life to be effortless.

An effortless life is never busy and happens in divine time.

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