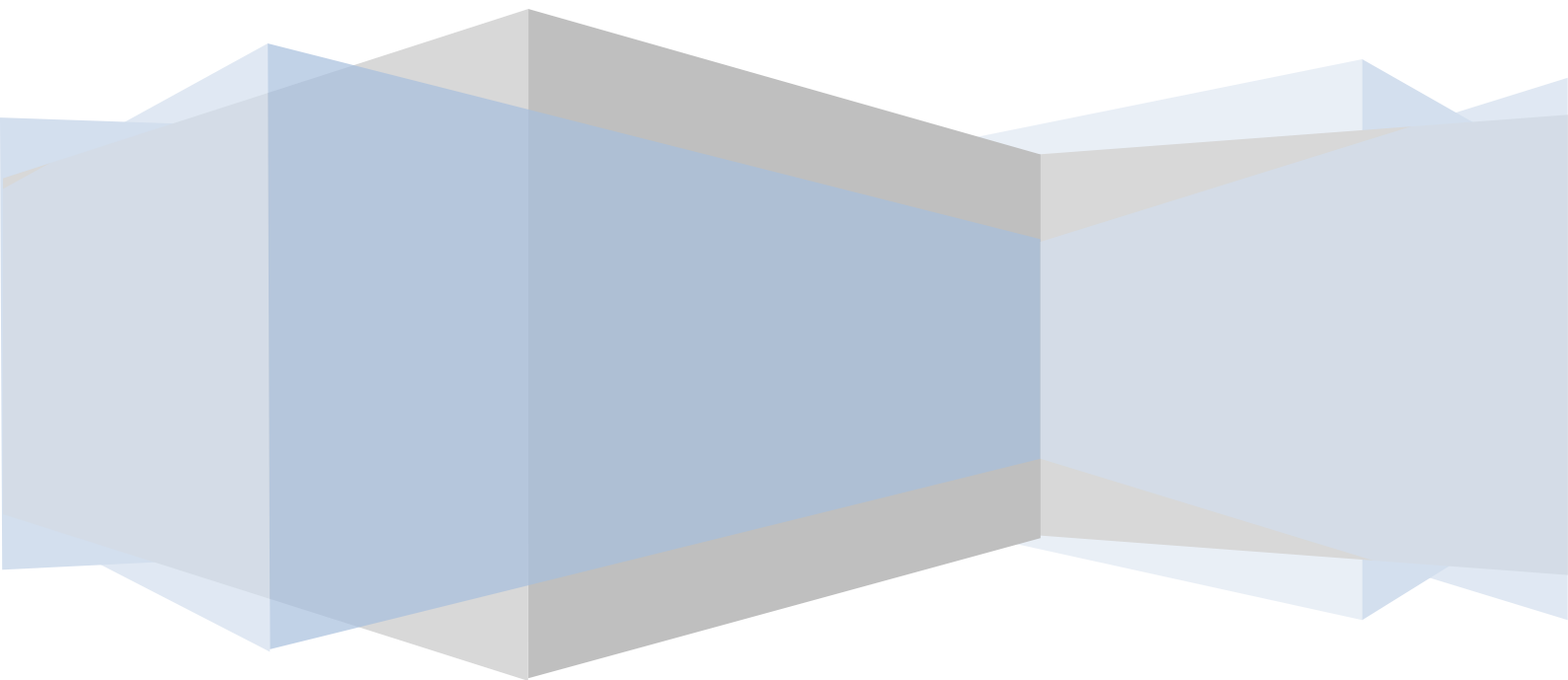


The Inner Coach

Attaining Harmony

Keith Collins



Attaining Harmony requires the personal attributes of being congruent, being consistent & being agreeable.

When I am being congruent, consistent & agreeable, I am in harmony with my Self.

Being Congruent is the state of being in alignment with one's chosen path.

When following my chosen path, my power is congruent with my authority.

My clarity is also congruent with my direction.

My thoughts are congruent with my emotions.

My vision is congruent with my purpose.

My true values are congruent with what is occurring in my life.

My providence is congruent with my allowance.

My experience is congruent with my intention.

Being congruent with other people is not a state of being but a determined action.

I cannot attain Congruency by aligning with the path of another.

I am being congruent when my Soul is aligned with its Self.

Being Consistent is being in agreement with my Self.

When I agree with my Self, I have no inner conflict.

I always express my true Self.

I am compatible with my Self.

I attain a steady state of effortless flow.

My consistency is free flowing.

I encounter no internal resistance.

I hold true to my path and my life's journey.

When I am consistently dense & resistant, I am not consistent with my Self.

The paradox is that I can consistently change who I am being and still be consistent with my Self.

Consistency is not a constant but a variable.

To effortlessly flow, my consistency is required to be flexible & variable.

The only constant in my life is consistent change.

I am consistently changing the consistency of my life and I am also constantly changing when I am being consistent.

When I am being consistent & I am being congruent, I am being agreeable.

I cannot attain agreement without consistency & congruency.

When I am feeling consistent, knowing that I am congruent, I see my path agreeably.

I feel the consistency of my emotional power.

I know the congruency of my mental beliefs.

I see the agreement of my physical covenant.

When I am in agreement with my covenant, I see my vision for my life.

Being Agreeable is agreeing to flow effortlessly along my path.

I agreeably accept my mission in life.

I consistently approve my purpose in life.

I congruently allow my vision in life.

I allow my allowance to be congruent.

I approve my providence to be consistent.

I accept my covenant to be agreeable.

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