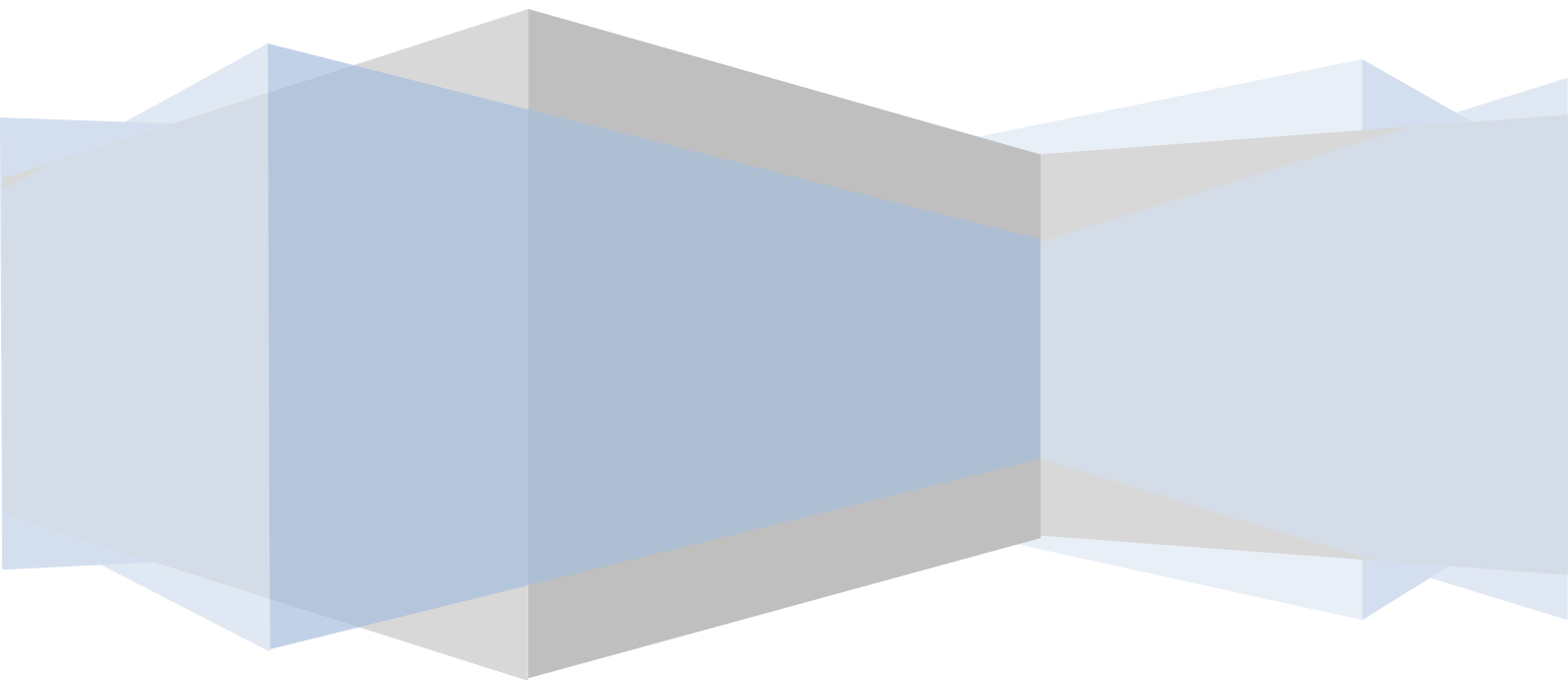


The Inner Coach

Four Perceptions of Reality

Keith Collins



Sexuality, sensuality, actuality and surreality are all different perspectives of how I perceive my reality to be.

Sexuality is the reality of my sex.

The reality of my sex is relative to my beliefs about my Self.

My beliefs create my reality and my sexuality.

My sexual character is masculine or feminine.

My emotional energy has a male or female gender.

My beliefs create my character.

The gender of my emotional energy causes my personality.

It is my personality that is attractive or non-attractive.

It is my character that is attractive or unattractive.

I naturally attract a sexual partner with an opposing gender of emotional energy.

I dislike any characters with opposing beliefs to mine.

Physicality has no natural attraction.

Sexuality works at a mental & emotional energy level.

It is a magnetic attraction of opposing genders with a like polarity.

My sexuality is determined by my mental beliefs and my emotional needs.

Sensuality is the reality of my senses.

My reality is that my physical senses only allow me a limited experience of life.

A rational physical perspective of life has a limited sense of emotional feeling.

An emotional perception of life requires my emotions to be realised & actualised.

Being emotional allows all my senses to be real.

It allows my sensitivity to other people's emotions to be actualised.

Sensuality is real when it is experienced both physically & intuitively.

I feel the physical sense of touch and I am touched by the intuitive sense of feeling.

Physical touch is rational & logical, spiritual feelings are emotional & sensual.

The more sensually aware that I am, the more sensual my reality becomes.

Reality appears as I actually sense it to be.

When I am both conscious of my physical sensual reality and aware of my intuitive sensual reality, my sensuality is at its greatest conscious-awareness.

I am experiencing the fullest range of my sensuality when I intuitively know, feel & see what I am actually seeing, hearing, tasting, smelling & touching.

Actuality is the reality of my actions.

My actions are an expression of my behaviour.

My behaviour is an expression of my beliefs.

My beliefs determine my behaviour.

In actuality they may be a reaction or a response.

What is actually real is believed to be by the majority of people a consensus view of their experience of reality.

In actuality most people believe that there is only one actual reality.

This is not actually my truth.

We each create our own actual reality through our own activity, behaviour & beliefs.

The fact that as a species we tend to behave in similar ways leads us to believe that there is only one actual reality called human behaviour.

Alas, in actuality, humans act individually and collectively with sub-human and inhumane behaviour as well.

Surreality is believed to be beyond actual reality.

Something is believed to be either an actually real experience or a surreal experience.

Those who believe that a surreal experience is not actually real, never experience surreality.

I experience surreal experiences when I allow surreal experiences to be real.

Miracles are an example of a surreal experience.

When I don't believe in miracles, they don't happen.

I do not experience surreality with my 5 physical senses.

It is my awareness of my 3 intuitive senses that allows surreality to be real.

Intuition is a surreal sense.

I can only see beyond actual reality intuitively.

Without intuition there is no surreality.

With no surreal experiences, surreality cannot be actually real.

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