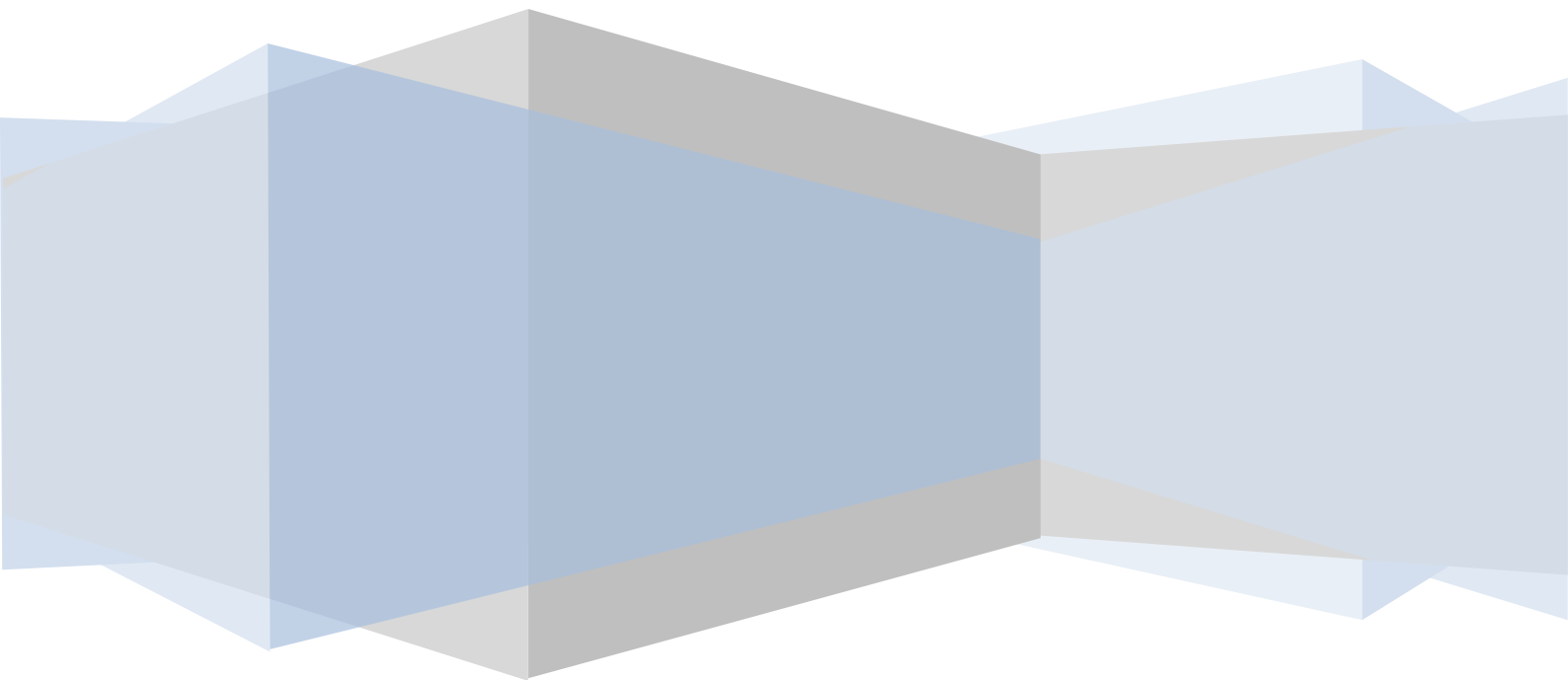


The Inner Coach

Spiritual Fuel & Energy

Keith Collins



Physical Energy is an oxymoron.

Physical ability is a potential of our muscles.

Muscles require fuel to deliver their potential.

Food & oxygen provide the fuel for our muscles.

Fuel is physical.

Energy is not.

What allows my physical ability is my emotional power.

What directs my physical ability is my mental authority.

When my power or authority is depleted, it has a detrimental effect on my physical ability; irrespective of how much food or oxygen I have available as fuel.

My physical ability will be affected by a lack of fuel.

It will also be affected by my low emotional power and my false mental direction.

Energy is a matter of power & authority.

Fuel is a matter of metabolic rate.

Energy is the potential of a magnitude & a force.

From a physical perspective, magnitude & force are experienced as the potential of energy.

Fuel is latent energy in material form.

Latent energy is potential ability.

To realise the potential ability of energy requires power & authority.

Without a clarity & direction of purpose, the potential of energy remains latent.

When matter changes form, energy is realised.

Fuel is a form of matter with the potential to convert easily from a magnitude to a force.

The potential of energy is relative to its magnitude & force.

Physical ability requires physical fuel, conscious direction and emotional clarity.

Emotional power together with mental authority allows the potential for physical ability to be realised.

Without the life-force of mental direction & emotional clarity, physical ability remains a latent potential.

Emotional Energy is my power source.

It is a power that emanates from my source.

The source of my emotional power is my true state of being.

My true state of being is my Beingness.

My Beingness is my core essence.

It is the essence of my core at the heart of my Beingness.

My state of being is the key to my personal power.

Who I am personally being determines my level of power.

A lesser state of being inhibits and disallows my emotional power.

The most powerful aspect of my Self is omnipotent, which is the ultimate magnitude of emotional energy.

My super-conscious Soul is all powerful.

I am being most powerful when I am in alignment with my Soul's essence.

It is then that I fully connect to my emotional potential.

Mental Energy is my source of authority.

My source of authority is chosen by my conscious Self.

I can choose the will power of my ego Self or I can choose the omniscient authority of my Soul.

Aligned with the super-conscious authority of my Soul, I am mentally inspired by my revelations of wisdom.

Aligned with the sub-conscious authority of my ego, I will have to aspire to my desires with will power.

Mental authority is an omniscient energy.

It is all knowing.

Mental will power is a limited energy.

It is all thinking that it is all knowing.

I have a true sense of mental energy and I have a false sense of mental energy.

One is conditional and limited the other is unconditional and unlimited.

I can choose my source of authority because I am always authorised to choose.

When I choose to balance my physical, mental & emotional energy, I connect to my spiritual fuel.

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theinnercoach@me.com

<http://www.theinnercoach.eu>