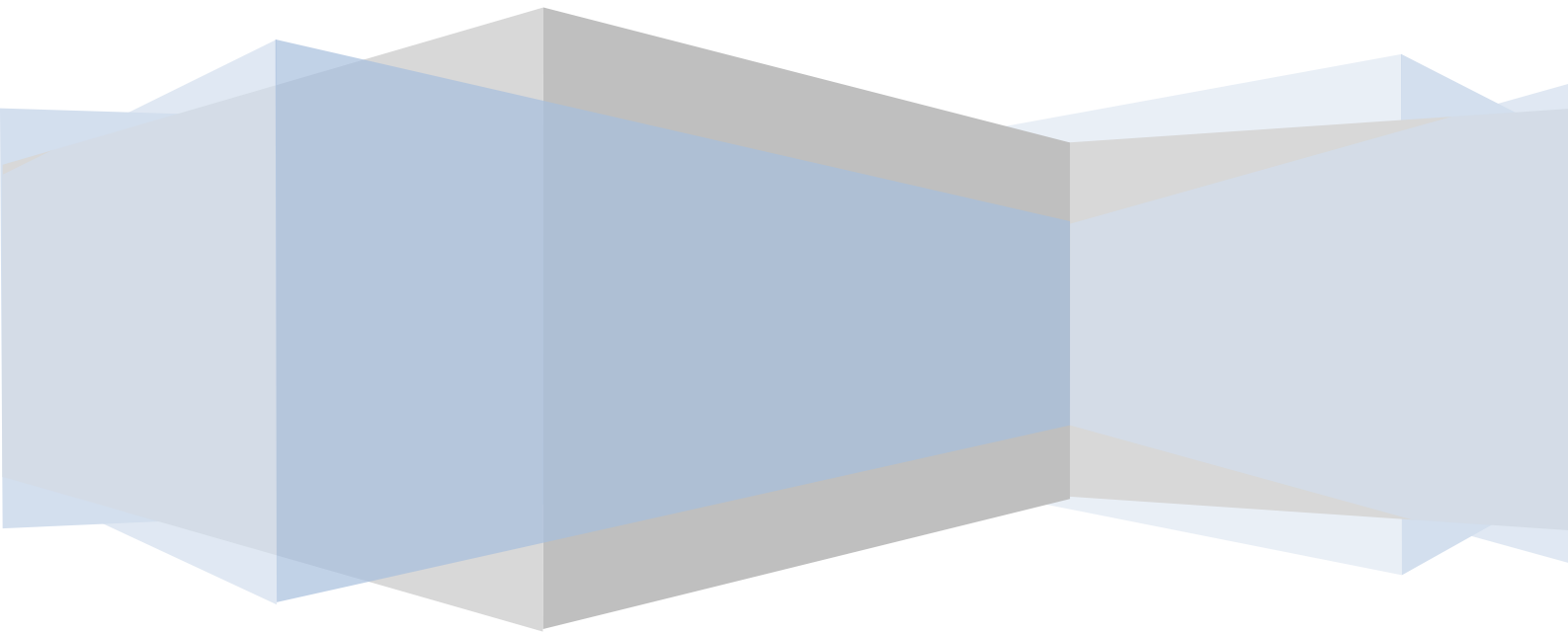


The Inner Coach

Spiritual Reality



Keith Collins

My Spiritual Reality is a triune reality of my physical, mental & emotional realities.

My mentality, emotionality & physicality determine my spirituality.

My Mentality is my mental reality.

My mental reality is relative to the capacity of my authority.

My force of authority is my capacity to create my own mental reality.

My mentality determines the force of my authority and the capacity of my thought.

Pure thought has the highest force of authority.

It is fully authorised and therefore empowered.

Impure thinking has a low mental capacity.

This means it is less attractive & less creative.

My thoughts create my reality, therefore my mentality determines the level of my creativity.

A low mental capacity has no creative force because it is not authorised.

My mentality determines my perspective and how I perceive life to be.

Mental Capacity is the ability to channel creative thought.

Creative thought is original thought.

Original thought originates from Source.

The source of original thought is the Soul.

My mental capacity is my super-conscious connection.

My super-conscious capacity is relative to my sub-conscious incapacity.

I am incapacitated and disconnected from original thought by my sub-conscious thinking caused by my fears & limiting beliefs.

The capacity of my mind is relative to the force of my mental authority.

The force of my mental authority enables the magnitude of my emotional power that determines my emotional competence.

My emotional competence is relative to my mental capacity and determines my physical capability.

Mental Authority is the authority of my mental thoughts.

The authority of my mental energy is its force.

The force of my mental energy is relative to the purity of the thought.

Pure mental thought is called Light.

Mental energy is an aspect of Light.

The purity of a thought determines the force of its authority.

The force of its authority is relative to its frequency.

A pure enlightened thought has an eternal frequency and an eternal force of authority, which is its Truth.

A thought is an aspect of Light with a definite frequency and a finite force.

Mental authority is either positively authorised & empowered or negatively authorised & disempowering.

A disempowered thought is not authorised and will require will power to become realised in my reality.

My Emotionality is my emotional reality.

My emotional reality is relative to the competence of my emotional power.

The magnitude of my emotional power is my level of competence to create my own reality.

Pure emotional energy has a high magnitude of power.

It is fully empowered because it is authorised.

Impure thinking causes negative emotional experiences.

Negative emotional experiences are perceived to be real.

They are the reality of an incompetent thinking process.

My mentality causes my emotionality and the reality of my emotional experiences.

A low level of emotional competence is experienced as a lack of self worth that is without the confidence of a high level of mental capacity.

My emotionality determines my perception of life and how good I feel about my experience of life.

Emotional Power is the power of my emotional energy.

The power of my emotional energy is its magnitude.

The magnitude of my emotional energy is relative to the purity of the feeling.

Pure emotional feeling is called Love.

Emotional energy is an aspect of Love.

The purity of an emotion determines the magnitude of its power.

The magnitude of its power is relative to its wavelength.

A pure feeling of Love has an infinite wavelength yet a finite magnitude.

Emotional power can become divided by gender and disallowed or allowed by its negative or positive polarity.

Emotional Competence is the ability to channel my emotional energy effectively.

My emotional energy is effective when I learn to channel it competently.

Competence is powerful.

Incompetence is the inability to effectively use my emotional power.

Embarrassment is one form of emotional incompetence.

To utilise my emotional power competently requires emotional intelligence.

Unemotional intelligence disallows competence.

Irrational mental capacity also disallows emotional competence.

Emotional competence requires a rational mental capacity with which to use my emotional intelligence.

Mental capacity plus emotional competence equals physical capability.

Conscious emotional competence can be learned.

Unconscious emotional competence is instinctive & intuitive.

My Physicality is my physical reality.

My physical reality is the manifestation of my mentality & my emotionality.

My physicality is a mental & emotional experience.

I mentally & emotionally create & experience my physical reality.

Physical experience is my experience of physicality.

It is whatever I experience my reality to be with my five physical senses.

I realise my experience of physical life both mentally & emotionally.

The ability of my mental capacity & my emotional competence determines my capability to create my experience of reality with conscious awareness.

With mental authority & emotional power, I have the ability to create the physical reality of my choice.

Whatever I intuitively know & I intuitively feel; I can manifest into physicality.

Physical Ability is the ability to live life in a physical existence.

My physical ability is relative to my mental authority & my emotional power.

My thoughts create my physical reality as an emotional experience.

My thinking is my perspective of the reality that I am currently experiencing.

Unauthorized or negative thinking disempowers my physical ability.

Inspired revelations of thought are empowered to enable physical action.

Physical ability is effortlessly empowered by an inspired intuitive thought.

My force of mental authority & my magnitude of emotional power enable my physical potential.

The wavelength of my emotion & the frequency of my thought enables the vibration of my ability to experience life.

Unauthorized thinking lowers my vibration, disempowers my actions and impairs my physical ability.

My physical ability is relative, my capability in physical reality is absolute.

Physical Capability is an Individual's ability to create their own reality.

It is the capability to create our own ideal life in physical reality.

Most people are incapable of creating an ideal physical life.

They settle for a less than ideal life, which from their Soul's perspective is ideal.

My capability to be physically creative is relative to my alignment with my Soul's perspective of my chosen reality.

My Self is authorised, empowered & enabled to create my Soul's reality of choice.

Disconnected from the power & authority of my Soul, I am enabled solely by the power of my ego's will.

I have the capability to see my physical path when I know that my authority feels empowered.

The capability to live an ideal life in physicality requires the mental capacity & emotional competence to personally & individually create it.

With the capacity of my mental authority and the competence of my emotional power, I have the capable ability to manifest my own spiritual reality into physical form.

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