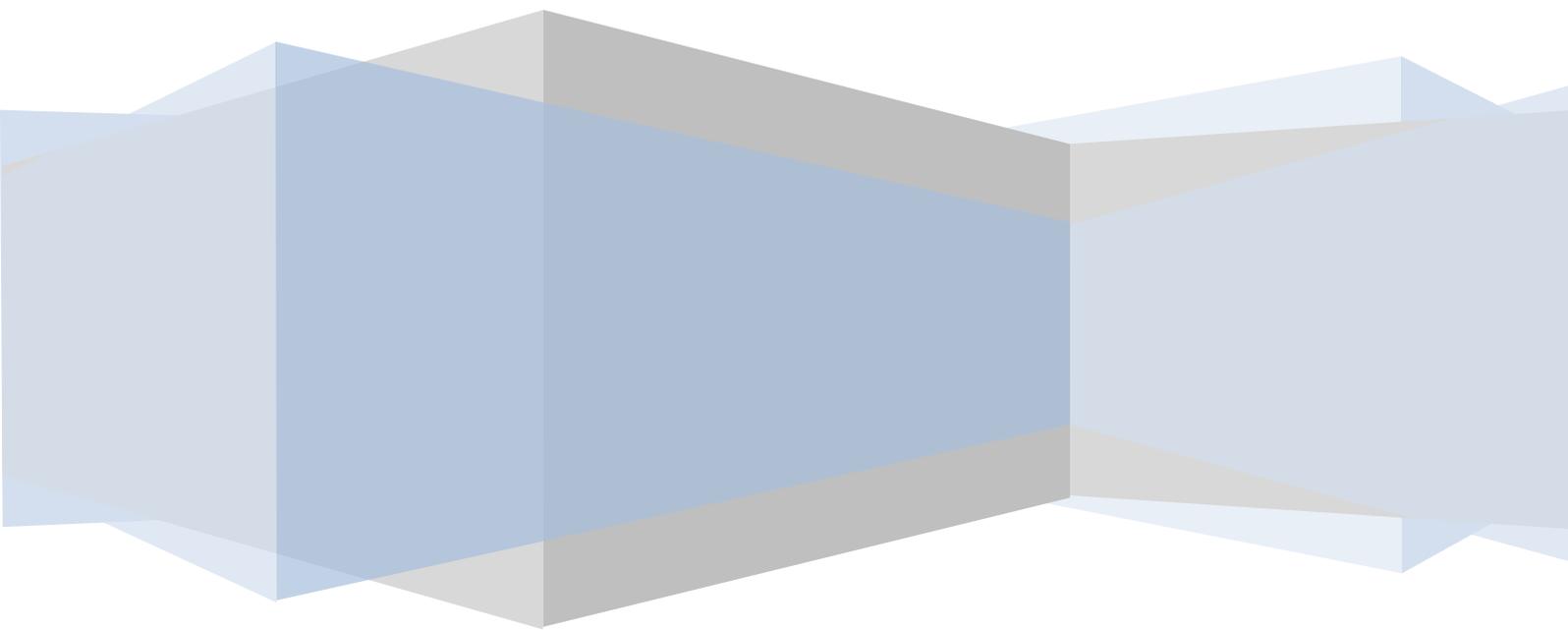


The Inner Coach

The Capacity of the Mind



Keith Collins

Conscious Capacity is the extent of my knowledge.

I have knowledge of the physical world gained through my five physical senses.

I use my conscious capacity to make rational decisions.

Conscious capacity is my ability to use knowledge logically.

Conscious incapacity is my ability to know what I have no knowledge of. It is knowing what I don't know.

Unconscious incapacity is having no knowledge of what I have no knowledge of. It is not knowing what I don't know.

Unconscious capacity is the ability of my super-conscious Mind, which I may or may not be aware of.

My unconscious knowledge is limited to my irrational dreams, until I become awakened to my awareness potential.

Modern education is designed to develop the conscious capacity of the brain in the belief that this is how to develop the mind.

It has no knowledge of the awareness capacity of the mind.

Awareness Capacity is the extent of my spiritual awareness.

I am aware of my spiritual existence through my three intuitive senses.

I use my awareness capacity to fulfil my purpose in life.

Awareness is my capacity to make intuitive choices, which are not based on my prior knowledge or experience.

Awareness incapacity is caused by my rational thinking process blocking my intuitive thoughts & my emotional feelings.

Unawareness incapacity is caused by the belief that intuition is counter-intuitive.

My capacity for awareness or unawareness is a personal choice.

Being unaware of my spiritual awareness and overriding my intuition allows a purely physical perspective of life.

I have the choice of being physically conscious or spiritually aware; or having the capacity for both in this dual reality world.

Conscious-Awareness Capacity is the potential of all Human Beings.

It is what allows humans their dominion over the animals.

It is the ability to be conscious of my awareness and aware of my consciousness at the same, whilst being consciously aware of the difference.

Consciousness is the perspective of my ego Self.

Self consciousness is relative to physical experience.

Awareness is the perspective of my Soul, which is absolute.

The Soul has no choice of perspective, except through the eyes of its Self.

My Soul's super-conscious awareness has absolute capacity, whereas my physical ego consciousness has a mental capacity that is relative to my experience of life.

When my Self mentally aligns with the intuitive perspective of my Soul, I see my world with conscious-awareness.

I am conscious of my physical Self being aligned with the awareness of my spiritual Soul.

I am aware of my super-conscious mind being in alignment with my sub-conscious mind.

I experience the potential capacity of my conscious-awareness as a spiritual being having a physical experience of life.

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