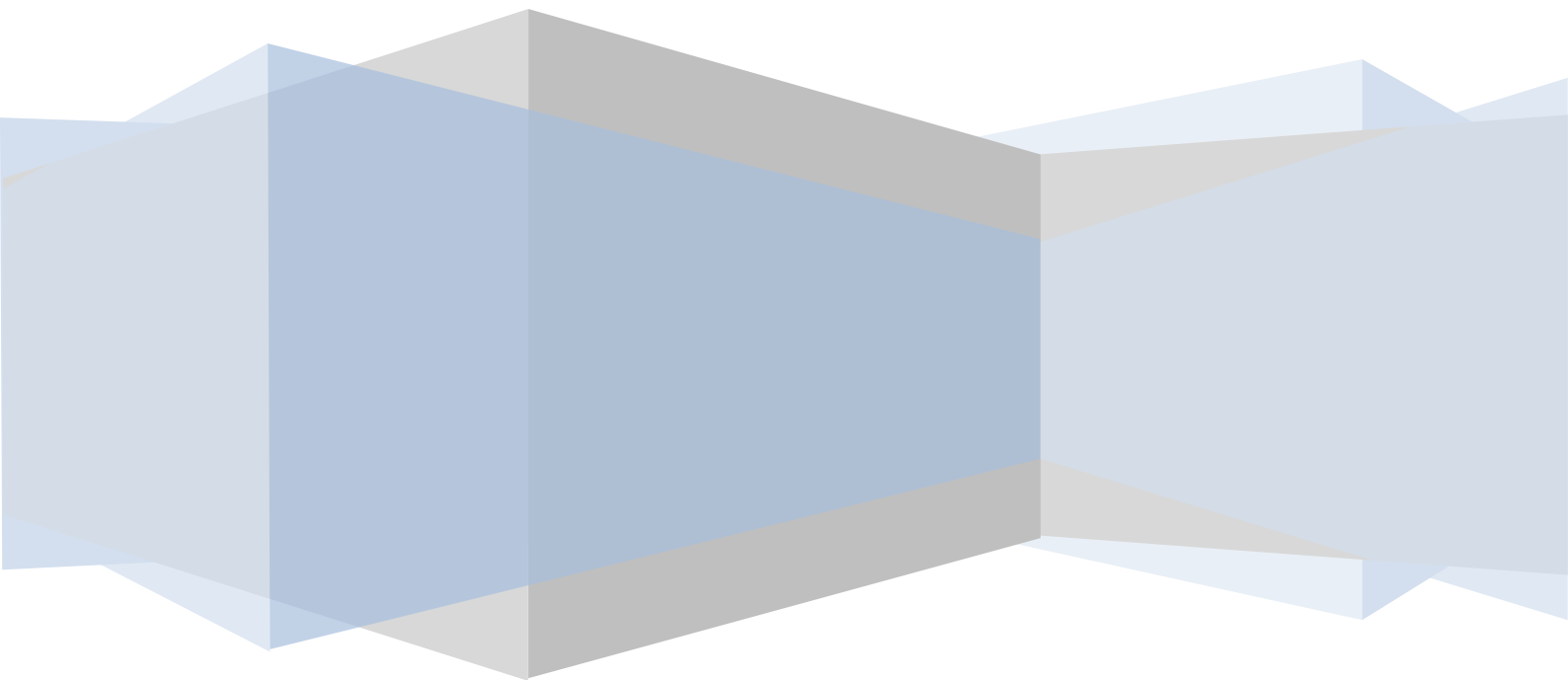


The Inner Coach

Three Perspectives of Consciousness

Keith Collins



Consciousness is able to perceive itself from three different perspectives. The oneness of a singularity, the twoness of a duality or the Threeness of a triality.

The Perspective of Oneness sees a singular reality or a singularity.

In a singularity everything is a part of everything.

Everything is united & whole.

I see the energy but there is no matter.

The material matter is of no concern.

The focus is on the energy of everything.

There is no materialisation of the energy into matter.

The illusion of oneness is that nothing matters.

Nothing matters when nothing is real.

The reality of the perspective is the wholeness of the energy.

It is a singular perspective of wholeness & unity.

I am conscious of a continuous flow of energy, of which I am a part.

There is no separation of me from my perspective.

I am my perspective because there is nothing else.

The Perspective of Twoness sees a dual reality or duality.

In a duality everything is apart from everything else.

Everything is separate & in opposition.

I see the matter not the energy.

Emotional energy is of no concern.

The focus is on the quality of the matter.

The quality of matter matters.

The illusion of twoness is that everything has an opposite.

This allows the illusion of choice.

The reality of the illusion is a choice of perspective.

I can see right or wrong, good or bad, positive or negative, nice or nasty, which I like or dislike and is alike or unlike.

My consciousness sees an extensive world of matter, which I am apart from & a part of.

There is no fixed perspective other than that upon which I fix my perspective.

I always have a choice of perspective that is unique & individual to me.

The Perspective of Threeness sees a triune reality or triality.

In a triality opposing polarities are the same energy.

Opposing genders always work in harmony.

All energies co-operate in balance and are calm & neutral.

There is always a third way.

The third way brings energy vibrations into balance.

It is the realisation of the energy's potential.

The illusion of triality is that there is an alternative way.

The perspective of a triune reality balances opposing energies, never replaces them.

Life is not a trial but a journey of opportunity.

There is always an opportunity to experience a third way.

There is no trial because there is no judgment.

Instinct & intuition become the essence of my Beingness when I know, feel & see my true perspective of Life.

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