



**WISE WORDS  
FROM THE  
INNER COACH**

**Book One**

**Keith Collins**

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"A quota of Light is  
encapsulated within every  
revelatory quote".

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"The belief that 'time is money'  
creates a reality that when I  
believe I am short of money, I  
will also be short of time".

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"I am challenged to  
confront my fears, not  
experience them".

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"Fear is just excitement in  
disguise".

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"Space is the Reality of my  
Time"

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"Time is the Reality of my  
Space"

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"I cannot be physically content  
unless I am first grounded in  
physical reality".

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"If at first you don't succeed,  
reappraise your best  
intention"

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"Pretending to be myself is just  
as false as pretending to be  
someone else".

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"I cannot control a mature body  
with an immature mind"

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"If I am waiting for my boat to come in, I've just missed it - again".

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"Life is a wise choice. Choose it wisely".

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"A Master knows that the plan is to follow the plan, not to create the plan"

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"Being meek, I may inherit the earth. Being fulfilled, I will inherit my version of heaven on earth".

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"There is no fulfilment in being patient".

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"The best perspective that I can offer is a new one".

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"No-one is demonic by nature,  
though what I believe may  
cause me to act in a less than  
angelic way"

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"I will stop  
struggling financially when I  
allow both ends of my duality  
to meet".

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"I tolerate my fate and I  
accept my destiny".

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"The more conscious I become  
the less aware I become".  
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"I once thought that being  
wrong and being mistaken was  
the same thing. I was mistaken  
but I was not wrong".  
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"I Choose who I choose my  
Self to be, myself".  
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"A Truth is a belief that I share  
with my Soul".  
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"Static electricity is my life-  
force energy losing its power".  
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"God does not act and God  
does not play God".  
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"When my energy has a distinct  
gender, I will have a definite  
agenda".  
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"We all have equal  
opportunities, unless of course  
we concede them".  
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"My power will always be a  
greater influence on others  
than my authority".

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"When my ego seeks to  
influence another, it is just a  
subtle form of control".

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"When I follow the influence of  
my Soul, I connect to my  
power. I become inspired and  
empowered".  
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"I am only inspired by other  
people's power, not their  
authority".

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"I am inspired by the influence  
of my Soul's Authority".

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"I will never be happy with a  
partner until I have first learned  
to be happy without them".

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"I am only ever the victim of  
my own thoughts".

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"A citizen of the world has no boundaries".  
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"Imagination requires a sense of feeling and knowing for it to materialise and become real".  
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"If I do not put at risk the freedom that I value most, I will lose it anyway".  
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"Isolation defines my individuality".  
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"Without detachment, I am sensitive to everyone else's pain and suffering".

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"Inspiration enables empowered action".

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"Need is the ego's lack of power".

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"True freedom is attained when I am truly free to do what I truly value".

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"I am humiliated by criticism,  
ridiculed by cynicism, and  
embarrassed by sarcasm".

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"Criticism disables me,  
cynicism unauthorises me, and  
embarrassment disempowers  
me".

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"My incapability attracts  
criticism, my incapacity attracts  
cynicism, and my incompetence  
attracts sarcasm".



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"One cannot overcome the ego  
with will power. Will power is  
the ego's power".

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"One can only overcome the  
ego with Love. With the power  
of Love the ego will be  
overcome".

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"Love is the Power of the  
Soul".  
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"Intuition is my Master, once I  
master my intuition".  
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"Gravity is the power of the  
Galaxy; Magnetism is the  
power of the Planet; &  
Electricity is the power of the  
Atom".  
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"Every sentence is a picture,  
and every word is an aspect of  
that picture".  
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"The more emotional baggage that I have, the more physical baggage that I need".

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"A quota of Light is encapsulated within every revelatory quote".

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"The reality that I inhabit need not be the habit that I am really in".

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"Reality flows tangentially  
across the passage of  
Time within the volume  
of Space".

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"What I project onto other  
people is not my problem, it is  
theirs".

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"What other people project onto  
me can either be my problem or  
my opportunity for growth".

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"Boundaries, containment and  
patience create denial not  
growth".

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"To 'get on' with someone, I  
first have to 'get off' with  
someone and then face the  
possibility of 'going off' that  
someone".

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"An 'on-off' relationship is the effect of the expanding & contracting intensity of the attractive & repulsive polarity of the male & female gender of each partner's emotional energy".

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"My Life is a continuous sequence of events or 'consequences' that are the effects that are caused by my continuous sequence of choices"



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"Programmes of Reality travel  
through Channels of Time  
within the Media of Space".  
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"Each moment of time is an  
incident that is co-incident with  
every other moment of time".  
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"A faction is neither fiction nor  
fact, just one individual  
perspective of reality".  
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"Time 'flows' from the 'gap' of  
Space into the 'now' of Reality".  
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"When I am in the gap, the flow  
& the now, I am in the zone".  
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"Space is not empty"  
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"Time only exists here & now".  
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"Reality is my Creation, not  
God's".  
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"Infinite Space has no distance,  
Eternal Time has no speed, &  
Continuous Reality has no  
time".

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"My Soul never says No!"

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"It is my attainments,  
my opportunities that fulfil  
me, that will fulfil my vision  
for my life".

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"Trying to control life stops it  
flowing effortlessly".  
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"To be in control of my  
Destiny, is my fate"  
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"To be in control of my fate, is  
my Destiny"  
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"People who know that they are  
successful know that they do  
not need money to be  
successful".  
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"People who need to make money to be successful will appear to make money in order to appear to be successful".

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"A prayer (the object of one who prays) and a prayer (the subject who prays) are the same word".

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"When I am a victim of life, I am a victim of my own choices for my life".

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"When I can clearly see the  
victim in another, I can no  
longer be their victim".

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"Oneness just is, because to 'Be'  
and to 'Be One' are the same  
state of Being".

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"Being Idle is a state of mind,  
not a state of Being".

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"The problem with selling myself is that I need faith in the product - my Self"

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"When I have faith in my Self, I do not have to sell myself".

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"Happiness is being, doing and having what I truly value".

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"Therapy is for people who have become a victim of their own belief system".

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"Gravity has a weak force but a strong magnitude".  
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"The potential for Attraction requires both force and magnitude".  
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"Electrical potential requires both its force of volts and its magnitude of amperes".  
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"Magnetism has a strong force and a weak magnitude".  
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"Emotion is Pure Feeling that is  
tainted by a belief"

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"A Fulfilled life is filled full of  
opportunities to live life to the  
full"

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"Spiritual Physics is the study  
of how to live energetically in a  
physical world".

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"My power is limited only by  
my authority to choose".

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"In my ideal world, everything that turns up is a gift that is acceptable. Therefore being accepting is a prerequisite in my ideal world."

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"Ultimate Truth is revealed through understanding the paradox of a dual reality existence".

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"My Father's Provision requires my Allowance".

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"When I see the problem, I  
have missed the opportunity".  
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"My Space to think is my  
power to choose, my Time to  
think is my authority to choose,  
and with Time & Space, I can  
create my own Reality".  
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"A Peaceful Space has no  
boundaries, no tolerations and  
no fears".  
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"A state of non-acceptance is a refusal. Three refusals equals a disqualification".  
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"The only proviso, on which providence provides my provision, is my acceptance".  
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"The Kingdom of Heaven will arrive like a fox in the night".  
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"Being Expansive has no duality of positive or negative".  
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"We are never off-track.' Off track and 'on' track are a duality and therefore part of the illusion".

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"Not enough love and too much need are opposing perspectives of the same energy".

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"I can't have too much Love, but I can have too much need".  
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"When my faith is based on hope, I will depend on charity".

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"I use a spirit-level to measure balance and I use balance to measure my Spirit level".

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"The love of a good woman and the need for a good woman are often confused".

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"God has never created two of anything exactly the same".  
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"I cannot be Truly Selfish until I come to know my True Self".  
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"When I can see the beauty in the imperfection, it becomes perfectly beautiful".  
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"Physical matter is inherently ugly because, by definition, it has a low vibration".  
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"True Beauty is a feeling from  
the Heart of the Beholder".

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"Old people have the ability to  
sleep like a baby".

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"Seeing, feeling & knowing are  
common sense to a spiritual  
person".

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"Inspiration is common  
knowledge to a spiritual  
person".

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"With nothing to tolerate, life will never become intolerable".

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"A Spiritual person knows that they are Spiritual. A religious person thinks that they are spiritual by virtue of their theology. A non-spiritual person thinks that they are just normal".

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"I value what I think I need,  
until I have it. Once I have it,  
its value depreciates unless I  
consistently appreciate it".

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"The purpose of the mind is to  
play - so play with it".

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"I am frightened of my 'shadow'  
because it is my shadow self  
that creates my fears".

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"Religious people have no distinction between religion and spirituality because their religion has declared being spiritual and not religious to be a sin punishable by death".

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"It is better to give a positive forecast that is wrong than a negative forecast that is right".

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"Did I create my Soul in my imagination, or did my Soul create me in the image of my Soul?"

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"Intense Love is an oxymoron! Intense need is a reality called Passion".

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"I do not always earn what I deserve and I do not always deserve what I earn"

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"What I do in life is not as important as who I am being whilst I am doing it"

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"When my intention for my Life is to fulfil my Vision, goal-setting is no longer necessary"

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"A Truly Selfish person asks: What would Love do now?"

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"Until I wake up and smell the coffee, I will need the caffeine to keep me awake".

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"It is not money that attracts money but my positive thoughts about money that attracts money"

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"Money is not an energy, it is a Provision"

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"Believing that my ego can  
have whatever it wants is  
Arrogance"

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"I am only human, means: I am  
driven by my emotional needs"

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"It is not my freedom that  
allows my choice but my  
choice that allows my freedom"

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"The greatest threat to my security is my lack of contentment"

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"Contents Insurance will never ensure my Contentment".

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"If I want my life to change, I have to change my life".

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"When I leave winning the lottery to chance, the chances are that I will lose".

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"Freedom of Speech is essential  
for those who need to be  
heard".

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"The truth is, a Myth is just a  
story but it reveals a great  
Truth"

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"Before my Life can come to  
fruition, I am required to  
blossom and flower"

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"The 'Grapes of Wrath' are the  
'Fruits of our Destiny' that  
contain the 'Seeds' of my  
Change"

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"Being a great Speaker requires  
personality & character. Being  
a great Listener requires an  
understanding of my True  
Nature"

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"Absolute Authority requires  
Sovereignty of my own  
Choices"

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"I cannot be a fatalist without  
becoming the victim of my  
fate".

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"People who believe that this  
world was created by accident  
don't believe that accidents are  
of their own making".

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"If power and authority was the same thing, I wouldn't need two words".

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"What do you call a man who chases money? A Pauper. What do you call a rich man who chases money? A Pauper. A Pauper is a man who believes that he does not have enough money and therefore continues to chase it."

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"Whatever I am tolerating in  
life will stop me moving to  
'Acceptance'."

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"Once we find our version of  
the 'Truth', we know that it is  
just one version of the truth."

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"A Universal Truth is a truth  
that is true for everyone."  
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"I can only be stabbed in the  
back when I am not confronting  
my demons".

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"It is the belief that compassion  
relieves the suffering of others  
that allows mercy killing to  
exist".

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"When mercy means life,  
mercy killing becomes an  
oxymoron".  
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"Before I can realise my  
dreams, I have to realise that I  
am dreaming"

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"Until I learn to listen to my  
Self, I will not hear other  
people".

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"When I get that reality is  
imaginary, I will be able to  
imagine my True Reality".

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"When I think that reality is real, then imagination becomes a waste of time".

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"My critics think that I am making it up as I go along. I know that I am".

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"What I can imagine will one day become real. One day, what is real will become an image of my past".

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"It takes a great deal of strength  
to attain Gentleness".

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"My Spiritual search for  
Oneness requires me first to  
overcome my attachment to my  
emotional need to be included".

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"Spiritual Reality (Spirituality)  
requires an understanding of  
both Spiritual Time & Spiritual  
Space".

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"I will is the ego seeking to  
move out of the present  
moment".

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"I will never make myself right  
by making someone else  
wrong".

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"When I live in someone else's  
shadow, I cannot shine light on  
my own".

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"In a 2 dimensional world, spirituality is in opposition and confrontation with physical reality. In an ideal 3 dimensional world our physical, mental and emotional realities come into spiritual harmony".

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"When I ask the right question, I already have the right answer"

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"It is easier to make a beautiful woman feel ugly than to make an ugly woman feel beautiful"

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"I cannot be truly in control of my Life until I have learned to surrender"

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"Chances are opportunities that do not appear by chance".

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"The most thoughtful people  
have the least thoughts and the  
quietest minds"

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"It is a belief in a judgmental  
god that creates a world of hell  
and damnation"

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"I am empowered by  
Inspiration; I am motivated by  
whatever I need emotionally".

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"When I empower an idiot I get  
an Emotionally Intelligent  
Man".

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"I may search for many life-  
times and fail to find Oneness".

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"In the relative physical world  
both sides of the equation have  
to balance".

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"In the Spiritual World one and  
one usually equals three".

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"Evolution is the reality of a  
Species changing over time".  
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"An irrational number creates  
an infinite number of  
possibilities".  
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"The Earth has a North-South  
Polarity and an East-West  
Gender".  
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"Silence is golden, listening is  
platinum"

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"Balance and Equilibrium do not lie on a forward positive path".

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"Justice requires Acceptance. Acceptance requires Forgiveness. Forgiveness therefore precedes Justice".

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"The ability of my ego to Attract is equal to my power to choose, which is relative to my authority to choose, which is determined by my Soul's Choice".

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"The power to manifest belongs to my Soul, the will to manifest belongs to my Ego Self".

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"Choice allows the reappearing cycles of time to alter course".

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"The procession of Time allows the past to reappear in the future".

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"We are all Prisoners of our Conscience".

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"I will attain Perfection once I realise that Life itself is Perfect".

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"It is the petulant child within that believes its toys can be taken away".

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"Happiness and Well-being cannot be attained by an unforgiving mind".

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"I am required to 'Be the Reality' that I choose to experience in this world".

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"When I appreciate money, my  
money appreciates".  
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"The greatest challenge in Life  
is to have no problems".  
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"The only guilt in Life is to lose  
my Innocence".  
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"The only debt I have is one of  
Gratitude, for my daily bread".  
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"When I confuse God with Religion, I will never find God".

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"I Trust other people to do what they believe is right for them".

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"My Soul will not settle the debts incurred by my Ego".

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"Comfort food will only ever make me feel uncomfortable".

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"Division is how the subjective  
'I' becomes the objective 'me'".  
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"It's the emotion that  
conveys the thought that  
counts".  
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"Objectivity is the way into  
duality. Adjectivity is the way  
out".  
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"Simplicity has only one reality.  
Multiplicity has many".  
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"My degree of clarity is equal to the direction of my polarity and the attitude of my perspective".

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"Non-dualism may be experienced as Oneness or as Threeness".

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"Absolute Oneness has no Reality".

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"Equanimity is the ability to  
'Rest in Peace' before I die".  
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"Having a frugal lifestyle is the  
pathway to extravagance".  
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"Having an expensive lifestyle  
is the pathway to scarcity".  
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"Having an abundant lifestyle is  
the pathway to contentment".  
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"The only Deadline is Death"  
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"Trying not to hurt someone's feelings always results in them feeling hurt".  
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"Martyrdom is being convicted of someone else's beliefs".  
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"A puzzle is only a puzzle until it is solved".  
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.....  
"My greatest opportunity in life  
is to be who I really am".  
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"Angels come in all shapes and  
sizes and different disguises".  
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"When I give away my choice,  
I give away my power".  
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"Quality of Life is a measure of  
how much I value it"  
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"Life has no value without  
experience".  
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"Life is an evaluation  
experience. I am here to  
experience the value of life"  
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"My ability to create my own  
reality is relative to the amount  
of personal time and space that  
I have freely available".  
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.....  
"When my space is free and my  
time is free, freedom becomes  
my reality."

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.....  
"Life Coaching is the Art of  
turning a 'Can of Worms' into a  
'Tin of Peaches'."

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.....  
"Striving for perfection always  
results in strife, not perfection".  
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"I try to solve a problem,  
endeavour to meet a challenge,  
and succeed in taking an  
opportunity".

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"The mightiest warrior gently  
fights the system, not other  
people trapped in the system"

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"Fearful people fight evil.  
Fearless people do not give evil  
a thought".

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"The Route of my Happiness is  
along my Life-Path".  
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"A toleration is created by an  
unacceptable belief".  
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"Intuition is a spiritually  
intelligent guess".  
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"Self-confidence is my ability  
to make my reality real".  
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"There is as much power in the  
silence as there is in the word".  
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"If I want my children to be  
free, I must first liberate my  
Self from my children".  
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"Every cloud contains a golden  
opportunity".  
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"Without the fog in my life, I  
would never see my vision  
clearly".  
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"The only Prayer required is  
one of Appreciation".  
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"What I have today, whether I  
like it or not, I will have  
tomorrow, unless I change my  
mind".  
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"I have come here to have what  
I already have, by being who I  
already am".  
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"Joy is the gateway to  
Freedom".

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"Without Joy, I am withdrawing  
from Life instead of seizing the  
opportunities of Life".

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"Lust is the desire of a  
disconnected ego".

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"Need is the passion of an  
ungrounded spirit".

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"Will-power is the fuel of lust  
and desire".

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"A Pacifist is a seeker of Peace,  
not one who has found it".

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"One Man's sin is another  
Man's virtue".

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"Abundance cannot survive  
within my comfort zone".  
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"I cannot have too much of a  
good thing. Too much is by  
definition not a good thing".  
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"I cannot have more than  
enough Abundance".  
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"There is no wisdom in the  
prudence that expounds poverty  
as a virtue".  
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"Innocence is the essence of all  
that we judge to be Good".  
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"A pessimist sees problems, an optimist sees challenges, and an opportunist sees opportunities".

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"Uncertainty is the gateway to opportunity".

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"An oxymoron understands the paradox of Life. A moron understands neither paradox nor life".

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"A master accepts whatever turns up because he knows that at some level he has created it. A True Master knows at what level he created it".

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"A problem is a trial, a challenge is a quest, and an opportunity is our destiny".

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"When I show someone the way, I am no longer lost".

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"There is not just One Way.  
There is my Way and there is  
your Way".

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"I have one probable Way. You  
have many possible Ways".

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"Faith is the assurance of an  
uncertain future".

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"We are all 'ugly ducklings'  
until we become Swans".

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"A Loving Father never says  
Thou Shall Not".

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.....  
"A Loving Father says Explore,  
Experience, Discover, for you  
cannot fail".

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"Once I embrace uncertainty,  
nothing is certain, not even  
death".

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"An effortless life cannot flow within the boundaries of my comfort zone".

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"Spiritual growth requires the ability to see life from a new perspective".

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"Am I different and trying to be like others, or am I the same trying to be different"?

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"Reality only exists in the  
present moment".  
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"The reality of the past is just  
an experience; the reality of the  
future is just a possibility".  
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"My path of Destiny travels  
from a negative to a positive  
polarity, in my present moment  
of reality".  
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.....  
"The path of fate travels from  
the past to the future in time".  
.....  
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"Our material world is thought  
made manifest".  
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"The best way to get my  
emotional needs met is to  
change the beliefs that created  
them".  
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"When I cannot see the opportunity that is being presented to me, it presents itself as either a challenge or a problem".

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"The realm of 'no-time' has no moments in time, not one moment of time, this is eternity".

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"Thoughts that become spoken words, soon become actions".

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"Hope is the belief that all possibilities exist".  
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"Ambition is for people who do not have a Vision".  
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"Without Divinity Man is only human".  
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.....  
"To follow another Man's path will eventually result in certain death".  
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.....  
"Duty is a payment I make to  
another for the privilege of  
living under their authority".  
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"We cannot share with another  
that which we have not attained  
for our Self"  
.....  
.....

"Slavery is my inability to  
Master my Freedom of Choice"  
.....  
.....

"Have-to's deny me choice"  
.....

.....  
"I cannot create a new future by  
studying an old past"

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.....  
"When the present (moment),  
presents itself as a present  
(gift), I have presence"

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.....  
"My Heart is my core essence,  
the centre of my balance and  
equanimity, my singularity"

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.....  
"Compassion is sharing  
Passion"

.....  
“Aspiration without Inspiration  
will result in perspiration”  
.....  
.....

"In the stillness of the gap is  
found the flow of each moment  
of now".  
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.....

"Being awkward is inherited,  
being unique is inherent".  
.....  
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"Motivation is the power  
needed to move other people  
along my path".  
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.....  
"Luck is a happy accident".  
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"Embarrassment is too much  
power and not enough  
confidence".  
.....  
.....

"Humiliation is too much  
confidence and not enough self-  
worth".  
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.....

"Solve your problems, meet  
your challenges, and create  
your opportunities".  
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.....  
"When strong is in opposition  
to weak, it has no real power".  
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.....

"We cannot share an odd  
number equally".  
.....  
.....

"Rest in peace is for those who  
failed to live in Peace".  
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"Death is the end of a life-time  
not the end of Life".  
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"Every ending is also a beginning and every beginning is also an ending".

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"When the system loses, we all become winners".

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"Love is the sum total of all our emotional states of Being".

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"I feel Love, I experience emotion".

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.....  
"We need beliefs to make us  
feel secure".

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.....  
"There are 360 degrees of  
polarity".

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.....  
"Unless I take responsibility for  
creating my past, I cannot  
consciously create my future".

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.....  
"Beyond the habit of a life-  
time, lies the opportunity of a  
life-time".

.....  
"Before I can share my life with  
someone, I am required to have  
a life worth sharing".

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.....  
"Nature is the nature of God".

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.....  
"Acts of God are unnatural,  
natural acts".

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.....  
"God's wrath is really Man's  
anger".  
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.....  
"Unless I allow miracles to  
happen, they can't".  
.....  
.....

"Inspiration will elevate me to  
the height of my aspirations".  
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.....

"Emotion is Man's  
interpretation of Love".  
.....  
.....

"Love is the feeling given to  
Man by the Creator".  
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.....  
"I have to lose my freedom  
before I can find my freedom".  
.....  
.....

"Freedom lies beyond the  
boundaries of my comfort  
zone".  
.....  
.....

"God's creations are self-  
perpetuating. Man's creations  
require energy to maintain  
them".  
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.....  
"With the authority of my Soul,  
I am empowered".  
.....  
.....

"When everything is black &  
white, there is no colour in my  
life".  
.....  
.....

"Self-worth is how much I  
value my Self".  
.....  
.....

"Circumstances are what keep  
coming around when I stand  
still".  
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"The wisest Man in the world  
does not choose to be the  
richest Man in the world".

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"A miser has the ability to be  
miserable in abundance".

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"When I share my poverty, we  
both get poorer".

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"When I judge another as  
guilty, justice becomes an act of  
revenge".

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"A two dimensional reality  
looks the same to everyone".

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.....

"A three dimensional reality is  
holographic and looks different  
from every perspective".

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"Spirituality without logic is  
useless to a rational Man".

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"Living without enough is a crisis; living with too much is an extravagance; and living with enough is an adventure".

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"A negative charge is a cost".

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"Wasting time is based on a belief that time is limited and not eternal."

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"Pleasing God, does not please God".

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"Being humble to God makes  
God greedy and arrogant".  
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"Before I can live in a new  
world, I have to create a new  
world in which to live".  
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"I cannot ask a Goddess to live  
with me in Hell".  
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"Spirit is free, it is not wild, it  
cannot be tamed".  
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"Without comparison there is  
no meaning".

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.....  
"Dreaming is my Destiny"

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.....  
"The secret of happiness is  
knowing how to be happy".

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.....  
"Arrogance is pride without  
humility; greed without  
humbleness; and wrath without  
meekness".



.....  
"I can't have too much Self-  
Confidence".

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.....  
"The Scales of Justice balance  
at the fulcrum not at either end  
of a judgement of guilt or  
innocence".

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.....  
"Love is the power of positive  
emotion on which our thought  
is transmitted and received".  
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.....  
"Science understands the world from Man's perspective. Art is seeing the world from God's perspective".

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.....  
"Seeing the world from God's perspective is an Art".

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.....  
"My Soul is truly selfish; it is only interested in the growth and development of its Self".  
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.....  
"One choice is no choice, two choices is a dilemma, three choices is divine".  
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"My greatest fear is not of dying, but of not living".  
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"The only difference between an entrepreneur and a racketeer is perspective".  
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.....  
"The only difference between a terrorist and a freedom fighter is perspective".  
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"My ability to consciously create my reality is relative to the power of my attributes and the authority of my attainments".  
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"There is always a reason for my actions, although the reason is not always rational".  
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"Imagination is the gift of the  
Magi".  
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"We marry for emotional  
reasons, yet we need a rational  
reason to divorce".  
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"The attainment of mastery  
requires the mastery of  
attainments".  
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"I never get bored with Life,  
only the lack of it".  
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"Turning matter into energy is a human activity. Turning energy into matter is a Godlike activity".

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"The only failure in life is to be driven by success".

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"When I attempt to solve a problem that doesn't yet exist, I actually create that problem".

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"My Destiny is my Journey"