

“Wise Words”



Book Four

Keith Collins

"Am I flowing effortlessly
with life or am I getting
carried away?"

"When I look around to see
who is following me, I am not
confident of my own path"

"We all have choice, yet most
look at their options because
they do not see their choice"

"It is not what I do that
inspires others, but who I am
being whilst I am doing it"

"We all have equal choice, yet
some are more equal than
others because they choose
balance & equanimity over
intensity & extreme"

"Liberty is mine by choice. I
do not have to take it. I am
not free to take liberties"

"Having more than enough
for now allows me to plan the
future. When I stop planning
the future, I will always have
enough for now"

"Knowledge is learned.
Intelligence is earned"

"A society that understands
the Law of Attraction would
never compensate victim-
hood"

"Caring is an emotional need.
Being cared for and caring for
others has value but they are
not a True Value"

"An Education System that
teaches knowledge without
developing intelligence may
be very knowledgeable but it
is not very intelligent"

"The power of my choice depends on whether my ability is authorised. When I know that I have the ability, I do"

"The authority of my choice is determined by my ability to access my power. When it feels good, it is"

"When I can intuitively see my ability, I have both the power & authority to make my choice a reality"

"Life Coaching is a unique discipline. It requires the discipline to become a Disciple of one's Self"

"Authority comes with being allowing, not from being allowed"

"The quality of a sales
conversion is relative to the
quality of the sales
conversation"

"To be problem-free is a
challenge to become fear-free,
which is an opportunity to be
pain-free and enjoy an
effortless life"

"I sympathise with
victimhood, I empathise with
wise choices"

"A humble heart is
empowered by an inspired
mind"

"Coaching is analogous to
polishing diamonds"

"I cannot confront that which
is on my back. I am facing in
the wrong direction"

"There is no reason to fight
for what I already have, only
for what I believe that I am
lacking"

"Coaching is the art of getting
other people to agree to what
they really want"

"Politics is the art of getting
other people to agree with
what I want"

"Being balanced may be seen as an imbalance by those who are unbalanced or out of balance"

"Politics is a battle to persuade all others to see everything from one particular political perspective"

"Coaching is a consultation process that helps both parties to see the bigger picture"

"Politics requires the cunning & dexterity to manipulate other people to follow my path, which is why two party politics is always divisive"

"Coaching requires the skill to guide & support another along their own path of development"

"If you need to be better than me, I can't help you. If you want to be as good as me, I can"

"Courtesy is the deference shown by drones to a queen bee and the deference that they expect from her workers"

"Sensitivity is my awareness of where others are in relationship to me.

Detachment is my awareness of where I am in relationship to others"

"I learn best by seeing the folly in other people's ways, not by them telling me the folly of mine"

"My attitude is relative to my perspective of what is occurring. I change it to suit my Self, not to please other people"

"I do not choose the 'high-ground' from any sense of moral imperative but purely to obtain a better perspective"

"Super-vision is what I share with a client, not what I do to a client"

"Super-Vision has the inspiration of insight.
Supervision has the aspiration of oversight"

"Some people get bored when nothing is happening, some get bored when it's not happening the way they want it to. Boring people get bored"

"Being self-righteous is telling other people what is right for them, which is also being arrogant"

"I always do what I believe is right for my Self. This means that I am discerning & truly selfish, not self-righteous"

"It is my attachment to other people that implicates me in their dramas and complicates my life"

"Coaching explores the benefits of sharing the true value of an inter-developmental partnership"

"Counselling explores the individual needs of two people in a co-dependent relationship"

"If you have designed your business to be hard work, may I suggest a better design for your business and a more valuable use for your time"

"My power comes from within. I express it as an expression of my state of being. Am I being an expression of my emotional power or not?"

"Being tenacious is an attribute that stops me letting go. I cannot flow effortlessly with tenacity"

"I accomplish the standard of my physical ability"

"I am empowered with the
quality of my emotional
competence"

"I aspire to the acuity of my
mental capacity"

"Being a gentleman has
nothing to do with my
manners or my status and
everything to do with the
gentle nature of my emotional
energy"

"Might is relative power. I might have enough or I might not; but it's not an emotional state of being powerful"

"Oneness is not a Singularity of All That Is but a Triality of everything that I can Be that overcomes the Duality of everything that I am"

"Oneness is the Integrity of overcoming the duality of a relative existence and attaining a unified state of Being"

"Something is dear when I value it greatly. Whatever has great value is dear to me but not expensive"

"Something is expensive when I have to expend a lot of energy to earn the money to buy it. When it flows effortlessly to me it is expansive"

"I don't respect another's opinion when it differs from mine, but I do respect their right to have a different opinion to me"

"Intuition is my exclusive connection to my unconscious competence"

"Coaching is not about changing other people, that's man management. It's about changing one's Self, with the guidance & support of a Coach"

"I aspire to realise my inspired revelations"

"Manners are the boundaries that a society believes to be acceptable. I cannot raise my standards by

"With no distinction between advising & giving advice, an Adviser or an Advisor, I am probably giving advice, which I am advised not to do"

"I am in the business of developing mental well-being, which has nothing to do with curing the mental illness of a malfunctioning brain"

"When I strive for success or perfection, I achieve failure & imperfection. When I excel with my attainments, I attain excellence"

"Those with objectives have an agenda. Those with a vision have a guiding light to direct them"

"When I see someone as not co-operating it is because I am not being co-operating with them, and we are no longer working together"

"Collaborating is what I do in connection with other people. Co-operating is who I am being whilst I am in collaboration with others"

"My authorised choice is allowed because it allows my allowance to be presented in the present as a gift or present"

"My only wish is for a new and better perspective"

"Unless my credentials are credible & authentic, they will offer me no credence"

"Pioneers get shot at, but never in the back"

"Not everything that I write is credible. Some of my writing is incredible"

"My need to achieve will
always take precedence over
what has true value for my
Self"

"Those who sooner judge will
be quickly judged"

"There are only 3 prayers that
are attractive: A prayer of
gratitude, a prayer of
appreciation & a prayer of
gratitude & appreciation"

"In a society that holds so many negative beliefs, is it at all surprising that emotions are not only suppressed but also denied"

"A prayer that confirms what I already have, is very attractive; whereas a prayer that is an affirmation of what I do not have, is not"

"The hardest beliefs to change are our religious convictions, especially the belief that I cannot challenge God. God challenges me everyday"

"Observing others argue allows me to confirm my own balanced perspective. When drawn into an argument, it is an opportunity for my growth"

"There is no point in being proud of not being proud"

"Being proud means standing out by being outstanding. Humility is the quality of outstandingly modest pride. Be proud of your humility"

"Exploring the extremes of life may be fun & exciting but experiencing the flow of balance in my life is far more fulfilling & enjoyable"

"The best thing about having my own personal space is that I get to choose who I allow into it"

"The great thing about having time for my Self, is that it allows me to have time for other people"

"How can my wishes every be fulfilled when I don't believe in the power of wishful thinking"

"Unless credentials are authentic & credible, they offer me no credence"

"If it's wrong to covet your neighbour's wife, can it be right to envy your friends new car, your boss's job, or a siblings recent holiday?"

"Does 'blowing your top'
'cause a stink' or clear 'a bad
smell'? Does 'venting your
anger' release it, exercise it or
empower it?"

"The assertive self-confidence
of a directive manager lacks
the qualities required to be a
consultative leader"

"The arrogance of hubris,
bigotry & avarice are the
qualities of a dictator, not a
great leader"

"Is God having a laugh at
Man's expense, or is Man
being cynical at God's
expense?"

"Whenever I am presented with an opportunity in life, I have a choice of perspective; of what I can put in, or what I can take out"

"Managers solve problems; Entrepreneurs meet challenges; Leaders take opportunities"

"When we all put our time & energy into making things right instead of making other people wrong, the world will be a better place"

"It is not true that we only use 10% of our brain. We use 100% of our brain even though we are only conscious of 10% of our Mind"

"The Law of Attraction brings levity & gravity into balance"

"Those with gravitas see
levity as frivolous, those with
levity see gravitas as grave.
Newton defined the laws of
gravity not levity"

"The Soul has been relegated
to the realms of the poet, by
rational thinking academics.
Is that logical?"

"I cannot study my Soul from a purely rational perspective. I intuitively know that it requires an emotional awareness as well"

"Sometime in the recent past, psychology became the study of the mind. It was previously known to be the study of our Soul"

"My purpose is to give life meaning, which is the reason that I am here"

"In life, I trust everyone to do exactly what they believe is in their own best interests"

"As a Coach, I respect any belief that my client has total respect for. I respect the fact that it is their belief and not necessarily mine"

"A Business Coach helps you
make a good living - A Life
Coach helps you get a good
life"

"When I stop chasing the
dream, I allow it to
materialise"

"Other people's problems are
not my problem. They are my
opportunity to help others
own their own problems and
learn not to have problems"

"It is only by allowing
whatever I am attracting to
unfold that I learn how
attractive I am"

"How I will get there is a
creation of my present
conscious strategy"

"Where I want to be is a
creation of my future in my
intuitive imagination"

"Where I am now is a creation
of my past choices &
experiences"

"We are proud of doing what
others have led us to believe
is good & right"

"Motivation is a management
skill. Empowerment is a
coaching skill"

"When I'm not happy with what I already have, the chances are that I will not be happy with whatever I think that I want or need"

"When I do not appreciate what I have now, what I have now cannot appreciate"

"Being lucky involves taking chances & risks. Being fortunate, I see all chances as opportunities"

"Adjective thinking focuses on my awareness of describing who I am being whilst feeling the emotional experience of whatever I am doing"

"Objective thinking looks at the actions that I am required to take in order to fulfil the objectives of my role"

"Subjective thinking looks at the role that I am playing and the actions that I subject myself to in fulfilling that role"

"The purpose of a regulator is to bring a system into balance"

"Those who know they don't know, know more than those who don't know what they know"

"Patients require care. Care requires patience"

"The only difference between being employed & being used is whether or not you get paid"

"There is no shame in following my own path. It is only a shame when I follow someone else's"

"I became a father through
conception, i became a parent
through guardianship, and I
became a dad through love"

"Life is an 'oppo-tunity' to
play an opposing tune or to
tune to an opposing
perspective"

"I can only be innocent of my
own guilt"

"When enough is not abundance, abundance is not enough; and both enough & abundance become unattainable. An abundant life always has enough"

"I attain humility when I am modest with my pride and proud of my modesty"

"Those who make lots of money are doing what they love to do but not everyone doing what they love to do makes lots of money"

"Creating an ideal life is not so much about working on my life but more about working on my Self"

"A working knowledge of the Law of Attraction is not essential for a Coach, as long as you are not working against it"

"Understanding the power of the Universe is not essential for a Coach, but it sure helps"

"Integrity is the conscious awareness of one's magnitude of emotional power, force of mental authority & potential of physical ability"

"When life flows like a river, a stream of opportunities is realised"

"An opportunity to solve a problem misses an opportunity to take an opportunity. Taking an opportunity is never a problem"

"Coaching works with positive opportunities. There is no such thing as a positive problem"

"A Coach that seeks the client's solution to a problem has missed the opportunity that is being presented to the client"

"Yesterday is a memory, tomorrow is a potential, and today is a present"

"In our disconnection from our emotional brain, we are led to believe that a woman is driven by her heart whereas a man is led by his balls"

"Our emotional brain is our feeling centre and is called our solar plexus. It is the source of our gut instinct & our intuitive feelings"

"If you consider sleeping to be a waste of time, you are missing the wonderful opportunities for personal growth that our dreams allow"

"It is the clarity of the emotion that is expressed that determines the quality of the actor & the reality of the action"

"There is always enough for now and there will always be enough in the future, but there is never enough for now and the future"

"My only power is emotional. It is the power of love. It requires my mental authority to activate it and enable my physical potential"

"When bankers become gamblers who speculate with our money, who are the bookmakers that always make a profit?"

"What sane society educates their children with knowledge for 20 years without raising either rational or emotional intelligence one iota?"

"What sane society deposits
its money for safe-keeping
with a cartel of professionally
institutionalised gamblers
who call themselves banks"

"Transitional Coaching guides
& supports my shifts in
perspective that allow my
emotional experiences to
improve the quality of my life"

"A Healthy Life is not just the absence of illness but the presence of a wealth of joy & wise fulfilment"

"There's only one thing that empties fat cells - low intensity, long duration exercise"

"There's only one thing that fills fat cells - eating excess calories"

"Level one Coaching realises Objectives; level two Coaching realises Ability; level three Coaching realises Potential"

"My quality of life is relative to the quality of my Beingness. A better quality of Beingness allows a better quality of life"

"Controlling others and being controlled by others both disallow self-control"

"It is when I separate my mind from my brain that I discover the source of my emotional power"

"Those who believe that insight is a function of the brain are disconnected from their intuitive sense of seeing"

"Those who believe that inspired revelations are created in the brain have never had an inspired revelation"

"The cure for a sleepless night is a shift from being consciously awake to becoming Consciously Awakened"

"Angels are often an external projection of an inner guidance system"

"Negative thinkers, by definition, have a negative perspective of positive thinkers"

"A 100% chance is an opportunity for success where no chance of failure exists"

"Conflict resolution sees
conflict as a problem. Conflict
confrontation sees
confrontation as an
opportunity"

"Quality of life is relative to
the value of the experience"

"Quality Coaches have attained a high level of personal attributes because attributes & attainments determine the quality of the Coach"

"Leading Coaches are able to coach Leaders because Coaches & Leaders share the same personal Qualities"

"Thank you is an expression
of gratitude, please an
expression of servitude"

"Enough is having everything
that my Soul needs, not
everything that my insatiable
ego wants"

"Need is created by a belief
that there is not enough.
When I know that I have
enough, there is nothing that
I need, and I am content"

"It is better to model who
another could be rather than
be a reflection of who they
are being"

"I have no interest in what the
world is doing, for I know it
is not good. I am interested in
what I am doing and whether
it is good enough"

"Inner Peace is a personal journey, not a prize that I am competing for in the game of life"

"Nature is the Evolution of Imagination; Evolution is the Nature of Imagination; & Imagination is Natural Evolution"

"The greatest business leaders do not always have the best management skills"

"The intelligence that is
guiding my path is always
superior to the intelligence
that is following my path"

"When I believe that my
reality is fixed, I am unable to
fix my reality"

"The qualities required to be a
great business leader are the
same qualities required to
lead a great Life. They are
leadership qualities"

"Understanding Motivation
requires rational intelligence,
whereas, understanding
Empowerment requires
emotional intelligence"

"Becoming Truly Selfish is a
process of discovering the
essence of the True Self that
is within each of us. It really
is who we really are"

"An inkling is the inclination of my intuitive perception based on the angle & degree of my perspective"

"My perspective is my unique view of reality. It is how I see things. My perception is how I feel about the reality that I see"

"I can choose to be powerless
& painful, or I can accept that
I can be powerful & pain-free.
I can allow my power to flow
or my pain"

"Be sure of what you ask, for
you might get it"

"It is usually on reflection that
I realise what I think I want is
rarely in my best interest and
what I believe I don't want
usually is"

"Giving has true value only
when it is inspired"

"Authority is never in conflict.
Unless that is, I try to impose
my authority onto someone
else"

"My Authority is my choice.
However, not all choices are
authorised. Unauthorised
options have no emotional
power. They don't feel right"

"The quality of my life is relative to the qualities that I have attained, which are attributable to my Self"

"The purpose of Personal Development is Quality of Life"

"Only that which is not free has a price, a cost or a charge"

"Qualifications are purely academic. Leadership is determined by the quality of attributes & attainments, not academic qualifications"

"When I reply with 'all due respect', it is because there is no respect due. If respect were due, I would reply with respect"

"Empowered thoughts of inspired revelation are not presented to me when I am too busy thinking about past or future events"

"Getting old is not an achievement but growing with age gracefully is an ability that is attainable"

"Do great Actors have high self-esteem or are they just pretending?"

"The Art of Life is in its beauty, balance & flow. Attaining beauty, balance & flow is an art; the Art of Life Coaching"

"My level of boredom is relative to my degree of disconnection from my True Values. I am never bored doing what I truly value doing"

"I can starve my hunger as long as I feed my starvation"

"Money is not an energy, but my beliefs about money are"

"Money is a measure of my dependency on other people to meet my needs"

"My fate is a sub-conscious choice, whereas my destiny is a super-conscious choice made with conscious-awareness & unconscious-competence"

"Only when the very rich decide that they have enough, will the very poor also have enough"

"Are you a 'mean person', a
'person of means', or a
'person with meaning'?"

"Perception is relative to
perspective. How I feel about
anything is relative to my
perspective of whatever I
believe to be true about it"

"Perspective determines reality, unless that is, I believe that reality determines my perspective. I am free to choose my own perspective"

"Human Cells are continually regenerating. Do not be concerned at the demise of the old, better to focus on the health of the new ones"

"You can rely on other people to take away your independence. True independence is a Spiritual relationship. My Soul is most dependable"

"Learn to enjoy your journey through the desert. It's the only way out"

"Self-confidence comes with intuitive knowing, self-worth with emotional intelligence & self-esteem with my potential to use both"

"My emotional needs are the sub-conscious power source that I need when disconnected from the super-conscious power of my Soul"

"Today's Issue is defining what an issue is"

"You never know your luck
but you can know your
fortune, and your wealth as
long as they are not
dependent on luck"

"Personal Spirituality has no
dogma and no doctrine"

"The way to master life is to
ground one's spirituality in
the physical, not deny it in
favour of physicality"

"When the quality of referrals is high enough, marketing is no longer necessary"

"When I see things through to the bitter end, by definition the end will be bitter"

"There is no universal entity called the devil, only an individual's own negative perspective based on a collective belief in evil"

"In the realisation of my own level of personal spiritual attainment, I know that failure no longer exists as a possibility in my life"

"Life is full of wonder and full of wonderful opportunities, even when I wonder what the next opportunity is full of"

"There cannot be balance in a higher holon of existence whilst there is imbalance in a lower one"

"Meditation is the balanced mental state between being awake and being asleep that allows each present moment to come into focus"

"Curing a hangover is really simple: Just stop taking the addictive substance that is causing it"

"The reality is that the more Man tries to control the world, the more out of control the world appears to be"

"The world is not run by
Politicians but by the elite few
who own the multi-national
companies that control the
Earth's essential resources"

"If it is within your own
power to never suffer as the
victim of illness or disease,
would you ever take a
prescribed drug again?"

"My character is the role that I play in the dramas created by my personal beliefs, until that is, I intuitively know my Inner Truth"

"My personality is determined by my emotional needs, until that is, it becomes a reflection of what I personally truly value in my life"

"Spiritual Growth is the development of the Soul through the choices of an individual ego Self"

"Personal Development is the process of changing one's perspective and experience of reality, one belief at a time"

"The role of a Conductor is to allow energy to flow without resistance, whether it's a copper cable or the leader of an orchestra"

"Those who make money have no political affiliation"

"Those who save money are Conservatives. Those who work for money vote Labour. Those who spend money are Liberals."

"A Christian Scientist has no distinction between science & religion"

"A Christian has no distinction between spirituality & religion"

"A Scientist has no distinction between rational logic & intuition"

"Fun & pleasure are what I do to get my emotional needs met. It is enjoyment that has the true value of fulfilment"

"When I balance life with work & enjoyment, I enjoy my work and I am in the business of enjoying my life"

"My incompetence, incapacity
& incapability is always due
to my sub-conscious
programming, not my super-
conscious intuitive inner
guidance"

"For life to be Ideal, work has
to have purpose, relationship
has to have a meaning and
enjoyment has to have a
reason"

"My belief in my character is relative to how lost that I am within the drama that I am enacting"

"What I see as a Blue Sky, an acquaintance sees as a pink sky with pigs that can fly"

"I don't have a need for others to share my bliss, yet I truly value those who do"

"The higher one's perspective of life, the bigger one's intuitive picture of life becomes. Perception is relative to Vibration"

"The 'Gap' is my space for expansive growth. Without the gap, there is just a void to avoid falling into"

"Intuition is the steed of the Spiritual Warrior"

"Frequent communication
requires a similar wavelength
of emotion"

"I cannot see good things with
a bad attitude"

"I can only meet someone
half-way once we have both
balanced the extremes of our
own experiences"

"Great minds reveal unique
thoughts"

"There is no such thing as a bad guy with a gun, just a man full of fear"

"I deserve whatever comes up when I know that it is of service to my Self. My come-uppance is my providence & my allowance"

"True Beauty has infinite Depth"

"It is not race that creates prejudice but the culture of one's beliefs"

"To see the bigger picture, I am required to be without my ego's limited perspective of reality"

"A person being Good always attracts Good people. A person doing good always attracts needy people"

"Being the victim of someone else's evil doesn't make me a Good person"

"Not conforming to authority is often confused with rebelling against authority. When I conform to my own authority, no rebellion is needed"

"Influential people use their influence to become affluent, whereas, affluent people use their affluence to gain influence.

"When a Minister deems the law to be an ass, it means their morals are being undermined"

"When Politicians call something morally wrong, it means their laws aren't working for their benefit"

"Chance is an opportunity for development & growth, not a game of win or lose"

"Accepting un-expectation allows non-disappointment"

"There is no such thing as a 'good guy' with a gun"

"The future is always clearer
with hindsight"

"Let's be very clear about
this: If you are in it for the
kill, you will eventually be
killed"

"Every Playground has a
School". "Life is a great game,
once we've learned the rules".

"When you know that you are attractive, you no longer need to keep checking in the mirror"

"When a female balances the gender of her energy it is attractive. Using male energy in preference to her female energy is always arrogant"

"An Alpha Female is an oxymoron. Female energy is not assertive, dominant, or superior. It is not arrogant nor is it egotistically selfish"

"Religion sees God as a White Light that created the world. Science sees the creator of our world as a Black Hole at our galactic centre"

"Being nice is expressing
apparent positive intent with
our head but not our heart"

"When I receive with
appreciation, I can accept my
provision as granted"

"Two's company and three is
expansive; as long as you
don't need company"

"A humble ego has forgotten
that the Soul is in service to
its Self"

"When I take advantage of
every opportunity to give & to
receive, it is never detrimental
to my Self or another"

"Building bridges keeps me
out of the flow"

"Problem-solving is not a coaching skill, it's a management skill. Coaches don't solve problems, they identify & clarify opportunities"

"When you encounter someone with a scarcity mentality, they will take every opportunity to accuse you of extravagance"

"You are a victim of what you believe is attacking you, whatever you believe is in conflict with you, and whatever you believe to be evil"

"Nature is always a benign force, though sometimes the benefits are not immediately apparent"

"When I'm damned if I do
and damned if I don't, I am
allowing someone else's
judgment to condemn me"

"Wavelengths of attributable
energy are relative to the
frequency of States of Being
attained & determine the
levels of vibrational quality"

"The insanity of every New Year is believing the same this year as last year and expecting life to be different"

"Unconditional giving allows anyone to take anything that they want, whenever they want, whether they need it or not"

"All opportunities in life lie beyond my comfort zone. I can be in my comfort zone or I can be in my zone of opportunity, but not both"

"New Year Revellers celebrate a new year. New Age Revellers revel in revealing the revelations of their new Age of Aquarius"

"Regulations are there to ensure that I follow the directions of another and conform in a way that they believe is best for them"

"I can make my business a success, or I can make my success my business"

"It is always good to have choice but it is not always good to have options"

"There are only 2
motivational forces - fear &
need. There is only 1
empowering energy - Love;
and 1 inspirational energy -
Light"

"I can know who I am but
you cannot see who I am,
unless I express who I am
feeling"

"When I choose 'heads or tails', the chances are that I will lose out and when I choose between my 'heart & head', I will chase my tail"

"It is not the Sun that the Mayan's worshipped but the Source of Universal Consciousness that is at the Heart of our Milky Way Galaxy"

"Take time today to
acknowledge the Sun with
worshipful praise, a prayer of
gratitude and a meditation of
appreciation"

"The G.A.P. in Space is an
acronym for Gratitude,
Appreciation & Praise"

"I can sit on the fence or I can
walk the boundary wall with
perfect balance & harmony"

"Our Justice System believes that life 'is just' not life 'just is'!"

"Greedy people want more than other people because they need to be better than, and feel superior to, other people"

"I praise my past attainments,
I am in gratitude for my
present opportunities, and I
am in appreciation of my
future development &
growth"

"Those who always put other
people 1st, always come 2nd;
and wonder why they always
lose out"

"Assertiveness is the
management skill of
authorised manipulation,
professional arrogance &
institutionalised bullying"

"I cannot coach someone to
successfully change their life
until they have first taken
responsibility for creating
their current experience"

"I can say thank you without expressing my gratitude and I can express my gratitude without having to say thank you"

"Just because I've stopped competing, it doesn't mean I can't play to win"

"Is the vortex that is your energy vibration like an effortlessly soaring convection current or a continuously destructive whirlwind?"

"Whether my perspective creates my reality or my reality creates my perspective, is determined by my reality & my perspective"

"I can learn to become
problem-free, fear-free &
pain-free; but not by being
effort-free, although it can
effortless"

"In every aspect of my life, I
can choose to compete,
choose to participate, I can
spectate, I can observe, or I
can just choose to play"

"I cannot approve of others
whilst I disapprove of my
Self. My disapproval of
others is their

"Space is never wasted, unless
I mis-use it or mis-understand
it. With enough emotional
intelligence, 'space' is a very
valuable quality"

"Head strong means the
Heart is weak"

"I am a storehouse of potentially positive emotional energy. Before you make a withdrawal, you are required to make a deposit"

"An ego trip is a journey full of pitfalls, precipices, & dramatic accidents"

"My Hubris is a pride that is neither good nor bad even though it is without either shame or humility"

"My Bigotry is neither right nor wrong, both arrogant & confident, with a gender opposite of humbleness & an opposing polarity of meekness"

"I have a responsibility for my children, not authority over them. Whether I use my authority to choose wisely depends on my level of power"

"The justice system is how a society avenges & compensates the victims of that society"

"Advising is guiding & supporting someone on their path. Giving advice is directing someone along the path that I have already taken."

"I can only advise someone who has no vision, no direction & no clarity of purpose. With a positive intention, no advice is required"

"Pride, Envy, Gluttony, Lust, Greed, Sloth, Arrogance & Anger are the 7 mortal sins of our Fathers. Little has changed over time."

"Hubris, Covetousness,
Avarice, Cupidity, Rapacity,
Idolatry, Bigotry & Wrath are
the 7 deadly sins of our
Forefathers"

"Idolatry is following
someone else's path, Idleness
is not following any path, and
Sloth is not following my own
path"

"By whom am I employed:
My employer or my Self, and
is either or both most useful
for the development &
expansive growth of my
Soul?"

"Beggars can be choosers
when they remember why
they chose to be a beggar"

"I will be judged, put on trial
& convicted of my sin or
virtue, until my Virtue
becomes a triality of my True
Value & Worth"

"Strictly enforcing standards
& boundaries results in
entropy & atrophy not
expansive effortless flow"

"Conscious Attraction
requires Unconscious-
Competence, which requires
Super-Conscious Confidence,
the ability to confide in one's
Soul"

"There is no such thing as an
intuitive guess. It's an
intuitive choice or an
unintuitive guess"

"When 'the world is your oyster' does your pearlescent shell define your comfort zone or your prison cell?"

"When 'the world is your oyster' do you see a beautiful pearl or the irritating grain of sand that produced it?"

"Keep the baby (a new born thought); throw out the bath water (old fears & limiting beliefs)"

"Bullshit may baffle brains,
but it can't fool my intuition"

"Fools rush in where angels
fear to tread and wizards
magically flow"

"The spiritual reality of my
consciousness, my spirituality,
is a measure of my emotional
competence, mental capacity
& physical capability"

"If you try the Law of
Attraction without success;
congratulations, you have
moved from unconscious
incompetence to conscious
incompetence"

"With no distinction between
my sub-conscious competence
& my super-conscious
competence, I remain
unconsciously incompetent"

"If you give someone 3 wishes, they will use the 3rd wish wishing they hadn't wished for the first two"

"My sub-conscious competence meets my emotional needs, defines my comfort zone and enforces my boundaries"

"Just because I have more money, more knowledge, & more status than you; it doesn't make me a better Human Being"

"My super-conscious Entity authorises & empowers me, whilst my sub-conscious Id either allows or disallows the choices of my Ego's will"

"Getting rich is costly and expensive. Attaining wealth is free and expansive"

"When I believe that 'it's not my fault', I disallow my authority to choose my own reality and I become the effect of someone else's cause"

"Just because animals hunt instinctively doesn't mean that hunting is instinctive. Man generally hunts pre-meditatively"

"I have infinite choice but my choice is not definite until I choose it"

"Chasing money will always deplete my power as chasing riches will always deplete my wealth"

"An Appointment is an opportunity to meet. An Expectation is an opportunity for disappointment"

"Life cannot flow effortlessly when I have to think about doing something differently. Effortlessness allows me to just do it"

"Thinking is a problem! Not thinking is a challenge! Thought is an opportunity!"

"When I am 'mindful', I am busy thinking. When I am 'mind-free', I allow my 'thoughtful' revelations to flow"

"Freedom of Choice is an individual gift that is innate to everyone. Choosing to be Free is an ability that has to be learned"

"I cannot be pain-free by avoiding pain; fear-free by avoiding fear; or problem-free by avoiding problems. I cannot grow by avoiding life".

"Divine Time passes effortlessly without haste or waste. You can't speed it up or slow it down, so just flow with it"

"My Innocence is 'in no sense'
divine. My Innersense is
'inner sent' and is a divine
attainment"

"I cannot be of one mind by
being in two minds. I am of
One Mind when I balance all
three levels of my Mind: Id,
Ego & Entity"

"When I am blame-free, I am no longer the villain. When I am no longer the villain, I am no longer a victim. No judgment, no blame"

"When Providence is allowed to provide; commitment, determination & dedication are unnecessary"

"The Three Principles connect Me, My Self & I"

"A level 1 Coach solves the ego's problems, level 2 meets the challenges of the Id & a level 3 Coach explores opportunities for each Soul".

"Old fashioned selfishness is the bigotry of my avarice, hubris & wrath. Today I suffer the arrogance of my ego's greed, pride & anger"

"The greatest gift that I can share with another is to need them for nothing"

"Gluttony is driven by a need for more power. Greed is driven by a need for more authority. Power & authority are confused in our society"

"Painful has to become
painless before it can be pain-
free. I will never be pain-free
by suppressing my pain, only
by releasing it"

"Gravity, magnetism &
electricity are all examples of
the Law of Attraction in
action"

"Electricity is the potential of
Energy to be physically
active"

"My Soul is the Gatekeeper to
All that Is - the provider of
my Providence"

"This world is full of 3
dimensional Beings surviving
a 2 dimensional reality.
Overcoming relative duality is
our greatest challenge."

"Empathy flows when sharing
a familiar path. It connects
spiritual families with
compassion"

"Confusing poor with poorly associates wellness with money. My well-being is free"

"Only once I have clearly defined the boundaries of my comfort zone am I able to safely venture beyond it"

"Sanctimonious is what self-righteous people call other self-righteous people. Being 'Good' has no judgment of what is right or wrong"

"A True Value contains the truth of my mental authority and the value of my emotional power. An emotional need has value but no authority"

"A Harbinger is just the Messenger who brings the disaster of my doom, the challenge of my fate or the opportunity of my destiny"

"I can be wise without having knowledge, wealthy without having riches and healthy without having wellness"

"A Church is a place where victims go to share their victim hood"

"Without the Earth, there is no physical, only spiritual; no night, only day; no shadow, only Light".

"I cannot give up cynicism
with humility, nor can I give
up sarcasm by being humble"

"I cannot give up criticism
with non-judgment"

"You cannot give up
complaining by not
complaining"

"Surviving death is not an
option, surviving life is".

"Human nature does not
come naturally to a dog"

"Justice is the revenge &
compensation that I need as a
victim. Just is, is my
acceptance of an
opportunistic life"

"Being Sensitive is my
intuitive focus on my path,
whereas being a Sensitive is
intuitively focusing on
someone else's path"

"The quickest way to have Presence is to stop thinking. Thinking takes me into the past or the future & disallows the clarity of my Thought"

"I will never find my Self by searching. I will only find myself searching. When I find my True Self, the search is over"

"I can chase the profit or follow the prophet. I cannot follow a winning path with a losing mentality"

"A machine cannot drive itself, only a human has that ability. Only a human has a Self"

"My Sixth Sense is a triality of intuitively knowing, feeling & seeing"

"When intuition flows freely,
life flows effortlessly"

"Doing nothing allows my
Intuitive Presence to be"

"The 3rd way between 'just
enough' & 'enough' is
Abundance"

"My intuitive senses allow me
to experience the true essence
of who I really am"

"The glory of my destiny is
my praise, gratitude &
appreciation of the fulfilment
of my life's vision"

"Effortless Happiness
requires the joy of being pain-
free, the fulfilment of being
fear-free, & the contentment
of being problem-free"

"Happiness is beyond the pain of disaster, the displeasure of chaos, the discomfort of problems, and the dissatisfaction of challenges"

"The intensity of an emotion is determined by the power of its gender & the authority of its polarity, or the relative absence of both"

"I am challenged by my own beliefs until I challenge & own my beliefs"

"My every problem is a lack of power; my every challenge is to own my own authority; my every opportunity is effortless expansive growth"

"Do you choose for a cup that runneth over or for a bigger cup?"

"When I undulate between
comfort & discomfort, I will
never be satisfied"

My perspective of reality is
limited by my level of
conscious-awareness.

"Accepting my omniscient
authority approves my
omnipotent power and allows
my omnipresent ability"
