



"Wise Words"
Book Seven

Keith Collins

*"When I give up my freedom to feel safe, I
give up my freedom to be safe"*

*"Being half screwed is not a better choice
than being screwed, being screwed up or
having a screw loose"*

*"I am free to choose & I am free to speak,
and I am free to choose to speak beneficially
& well of other people"*

*"My Soul has full awareness of my path,
even when my conscious ego self is lost,
confused & very frustrated"*

"Freedom is a choice, not a Right"

"The only God given Right is choice: To exercise your Right, you have to make a choice"

"Human Rights, and human wrongs, are determined by Man, not God"

"There is no Divine Right, only Divine Goodness"

"Reality is only limited by our individual perception, based on our own beliefs, of what is real"

"Reality is Perception when perception creates reality: When perception creates reality, there is no reality beyond perception"

"Accidents never happen on purpose, so when I am being 'on purpose' accidents cannot happen"

"Random acts of kindness are inspired in the moment: Planned acts of generosity are not random"

"When faith is based on belief, a religion forms: When belief is based on faith, a personal spiritual path unfolds"

"Turning matter back to energy can cause a Big Bang: Creating matter from energy is an entirely different quantum fluctuation"

"Science used to believe in the Ether but with the absence of any physical proof it is

"Science believes that the Astral Plane does not physically exist and you would have to be out of your rational mind to go there, as you do"

*"Holon #1 is physical atoms: Holon #2 is
conscious cells: Holon #3 is emotional
Beings: Holon #4 is spiritual Beingness"*

*"The 1st dimension is Physical: The 2nd
dimension is Mental: The 3rd dimensional
is Emotional: The 4th dimension is
Spiritual"*

*"St George will always fight the Dragon:
Robin Hood will always fight the Sheriff of
Nottingham: A Hero will forever victimise
the villain"*

"A Beauty will always attract her Beast: A Cinderella her ugly sisters: A Snow White her Wicked Witch: A Red Riding Hood her Big Bad Wolf"

"A smell, a taste, a thought or a feeling is just an energy vibration obeying the law of attraction"

"A bad smell is an energy vibration that is filtered through a judgmental mind"

"Do you career through life with set aims & objectives or do you take on the job of reacting to life's problems as they crop up?"

"Do you do what you are called to do when you are called or do you career through life with set aims & objectives?"

*"When working spiritually, are you:
Practicing, Performing or Creating"*

"The Dawning of the Age of Awareness is a portal to the 4th Dimension of Reality"

"A higher emotional vibration is often more intense, whereas a better state of being is often more balanced"

"In relative dual reality, frequency is inversely proportional to wavelength: In an ideal reality, frequency & wavelength are in balance"

"Before I can see beyond the veil, I first have to see the veil"

"I cannot move from a two dimensional relative duality to a four dimensional awareness without emotional intelligence"

"Spiritual awareness requires emotional perception, mental perspective & physical experience"

"A 4 dimensional awareness requires a 3 dimensional perception of a 2 dimensional perspective of a 1 dimensional experience"

"The 4th dimension of reality is awareness"

"I cannot align with my true path by trying to avoid a false path. A negative focus cannot bring a positive outcome"

"For Happiness to be real in my reality, I first have to realise happiness is real in my reality by being really happy"

"The only thing that is ever intolerable is my own false perspective of what is occurring"

"Frustration is my inability to achieve what I believe that I need to achieve"

"Anger is the result of our inability to consciously manage our own emotional energy"

"Believing the study of irrational behaviour leads to emotional intelligence is as unintelligent as the teaching of unemotional behaviour"

"Mental development with emotional appreciation allows spiritual growth"

"Those who mean well often have a mean demeanour. Know what I mean?"

"A true winner can never lose"

"When the purpose of a game is to win, I will lose my enjoyment of the game"

"When the purpose of every game is to enjoy the game, I cannot lose because I only play to enjoy every game"

"With compassion & empathy, I perceive an experience with a positive perspective: With apathy or sympathy I have a negative perspective"

"I share an emotional experience with compassion & I share a mental experience with empathy"

"Similar characteristics attract opposing personalities because character is driven by beliefs & personality is driven by emotional needs"

"Dogs usually adopt a male character with a feminine personality whereas Cats usually adopt a female character with a masculine personality"

"Having extensive boundaries requires the acceptance that everyone is my kind of person, which allows the realisation of my own kindness"

"Nothing is permanent in this physical world: Only eternity lasts forever"

"Karma is a personal opportunity for developmental growth or the punishment for causing a spiritual problem: It's a matter of perspective"

"The belief that our actions can harm the planet is like saying this chalk will damage that blackboard"

"Energetic Force allows Motion: Energy in Motion allows physical force which is physical mass relative to acceleration (physical motion)"

"Does a society act with wisdom or fear when it idolises & hero worships someone who kills another out of revenge?"

"What does a paid killer, who becomes the hero of his country, & an unpaid killer, who becomes the hero of his religion, have in common?"

"Whether Matter is either light or dark and Energy is either matter or anti-matter is just a matter of the perspective of thought energy"

"My perception is affected by gender: My perspective is caused by polarity"

"With the awareness that all others are here to help me on my personal developmental path, I realise that any conflict is of my own making"

"At our deepest intuitive level of understanding, we all know that we are here to help others on their own personal path of development"

"Reality is a flowing current in which the present is always current & the current is always present"

"Thoughts become Words, which become Actions, which form Behaviour, which form Beliefs, which becomes Perspective, which determines Reality"

"Spirituality is the discovery of Absolute Truth"

"Religion is the experience of a subjective truth"

"Science is the exploration of objective truth"

"No matter how hard, how long, or how often you look, you won't discover who you are by checking out your reflection in a mirror"

"The Gap of Space, the Now of Time & the Flow of Reality is where I meet my Soul"

"The cause of every problem is a misaligned perspective"

"Realising the cause of a problem is preferable to finding a solution to a problem"

"We are free to choose our own thoughts and we are free to choose not to deliberately offend other people with our thoughts, words or deeds"

"We don't live in a society that allows us to say what we want when we want about whoever we want. If we did there would be no law of libel"

"When the Light goes out the Love runs out"

"An Interrogator is as much a victim of an Aloof as the Aloof is a victim of their Interrogator"

"The Intimidator is as much a victim of a Poor Me mentality as the Poor Me is a victim of an Intimidator mentality"

"If you are waiting for something to go right in your life, you can often wait for ever"

"If you are waiting for something to go wrong in your life, you don't usually have to wait long"

"Grotesque nudity is neither exciting nor inspiring"

"Pornography excites: Art inspires"

"There was a time when I was good looking.
Now I am just looking good"

"Without the Psyche, we will get Sickie"

"An Anal-ist is a sceptic who looks negatively at new information to prove that it is untrue"

"An Analyst looks at new information to see how it may be of positive use"

"The belief that we have to fight for what we want is the cause of our own oppression"

"Fighting for justice is driven by the need for revenge"

"A Freedom Fighter is the victim of their own belief system"

"The freedom to speak necessitates the freedom to listen"

"In an ideal world there is always enough time"

"When I have enough time, there is no need to save time because I have all the time that I need"

"When I am busy saving your world for you, I am not spending time in my ideal world for me"

"Go love my Self as my Soul does, I am required to first love my Soul as my Self"

"In alignment with my life-path, I experience my Truth: When off track, that which I believe to be true is untrue"

"Will & Grace are opposing energy polarities: Grace & Favour are opposing energy genders"

"Freedom of choice is disallowed when that choice is used to influence or manipulate another. We are not free to choose for other people"

"Apparently everyone has the right to speak freely as long as it is not radical, fundamental, extreme or opposes the status quo"

"The Law of Attraction recognises neither gender, polarity nor intensity. It is therefore a force that is neutral, balanced & harmonious"

"When beauty is in the eye of the beholder it is just a personal perspective, which may or may not be true from my perspective"

"When Beauty equates to Truth, ugliness is an untruth"

"Is a martyr the hero of their religious belief system or the victim?"

"Is one who lays down their life for their religious convictions a martyr or an idiot?"

"My sub-conscious mind will always get the better of me whenever I am competing for my sanity"

"Coaching is not about being there for the client when they need you but being there for the client when they don't need you"

"There is Divine Time & there is personal time. The question is: Are they in alignment?"

*"Conditions disallow my allowance:
Judgment renders providence
unacceptable: Discernment disapproves of
serendipity"*

*"Enquiry Chic: The skill of asking an
insightful question"*

*"I can be the just creator of my own
evolution or I can be just a creation that is
evolving: the choice is mine"*

*"When following an exclusive path, it is not
wise to expect others to follow you"*

"Mindfulness is the spiritual awareness of my Self: Knowing my thoughts, feeling my emotions & seeing my physical identity"

"It takes emotional power to create an ideal reality: It requires no emotional power to experience a less than ideal reality"

"It is my conviction in my limiting beliefs that causes my attachment to my emotional needs"

"There is no such thing as a perfect life when an ideal life is continuously evolving"

"When I am physically awake, mentally alert & emotionally aware, I am aligned with my life path & alive to my destiny"

"My need to be included will exclude me from my exclusive path that I follow inclusively with others"

"An inclusive faith excludes an exclusive, unique & individual life path"

"Religious belief disallows intuitive faith"

"Fight or Flight or Foresight"

*"The Creator causes the effect of their own
Creation"*

*"I never need any spare money: Money is
only spare when I don't need it"*

*"Following someone else's path is always
difficult, even when it appears to be easier
than following one's own path"*

*"A Graceful demeanour has no emotional
attachment or needy dependency"*

*"A Gentle demeanour has no strong
convictions, fears or limiting beliefs"*

"The Law of Attraction is responsible for the matter of energy in motion, the motion of energy in matter & the energy of matter in motion"

"There is no good or bad when being different is acceptable"

"The ego self has the capacity to allow what is authorised: It does not have the competence to manifest without the authority to do so"

"Being Accepting is seeing whatever is presented in the present moment as a present that is pre-sent: It is accepting all of life as a gift"

"Being Approving is feeling good about whatever is occurring. It is the feeling that whatever is occurring is positively good"

"Being Allowing is knowing that what is occurring is an opportunity: It is allowing opportunities to effortlessly flow to me"

"Before I can change my mind to a new perspective, I have to challenge my current perspective: To do that I have to have a perspective"

"A Collective Consciousness doesn't necessarily have a collective purpose"

"When thought & word are balanced, so is action"

"The Word has a high magnitude & a low frequency: Thought has a high frequency & a low magnitude"

"It is wise to see the depth of one's own shallow thinking"

"Burning the candle at both ends is a euphemism for experiencing both extremes of a dual reality world"

"Conflict is a problem that can never be resolved but it can be confronted & overcome"

"I Will is my ego's desire: I Shall is my Soul's choice"

"We are all empowered to follow the authority of our own chosen path: When my inner guidance is empowered, motivation is not required"

"We are all motivated to get our emotional needs met: Meeting my emotional needs is how you motivate me"

*"My heart is never lonely, it is never alone;
even if I believe it to be so"*

*"Being sensitive requires a degree of
emotional intelligence"*

*"Consciously raising my spirits & getting
back on track requires an awareness of
what I need emotionally"*

*"Self-Discipline is being a disciple of my own
life path, it is not forcing my discipline onto
other people so they conform to my
standards"*

"I can force what I believe to be acceptable behaviour onto others by enforcing my boundaries or I can empower others to share my standards"

"Negative Boundaries block access, forbid trespass & reprimand unacceptable behaviour"

"Positive Boundaries welcome, praise & embrace acceptable behaviour"

"With Presence, I have both clarity & direction, I am never lost confused or frustrated"

"When I have Direction there is no need to ask because I know the way"

"When I have Clarity there is no need to focus because there is no distraction"

"Go-do-lists are full of have-to's & need-to's: Inspired actions are empowered, they just get done effortlessly & never end up on a list"

"A Trainer teaches you to manage your to-do-list: A Coach shows you how to not have one"

"A Trainer teaches you how to solve problems: A Coach shows you how to become problem-free"

"Happiness comes with doing what has true value for me, not from getting what I think that I need"

"Neuroscience is as useful as a computerised diagnostic when servicing my car, but it won't reveal who is driving the vehicle"

"Luck makes me a fatalist, which can be unlucky, unfortunate & even fatal"

"I am only ever depressed by my lack of emotional power: I am only ever challenged by my lack of emotional power: Depression is a challenge"

"Energy divided by wavelength & frequency allows a creation to be experienced as thought & emotion in existence separate from its creator"

"Only a pure vibration of energy is creative because the Creator is a pure energy vibration of Consciousness"

"A vision of the blue-print is necessary for re-building to be undertaken successfully: That's the role of a Great Coach"

"A poor foundation requires strong support before reconstruction can take place: That's the role of a Great Coach"

"Thought & Feeling are the Essence of Being Consciously-Aware of my Existence"

"Essence is a pure vibration of beingness with ability of Life"

"Feeling is a pure wavelength of awareness with the power of Love"

"Thought is a pure frequency of consciousness with the authority of Light"

"In Physical Reality, $\text{time} \times \text{speed} = \text{distance}$,
 $\text{time} \times \text{distance} = \text{speed}$, & $\text{speed} \times \text{distance}$
 $= \text{time}$ "

"In Absolute Reality, Time & Space are
Relative"

"The illusion is of a mental journey through
a physical world: The reality is that life is
an emotional experience"

"I am Esteemed by the worth & wealth of
my confidence not the praise or
acknowledgement that is bestowed on me
by others"

"My Confidence is a measure of my intuitive connection to my creative ability and has nothing to do with my status in society"

"My Worth is a measure of my power that is the effect of my emotional state of being not the result of any action that I am taking"

"Perception is an Individual's feeling of what is real based on the emotional evidence that is currently presenting & being experienced"

"Perspective is an Individual's view of reality based on their present experience & their current thinking"

"Respect other people's boundaries, then other people will respect yours: It is the Golden Rule"

"Empathy requires the rational intelligence to see whether an emotional path has the authority to get someone to where they choose to be"

"Compassion requires the emotional intelligence to see what drives someone & what empowers them, what they need & what they truly value"

"My comfort zone may be comfortable but being in the zone is way better than being comfortable"

"My Soul's vision of reality is not always as my ego realises it to be"

"Intimacy is a true value that needs a balanced intensity of emotional energy to realise it's full potential"

"For two people to share intimacy together, intimacy must mean the same to both of them"

"Whether I have a job, a career or a vocation depends on who I am listening to"

"Public Schools have upper classes: Private Schools have middle classes: State Schools have working classes"

"My skills are the tasks that I am capable to accomplish. My qualities are the attainments that I am competent to attribute to my Self"

"All my needs are emotional, all my tolerations are caused by my limiting beliefs & all my wants are desires of my physical ego self"

"The need to put others in their place is the need to correct others when I believe they are wrong, which is driven by my need to be right"

"The deeper the understanding the more balanced is my perspective"

"The 'depths of despair' are caused by a shallow perspective of reality"

"Those who seek the way believe that it can be bad & wrong"

"Those who see the way know that it feels good & right"

"My choice of direction either authorises or disallows my power"

"My choice of authority determines my power to follow my direction"

"My choice of direction determines my authority"

"My choice of authority determines my direction"

"With unconscious competence life occurs as me. As my unconscious competence life just is miraculously ideal"

"With conscious competence, events appear to happen through me. Through my conscious competence, I apparently make things happen"

"With conscious incompetence, events apparently happen by me, I consciously blame my own incompetence"

"With unconscious incompetence, events appear to happen to me"

"My Gravitas is a measure of my emotional power"

"Emotion determines the gravity of every situation"

"A Grand Unified Theory cannot exclude emotion from the equation"

"A rational intellect excludes emotion from the equation"

"Where: E=Energy, e=emotion, m=matter of fact & c^2 =frequency of light; Einstein left emotion out of his equation"

"We are all guilty of being the victim of the beliefs & the convictions that condemn us! Until we change our mind about who we really are"

"I submit to a sub-conscious problem, I meet a conscious challenge, I surmise a super-conscious opportunity"

"I surrender to chaos, I yield to a problem, I accept a challenge, I am in gratitude for an opportunity & I appreciate an effortless life"

"I Aspire to accomplish; I am Inspired to attain; I Perspire to achieve"

*"Achievements satisfy me;
Accomplishments qualify me; Attainments
authorise me"*

*"The Law of Attraction always brings me
everything that I need, once I realise that I
have everything that I need right now"*

*"The question is not how do I make the
Law of Attraction work for me but how do I
use the Law of Attraction to bring me
everything I need?"*

*"With all energy forms, force is the
magnetic frequency, magnitude is the
gravitational wavelength & potential is the
electrical vibration"*

*"Everything happens eventually,
because every happening is an event and
every event happens"*

*"I feel my power, I know my authority, I see
my ability"*

*"I Can is my ability, I am Able is my
authority, I am Being is my power"*

*"When my mind moves north to my brain
& my feeling centre moves south to my gut,
I will lose heart & never find my true
direction"*

"My Heart is the centre of my Mind & the core of my Solar Plexus, unless that is, my head is in conflict with my gut instinct"

"Happiness is hiding beneath everything that apparently makes me unhappy because whatever makes me unhappy always seems to get on top of me"

"Sometimes there is more wisdom in a question than in an answer"

"When you write & star in the film of your Book, is it a work of fiction, is it just an illusion or is it a great artistic achievement?"

"Hope is being positive, expectation is being sure & knowing is being certain"

"The current scientific view is that there is a reason for everything; except the creation of Life, which apparently happened by accident"

"Motivity is empowered, motivation is a need for emotional power or the emotional power that I need"

"There is no suffering in silence"

"The belief that I am disconnected from Source is what disconnects my Self from my Source"

"Being connected to Source allows the realisation that I am the Source"

"The present moment is a present that is pre-sent and is presented when I have presence"

"When I am Being on purpose, I have the vision, to Do the mission that is present on my path"

"When I am Being empowered, I Have the authority, to Do what I truly value"

"With enough emotional energy, I am never tired"

"Unless muscles exhaust waste from fuel efficiently they will quickly become exhausted"

"What makes each moment opportune?"

"How is reality realised?"

"From whence is providence provided?"

"Who Allows my allowance?"

"From whence is a present presented?"

"From whence is an issue issued?"

*"The only challenge is to have enough
emotional energy"*

*"My Soul is the subjective 'I Am'. My Self is
the objective 'I Will'"*

*"I am subjectively touched by my Soul to
objectively feel the fullest, grandest, most
expansive experience of life"*

"Awful is a negative masculine feeling of dread. Awe full is a female positive feeling of inspiration & wonder"

"Inspiring fear is an oxymoron, fear is never inspired and inspiration is not to be feared"

"Sometimes, learning to live with something is the only way to live without it"

"I react with sub-conscious incompetence, being pro-active requires conscious competence & I respond with unconscious competence"

"Both football & religion are faithfully followed by fanatical supporters"

"Winning is only a true value when I am already a winner"

"Sub-conscious need competes to win. Super-conscious competence competes as a winner"

"Without an even balance, I will have to overcome the odds"

"I am emotionally attached to whatever I need. I am rationally attached to whatever I believe to be my truth"

*"Being disconnected is all part of the
process of becoming better connected"*

"Inaction & resistance are never gentle"

*"If there is no poverty, how will we
experience the extremes of our humility,
our humbleness, our kindness, our
meekness & our pleasing"*

*"If there were no wars, how will we
experience the extremes of our bigotry, our
avarice, our hubris, our arrogance, our lust
& gluttony?"*

"Life is totally fair. The Law of Attraction ensures that this is so"

"My beliefs are 'just if true', my faith 'just is true'"

"Having things to do is not the same as having to do things. Having to do things is a toleration, which is not my conscious choice"

"I am Just when I am just Being my True Self. I am just a Being being just a Being being Just Me"

"A scarcity mentality disallows a happy perspective & endorses a perception of misery"

"Being 'sensible' requires the use of my five physical senses in conjunction with my three intuitive senses"

"The capacity of my Mind is limited only by the processing capability of my brain"

"With enough emotional competence, my mental capacity allows my physical capability"

"I 'weigh' my options with the balance of probability. I choose a 'way' that brings my Self into balance"

"Do you have a sense of seeing, an insight that is distinct from your physical eye sight? That's your intuition"

"Do you have a sense of knowing that is distinct from your accumulated learned knowledge of the physical world? That's your intuition"

"Do you have a sense of feeling that is distinct from your physical sense of touch? That's your intuition"

"When an Awakened Being asks: 'Why am I here', they open up to intuitively remembering their vision, mission & purpose for this life-time"

"When Science asks: 'Why are we here', it is really asking how did we get here & their best guess is that we are a lucky accident"

"Sympathy is experienced by those who share similarly pathetic situations"

"The compassion of my Soul requires the empathy of my Self"

"My Soul's choice is always compassion for its Self. My Self may choose to resonate in sympathy with others"

"I cannot effect a result, although my action can cause it & it can affect it"

"Being at cause is effective. Being in effect is ineffective"

"How I am Be-having is my behaviour, based on my being & my having. My being & my having determine my doing"

"I can conform to an apparent reality or I can choose for my reality to appear, apparently"

"The Passions of my Soul are called True Values"

"When the desires of my ego are in alignment with the passions of my Soul, sacrifice is not required"

"I can only be a victim of the Law of Attraction by attracting my own victimhood"

*"Seeing my victimhood as unattractive
doesn't stop me attracting a villain"*

*"When I have an authority issue, it's never
an issue with other people's authority &
always an issue with not following my own
authority"*

*"A 'law-free' society has no victims &
therefore no villains"*

*"A 'lawless' society has lots of villains. A
'lawful' society still has lots of villains"*

"When I am not acting under my own authority, I will fall foul of other people's authority"

"I need the support of a Coach to guide me, until I attain enough personal development to realise that nothing actually ever goes wrong"

"I can confidently follow my path when I can clearly see the way because I intuitively know that it feels right for me"

"The first step on the journey of Self-Help is to challenge the belief that you can't just help yourself"

*"Coaching is part of the Self-Help Industry.
People need help to help their Self"*

*"When fear is seen to be the effect of a
limiting belief, it can be challenged &
changed for a more empowering
perspective"*

*"When fear is believed to be a negative
emotion, it will disallow positive activity"*

*"I guide & support others to become
conscious of what they already know"*

"Ancient wisdom is an oxymoron. True wisdom is only apparent in the present moment"

"I may appear not to care but I always approve"

"Caring & not caring is a duality. I can choose neither as long as I have a third way"

"Just because I don't care, it doesn't mean that I don't care"

"Caring is an agenda that attaches the carer to other people's dramas"

"In my humble opinion, a higher perspective is very patronising"

"Learning what is ideal in life is never expensive, whereas learning what is not ideal can be very costly"

"Being 'nosey' has a need to know, being 'interested' truly values the opportunity to learn"

"A 'Grue Father' has no need of a 'Big Brother' to protect his 'Children'"

"I am never authorised to wilfully change the path of another, no matter how good I believe my intention to be"

"Conscious-awareness requires a perceptive perspective"

"Paradise is an ideal personal perspective of a unique world view experienced as an individual reality"

"There are always three perspectives in a successful partnership; mine, my partner's & that of our Soul"

"Woe is me for I am undone; Whoahh is me for I have no where to go; Woo is me for I am effortlessly flowing"

"The Wrath of Man is the ego's will, the Wrath of God is the Soul's choice"

"Without the Wrath of God, the Meek will inherit only anger & impatience"

"I cannot alleviate my suppressed painful emotional experiences by suppressing my physical pain with pain-killers"

"When acute illness becomes chronic, the pain may disappear but the illness remains chronic and on its way to becoming critical"

"Warning! Pain-killers do not kill pain. The best you will achieve is temporary relief by suppressing your pain"

"A Living Planet is a small part of the Grand Plan"

"I cannot plan to be impulsive but allowing my impulses to guide me can be part of my plan"

"Unless I close doors behind me they will remain shut in front of me"

"My Soul takes care of its Self when my Self becomes truly selfish"

"Those who don't judge have no reason to gossip"

"The problem with gossip is that you only hear one side of the story"

"Pride is only ever positive when it is in opposition to shame"

"Pride is outstanding male energy, humility is outstanding female energy, & modesty is the best way when it has balance & integrity"

"The unconscious capacity of the mind is greater than the conscious capacity of the brain"

"I can always make a better choice as long as I have the emotional power to do so"

"When logic becomes the study of rational experience, philosophy loses its wisdom"

*"Time is boundless, unlimited & eternal,
unless I impose a deadline"*

*"Every fatality is caused by the reality of
that individual's fate"*

"I require three perspectives to be at choice"

*"Behaviour always follows belief. Changing
a behaviour will not alter a belief but
changing a belief will alter a behaviour"*

*"A Student sees lessons as a challenge or a
problem to overcome, whereas a Master
sees lessons as an opportunity to become
more masterful"*

"I pick a solution, I opt for an option, I choose an inspired choice"

"I can pick & choose, I can pick or choose, or I can just choose what I feel & know is right for me right now"

"Are you sharing your happiness or are you sharing your misery?"

"The Soul loves its Self unconditionally. The ego loves itself in vain, which is vanity"

"There is no drama in the effortless flow of life"

"When I succumb to an omnipotent force for good, I surcome the drama of my negative duality"

"When Do-Gooders are doing good they are seldom being Good"

"The purity of my Soul is not an expression of what I do but who I am being whilst doing whatever I am doing"

"The compassion of my exclusive connection to the source of my energy allows the empathy of my sensitive detachment with other people"

"An exclusive emotional disconnection causes an apathetic insensitive detachment with others"

"An inclusive emotional connection causes a sympathetic sensitive attachment to others"

"I rise to meet a challenge, whilst a solution to a problem falls into place, when on balance I flow with every opportunity"

"Fury is the extreme anger of my intense impatience. Outrage is the extreme jealousy of my intense envy of others having what I do not"

*"More by luck than judgment disallows
intuitive guidance"*

*"My soul allows my Self to be in control but
it also allows my Self to be out of control"*

*"I am in control is a statement of being in
control & will allow that state of being to
manifest in alignment with my Higher Self"*

*"It is my ambition to meet all my
emotional needs. It is my vision to do what
I truly value. Ambition rarely has true
value"*

"I will take control is a statement of not being in control & will allow that state of not being in control to persist"

"Learning to live with something negative is how we learn to live without it"

"We do not remember our Vision until we have the power to follow it. I am empowered to follow my Vision, once I remember what it is"

"A lot of people consider themselves lucky to have a job. Such is the strength of our programming with regards to work and good fortune"

*"To be effective, I am required to be at
cause"*

*"There is a higher power in the Universe, it
is a purely intuitive potential that is
inspired, empowered & a revelation"*

*"Mostly, people run on will power. When
they lose their will, they lose their power"*

*"A new world order requires a change at the
top of the hierarchy. A new world view
requires no hierarchy"*

"Balancing my yin & yang requires emotional intelligence, sensitive detachment & an exclusive connection to my intuitive senses"

"Being too detached is insensitive, being too rational is unemotional & being too exclusive is being disconnected"

"Being too sensitive is a negative attachment, being too emotional is irrational & being too connected is inclusive"

"Whether my sensitivity requires detachment or my detachment requires sensitivity is relative to the gender & polarity of my perspective"

"Without conscious observation everything remains as energy, which means that the observer is the individual creator of physical reality"

"Reality is a matter of perspective because matter is a manifestation of the energy of consciousness as a perceived thought"

"The perspective of the Creator is the creation of a chicken, with eggs, that is able to create its own chicks that grow into chickens"

"The perspective of the Chicken as a creation of the Creator is: 'Who came first, me or the egg'"

"My Gut Instinct is knowing the intuitive feeling in my solar plexus or the 'place of light' that allows my emotional sense of seeing"

"Balance & Harmony requires that I am anatomically earthed in physical reality & I am cosmically grounded in spiritual reality"

"A Being of Light who is not being of Light is without their enlightened wisdom and will get very lost, confused & frustrated"

"A Chance is an opportunity, unless that is, I see it as a problem and a risk, or as being chancy because it is a challenge that I can fail"

"As a Mentor, I connect my clients to my own inner guidance system. As a Coach, I connect my clients to their own inner guidance system"

"I profess my learned knowledge, I confess my guilty ignorance & I express my intuitive knowing"

"Electrical resistance is measured in ohms, resistance to chi is measured in omgs"

"Electrical force is measured in volts, magnitude is measured in amps, potential is measured in watts & resistance is measured in ohms"

"Chi (life-force energy) has a force or frequency called light, a magnitude or wavelength called love & a potential vibration called life"

"Electricity has a frequency called volts, a wavelength called ohms & a vibration called watts"

"Intimacy involves sexuality with sensuality & sensitivity"

*"Without darkness, there is no fear;
without heaviness, there is no resistance;
without seriousness, there is no problem"*

"Approving is a science not an art"

"Allowing is an art not a science"

"Autocracy is a form of autonomy or government by the self that disregards the Golden Rule & disrespects the Law of Attraction"

"Pure Love has no hatred, no need, no lust, no fear"

"Authentic Light is never dark, never heavy, never serious"

"Remember that when you subscribe to a hierarchy then some poor bugger has to sit on top of the pyramid"

"I am strongly convicted by the strength of my convictions"

"My core beliefs determine the strength of my foundations not the strength of my convictions"

"Support requires a firm foundation. With a poor foundation all support is ineffective. Effective support strengthens the foundations"

"The force of my envy is relative to my magnitude of kindness & the force of my greed is relative to the magnitude of my pleasing others"

"The force of my pride is relative to my magnitude of humility & the force of my arrogance is relative to the magnitude of my humbleness"

"Male energy has a force, female energy has a magnitude. The magnitude of my patience is relative to the force of my anger"

"The id seeks safety, the ego seeks comfort & the entity seeks growth. No wonder we get very lost, confused & frustrated"

"The world is full of lost, confused & frustrated people trying to expand their comfort zone & stay safe in an apparently hostile situation"

"Motivating every Dictatorship is a malignant arrogance that is confident in its own benevolence"

"Life Coaching is for a select group of people who choose to create their own reality with wisdom"

"Grace is a magnitude. The highest magnitude is full of grace"

"You cannot force goodness. It is a potential not a force"

"Gentleness is the only force for good"

"With financial clarity, financial planning is not required"

"Circumstance is relative to all round attitude, intuitive understanding, angle of perception & degree of perspective"

"How to tell if an energy is potentially creative: If you are able to create with that energy it is a creative energy, otherwise it is not"

"Other people may not see your development as beneficial to them, which is why being truly selfish is essential for personal growth"

"When thought follows circumstance, I am at the effect of the cause. When circumstance follows thought, I am creating my own reality"

"Being accepting requires awareness, awake-ness & alertness"

"When I deny that I am in denial, am I in denial or not?"

"The Universe is a great Accountant. The Law of Attraction & the Golden Rule ensure that everyone is accountable"

"Addiction is the sub-conscious belief that I need a particular substance to meet my need for emotional energy"

"Being gentle allows doors to open for other people"

"It is not my thinking that creates my eventuality but the essence of my thoughts"

"Listening with my brain is exhausting. Hearing with my Soul is empowering"

"I guide & support others to become the effective cause of their own reality"

"It takes the same amount of courage to be a hero as it does to be an idiot"

"I cannot be care-free until I first become problem-free"

"The fastest way to quieten the mind is to become problem-free"

"Be fruitful & multiply can be defined as be empowered & enlightened to personally develop & expansively grow"

"When a psychic phenomena can be seen as a mental illness or as inspired guidance, who is most qualified to diagnose what is occurring?"

"My Soul is ever composed & always composing. The question is: Am I still & am I still listening"

"It is not my role as a coach to help others to get to where I am, but to guide & support them to get to where they really choose to be"

"In ancient philosophy, Philos the male god of feminine love is partnered with Sophia the female goddess of masculine wisdom"

"When we all believe in the same form of reality, life becomes a formality"

"Pain is inevitable, suffering is optional - once you get the distinction"

"Go live in this world without suffering doesn't mean that I need to alleviate suffering from the world - just my own suffering"

"The Law of Attraction is the principal principle in a principality, because the highest reality is the truest reality"

"Those who choose their own unique reality belong to a select group of individuals"

"If you want the flowers to grow, they need to be watered. If you want the weeds to grow, just neglect the garden"

"Many women appear to come from Mars & many men appear to come from Venus, whilst many people still appear to come from Earth"

"Thinking I can upset someone is my issue. Actually being upset is their issue"

"Suppressing emotion instead of expressing emotion leads to a negative emotional condition called depression, which is very sad"

"Depression is a condition caused by low emotional energy. Depressed emotional energy is very depressing"

"I either cause an effect or I experience the effect of whatever causes it. I can choose to be a responsible creator or a blameless victim"

"How I perceive life is relative to how I experience life because my perspective of reality creates a real experience"

"Until we understand love, we will not understand the true source of our power"

"Power is not the ability to get other people to do what you want them to do, that's a force called arrogance or assertiveness"

"The Universe does not create complexity, individual choice does. If everyone in the world made the same choice then life would be simple"

"I can believe that I am not worthy of an opportunity or I can believe that the opportunity has no value for my Self"

"When I give away my choice, I give away my authority & I give away my power"

"Love Is: Lots Of Vital Energy"

"Only a powerful Being can be empowered"

"Only a Being of Light can be enlightened"

"Self promotion is not attractive. My Soul never promotes its Self"

"If you need someone else's support to carry out a task, it is not empowered and is therefore unwise"

*"A wise action is always empowered, it
always feels good"*

*"A Crisis is unique to an Individual &
relative to the depth of their unsolved
problems"*

*"A Critical Illness occurs when the Soul
becomes critical of the un-wellness of its
Self"*

*"Clarity is found in the gap of space.
Direction in the flow of time, & Presence is
found in the now of reality"*

"An exclusive connection with my Self requires a sensitive detachment with others & the emotional intelligence to understand both"

"It is a mental belief that links emotional energy to physical food"

"Personality is not gender specific"

"Male & female characters are not characteristically masculine & feminine"

"The cause of a habit is always a sub-conscious belief"

"An addiction is my detrimental attachment to the habit of using a substance as an emotional energy fix"

"A habit is my subconscious attachment to whatever raises my emotional energy & meets my emotional need"

"Divergent thinking is an oxymoron because thinking always conforms to our belief system. It is thought that is divergent not thinking"

"Solving other people's problems stops them meeting their challenges, blocks their opportunities & hinders their personal growth"

"God moves in mysterious ways according to the laws of physics"

"The Higgs Field, Quantum Vacuum Virtual Plasma, Dark Energy & the Ether have no spiritual distinction"

"Making someone wrong is not a righteous thing to do"

"Reality is whatever I perceive to be real from the perspective of my own belief system, which means that reality is a personal illusion"

"An Intuitive Sense cannot by definition be a non sense, nor can it be a nonsense"

"The origin of life will not be found in the bones of our dead ancestors"

"Intuitive insight is a common sense that is alien to most people"

"Inspired revelations of super-conscious intelligent thought are not terrestrial in origin even though the receiver is based on Earth"

"SETI, the search for extraterrestrial intelligence, has a history of 50 unsuccessful years. Perhaps they should look intuitively instead"

"A habit rooted in brain circuitry is called a limiting belief"

"When science sees that addiction is caused by a habit rooted in brain circuitry then they will find a cure"

"All addicts are the victim of a limiting belief that the substance they are addicted to will meet their need for emotional energy"

"It is preferable to be happy before taking inspired action rather than trying to do something that you think will make you happy"

"Happiness is a state of being that is attainable by choice not something that can be achieved by doing something well"

"I would like the world to know that nobody ever needs to die to ensure my freedom"

"Science believes that there is a secret to achieving happiness. A Life Coach knows that being happy is not an achievement"

"What Science originally called the Ether, subsequently called Dark Energy is apparently now referred to as Quantum Vacuum Virtual Plasma"

"My physicality, mentality & spirituality are generally accepted, yet my emotionality is yet to be defined"

"A happy life and a purposeful life are never in opposition"

"My Ego says: 'I will' or 'you will'. My Soul says: 'I am' or 'We shall'"

*"Not listening to messages gets a lesson.
Not learning lessons sees a problem. Not
solving problems causes a crisis that ends
in disaster"*

*"Every little helps is a scarcity mentality.
One step at a time is a growth mentality"*

*"There is no such thing as bad grace, only
the absence of grace"*

*"A toleration is something that I endure
because I deny that it is a problem. It is a
problem that has not yet become
intolerable"*

"Being problem-free allows a lesson to appear and having less on to be apparent"

"All eventualities will eventually be realised as a reality"

"Being God is the expression of a divine state of being"

"Playing God makes god a character in a one act drama"

Whether I believe that I have a Soul or not, I am affirming my disconnection until I attest to actually be a true expression of my Soul"

"It is not possible to be a victim of either love or wisdom, but I can be a victim of needing both"

"A Singularity has perpetuity without continuity"

"In perpetuity is in eternal time. In perpetuality is in continuous reality"

"With Goodness neither judgment nor non judgment is necessary"

"With gentleness neither tolerance nor intolerance is necessary"

*"With grace neither patience nor
impatience is necessary"*

*"When in Self Control, I attract only others
who are in control of their own power, their
own authority & are responsible for their
actions"*

*"Go attain Self Control, I am required to
allow my Soul to be in control"*

*"It is the nature of a thunderstorm to
cleanse the land & clear the air"*

"Unconscious incompetence is an oxymoron. It is my sub-conscious mind that is often incompetent, never my unconscious mind"

"A goal in life is to attain unconscious competence before the onset of dementia"

"Sentiment can be an attachment to my past or it can be a connection to my original source"

"I sympathise with someone who is stuck in a deep hole. I empathise with someone's determination to climb out of that dark void"

"I do not need to agree with someone's perspective in order to respect their point of view but I do have to see where they are coming from"

"My Sentimentality is the reality of the emotions & the emotional needs that form my personality & my attachments to other people"

"My Emotionality is my awareness of my own emotional reality; who I am really being"

"My Sensitivity is my awareness of other people's emotional states of being"

"My Sensuality is the reality of my intuitive feelings"

"My sexuality is the reality of my masculine or feminine characteristics, beliefs & behaviours"

"I succumb to my problems, I overcome my challenges & I surcome to my opportunities"

"The only sense of physical Self that my Soul has is the one that I am currently experiencing"

"Once I get that I am only ever a victim of the beliefs & emotional needs that cause my own dramas, I am no longer someone else's victim"

"Be aware of the super-ego, the ego's spiritual sense of Self is not always grounded in physical reality"

"An Effortless Life has no to-do list"

"Irritation is Irrational. Negative emotion is irrational & irritating"

"Is it Surreal to Surmise that I am to Surrender to Survive?"

*"Humanity is a Spirituality of Physicality,
Mentality & Emotionality manifest from a
Singularity, experiencing Triality in a
Duality"*

*"Will power may be self-motivating but it's
not empowered"*

*"Compassion empowers empathy.
Empathy authorises compassion"*

*"Customer driven quality is an abundance
mentality that attracts abundant quality
& abundant customers"*

"Financially driven penny-pinching is a scarcity mentality that disallows abundant profit"

"I always respect other people's right to choose but I do not condone the arrogance with which they seek to impose their choice onto others"

"To an unemotional person, happiness is a state of mind"

"When I know that I already have everything that I want, then that becomes my continuing experience and an everyday occurrence"

"In the absence of knowing what we want, we believe that we have to have what we want before we can decide whether we actually want it"

"We are all self-motivated to get our emotional needs met"

"When I reached the top of the mountain, I found the start of my journey"

"In a dual reality world, I can choose to resolve problems or I can choose to dissolve problems"

"I am here to discover why I am here, to explore who I am and to experience both"

"I do not have a fear of flying. I fear the consequence of crash landing"

"Fear is the absence of a better choice"

"Apparently, Scientists have been left scratching their heads after noticing there is a huge deficit of light. Hmmm! Errr!"
