



Wise Words
Book Six

Keith Collins

"Wisdom doesn't necessarily grow with age but growing with age does require wisdom"

"Why is it that people who spend all their life being busy end up feeling as though they have achieved very little?"

"Listening to my body requires the ears that cannot hear"

"When every day is a holiday, what do I do for a holiday?"

"I love my Self when I approve the magnitude of the power of my emotional state of Being"

"It is not that my coaching confuses my clients but it can highlight their confusion for clarification & clarity"

"Can I really like my comfort too much? Can I be too comfortable? Can my comfort zone be too expansive?"

"It is not the role of a coach to 'save' people. Saving is a scarcity mentality. Life is abundant when it is lived well, not in scarcity"

"I accomplish skills to complete tasks to achieve objectives to attain the power to see my vision to fulfil my mission to succeed in life"

"Philosophers have a love of wisdom & they know the wisdom of love. Art is a science & science is an art. They know their feelings, you see"

"Enlightened by wisdom & empowered with love, what a great philosophy to enable life"

"Debugging my belief system is the only way to get rid of what's bugging me & causing my irritation"

"Oneness is my source & my destiny but not my experience of the journey"

"Oneness is the beginning and the destination but not the journey"

"The question is: Am I going forwards, going backwards, standing still or going round in circles?"

"We all share the same destiny from an individual & unique perspective"

"Three-ness is a step closer to Oneness than Twoness"

"You only live this life once, so live it well!"

"There are only three dimensions of physical reality, but there are five levels of consciousness through which life can be perceived"

"Keeping one step ahead of everyone else assumes that we are all going the same way"

"Just because you trust a belief to be true, it doesn't mean you really have faith in it"

"Devastation is intense
Disappointment, Disgust is intense
Disapproval & Desolation is intense
Displeasure"

"Whatever experience is
manifesting in my reality is whatever I
am manifesting as being the reality of
that experience"

"I can only manifest that which is
in alignment with my manifesto"

"The need for money secures our attachment to many dramas"

"I am never empowered to work for money. When I am inspired to do what I truly value, no motivation is required & money is never an issue"

"My Ideal Life just is: A choice of modest abundance in gratitude & appreciation of a balanced path for you & me"

"Abundance appears when I am content because I have enough"

"Scarcity is a mentality -
Abundance is a feeling"

"It requires tolerance to tolerate a problem & patience to wait for a solution"

"My success requires the attainment of my purpose, the achievement of my vision & the accomplishment of my mission"

"There is a big difference between sub-consciously causing your reality & consciously creating it"

"Thinking is causal, thought is creative"

"I have an addiction to a substance, a dependency on an emotional need & a sub-conscious belief that causes a behaviour that is a habit"

"A Fatalist tolerates their doom because fate & doom are a duality of the same perspective, as are fortune & misfortune"

"Things have to get better before they become good"

"Wherever there is a way, there is a way in & a way out; a way forward & a way backward; your way & my way"

"My Soul is always In Gratitude"

"Ungrateful is not acknowledging someone else's kindness. Ingratitude is my disconnection from my Soul's providence, allowance & kindliness"

"Detachment requires sensitivity not disconnection"

"It is not necessary to express my appreciation but it is essential to feel it and it is preferable to share it"

"Am I the right age for who I am being right now?"

"I am here to explore the essence of who I am - my Soul, through the experience of who I am not - my ego sense of Self"

"Accepting whatever turns up allows me to approve everything I have, have everything I want & want for nothing; knowing it will turn up"

"Emptiness is full of space. Space has an infinite magnitude of potential. It is the energy of creative power"

"Only when I see my Self as the cause of my victimhood am I able to overcome it"

"I take care of another's physical needs, I care for someone by meeting their emotional needs & I care about the choices other people make"

"Self control is the ability to tolerate someone else's discipline. Self discipline is the authority to follow one's own path"

"When the mirror is empty, what is it full of?"

"To attain equanimity, my detachment requires sensitivity & my compassion requires empathy"

"The Law of Attraction works so well with pure Love because both are unconditional"

"Focus on your own strengths never your own weaknesses"

"Focusing on an opponent's strengths makes them stronger.

"Focusing on an opponent's weaknesses makes me weaker"

"An ineffective Speaker has an inclusive attachment to the audience & an unemotional disconnection from source"

"An effective Orator has an exclusive connection to source & a sensitive detachment with the audience"

"A habit is driven by a sub-conscious belief. An addiction is sub-consciously driven by an emotional need"

"You can't kick an eating habit but you can change one by kicking your sugar addiction"

"The solution to every problem is to not see it as a problem. Every problem is an opportunity to see life from a different perspective"

"When I focus on having enough, I am making a statement of not having enough and that is what I get; not enough"

"Enough is often very little" .

"When I focus on doing enough, I get enough to do; never too much & never too little"

"Abundance is the quality of life that I have, which results from the attribute of being content and the attainment of doing enough"

"Be Content - Do Enough - Have Abundance"

"Potential is potent & powerful"

“When I get my ego out of the way of other people, I am free to go my own way & they allow me to follow my own path”

"The question is: Am I allowing others to follow their own path or am I being a hindrance by wanting them to follow me?"

"It's not good to help others, neither is it bad to help others. I am either helping or I'm not, as long as I'm not being a hindrance"

"Flow requires direction, clarity & presence".

"The Freudian ego is my conscious sense of Self. The Spiritual ego is my sub-conscious sense of Self, which Freud called the id"

"If you want an effortless life, you have to do the work effortlessly. Hard work & no effort don't work"

"The 'now' of time accesses the 'gap' of space. The 'now' of reality accesses the 'flow' of Life"

"Spiritual Practice is what spiritual practitioners & their followers do. I prefer to be spiritual"

"I sub-consciously 'get in my own way' when I disconnect intuitively & chase my emotional needs caused by the dramas of my limiting beliefs"

"I consciously get "in my own way" by intuitively following my path of alignment & intuitively aligning with my path"

"Expensive is too much, expansive is just right"

"My Soul provides my expenses, but doesn't pay my debts"

"When I believe that life can get the better of me, I have separated myself from my ideal life"

"We are all equal to the challenge of life, unless we believe that we are not"

"You have to be on the same path as another to be following them"

"If you don't like the path that someone else is following, then choose a better path for your Self"

"The Devil looks after his own because like negative energy unto itself is drawn"

"The focus of a vain person is on their imperfections. There is no perfection in vanity"

"What gives me the authority to judge someone else as arrogant, other than my own arrogance"

"Modest is the best way. Modest abundance is the best choice. Being abundantly modest is the best way"

"The super-conscious capacity of my mind is not real, until that is, I realise this and I make it real through my own conscious experience"

"When I have a problem with someone else's authority, I actually have an issue with not following my own authority"

"Going to heaven when I die is not my idea of a divine life in my ideal reality"

"Heaven is just my idea of my ideal reality, which is a divine place to be"

"There are no queues in heaven, just divine time"

"A negative person feels nervous, a positive person feels excited"

"Intensely productive will power is no match for empowered creative potential"

"With adjective discernment I
choose the highest expression of my
Beingness"

"With objective judgment I
choose what I believe is best for other
people"

"With subjective judgment I
choose what I believe is best for
myself"

"The best reality & the best creation is the one that I am creating for my Self"

"I choose the best of all worlds, the best of all realities, & the best of all of creation"

"Having 'the best of both worlds' requires a dual reality that is not in opposition, which is an oxymoron"

"The capability to create an ideal life in physicality requires more than just physical ability"

"With arrogance, I think that I will win. With confidence, I know that I will win"

"Once I know that it is within my power to feel happy then it is within my power to be happy"

"Hero worship will cause me to become a victim of my own emotional needs"

"Always do what you feel like doing; but make sure it feels good first"

"Expansive Wealth requires an abundance mentality that allows the emotional prosperity of happiness & well-being"

"An expanding economy is driven by inflation and the greed of a scarcity mentality"

"Balance allows enlightenment, empowerment approves harmony, equilibrium enables acceptance"

"Well-being requires my physical, mental & emotional energies to be in equilibrium, balance & harmony"

"Wellness is emotional, which means being unemotional causes unwellness"

"Too much information causes 'knowledge gluttony', which leads to emotional poverty"

"It is greed that oozes, seeps, creeps, gushes & overflows; not charm"

"In Actuality, my actual reality is both physical & spiritual"

"Who decides whether a bacteria is malignant or benign, you or the bacteria? Who creates your reality, you or a microbe?"

"Understanding my Higher Mind is a matter of where I stand in my relationship to it"

"A Paradox may reveal a profound truth but it doesn't contain one. Where two opposing truths both appear to be true, neither is profound"

"A Paradox is an apparent duality that can exist in the same reality. An Oxymoron is a duality that cannot exist in the same reality"

"There are no bars at the centre of a cage"

"There is no shame in being ill, unless that is you feel guilty for not working"

"The Lord always giveth. Only Man taketh away"

"Violence is intensely aggressive assertiveness"

"I can be obedient to the direction of others or I can be in obedience of the direction of my Soul's path"

"We meekly follow the wrath & the rote of our forefathers"

"Once I appreciate having just enough, just enough appreciates & becomes enough, which I appreciate is abundance"

"Unless 'just enough' is enough,
I don't have enough & I am still in
scarcity mentality"

"When money is a measure of
our dependency on other people then
two extravagant people sharing their
riches are also sharing their needs"

"Does planning not to plan take
a lot of planning or do you just stop
planning?"

"I can be in sympathy with a victim & share their misfortune or I can use my compassion to help them see a more fortunate opportunity"

"I cannot be in empathy with someone's negativity but I can be in empathy with their positive choice to change their negative experiences"

"If you want to be at war with someone, don't complain when they give you the ammunition"

"The perspective of my Self allows my Consciousness to be conscious. The perspective of my Soul allows my consciousness to have awareness"

"Mental capacity requires that I am conscious of my awareness & aware of my consciousness, and consciously-aware of the difference"

"If I don't appreciate what I already have, it won't appreciate and I won't appreciate it until I no longer have it"

"A Life Coach has the ability to help someone make a life choice that they didn't even know existed"

"Unconscious emotional competence requires conscious mental capacity, otherwise I am unaware that I have it"

"Am I aware of my unconscious mental capacity?"

"Is mental capacity a measure of my consciousness, my unconsciousness, my awareness, my conscious-awareness or all four?"

"The only power that celebrity status conveys is arrogance"

"Without the awareness of who I am, my consciousness has no Beingness, I am unaware of my essence"

"Consciousness is thought that is aware of an emotion that is a state of being that is my Conscious Beingness, my awareness of who I am"

"When I confront someone with a problem, I risk being in conflict. When I confront someone with an opportunity, there is no conflict"

"Seasonally Affected Disorder is caused by a sad belief"

"Don't get angry, get even
tempered & emotionally balanced"

"Sadness is the feeling of an
unmet emotional need. Sorrow is
blaming myself for my sadness. Anger
is blaming someone else"

"My allowance requires my
approval before I can accept it"

"The meek may inherit the earth
but it requires gentleness to bring
heaven to earth"

"You can't teach a Physical Being to live in a spiritual reality but a Spiritual Being does have to learn to live in a physical reality"

"Embracing complexity disallows effortless flow"

"I dislike opposing genders, I hate negative polarities & I loathe extreme intensities"

"Impatience becomes acute, anger becomes chronic & fury becomes critical"

"Problems cause displeasure, chaos causes sadness & disaster causes desolation"

"Negative opinions cause anxiety, negative beliefs cause fear & negative convictions cause dread"

"I either approve or disapprove of my attributes, attainments & qualities"

"It is my misfortune to see a problem instead of an opportunity. Fortunately my life is one opportunity after another"

"Emotional Intelligence is my ability to rationally understand & manage my emotional state of being"

"Emotional Competence is my ability to channel my emotional energy efficiently"

"I can rationalise my fear & make it real or I can realise that it is just a negative emotion caused by an irrational belief & let it go"

"It is my destiny to fulfil my purpose. It is my fate that disallows my fulfilment"

"Effort is emotionally hard work. Effortless requires emotional gentleness. The state of being gentle allows life to flow effortlessly"

"The inevitable consequence of effort is resistance. Without resistance, no effort is required"

"Conscious-Awareness is the perspective of my relative sub-conscious belief system in alignment with the absolute perception of my Soul"

"We are all the victim of our own thinking. I can only be a victim of what I believe myself to be a victim of"

"An alarm can be a warning or a wake-up call. It can say beware or it can say be aware. It can alert me to a problem or to an opportunity"

"I don't get what I give, I get what I give out. I get what I already have even when I don't see what I already have. Do you get it?"

"Every little helps - me stay in scarcity"

"You cannot be enlightened by someone else only by your Self, your Truly Enlightened Self, although others may assist in the process"

"The only cure for an imperfect world is to move out of judgment. There is no judgment in a perfect world"

"A gun without bullets is a sign of impotence. So is a gun with bullets"

"A good deal is beneficial to both the buyer and the seller"

"The lowest price and the best price are not necessarily the same thing"

"A gun has the authority to steal another's energy. It also has the authority to disallow my power"

"I can be not bothered because I am insensitive & disconnected or I can be not bothered because I am sensitive yet detached"

"Being in the gap connects me emotionally. Being in the now connects me mentally. Being in the flow connects me physically."

"I can see a gap as a void and an empty space or I can see the Gap as the void from which all creation is manifest from this space"

"With enough emotional well-being,
illness & unwellness no longer exist"

"The battle of the sexes is caused
by opposing genders of energy. The
battle of good & evil is caused by
opposing polarities of energy"

"I am never a victim of my
awareness although my
consciousness may be unaware of
this"

"There are no accidents only a lack of awareness. A lack of awareness is no accident"

"I can be including & needy or I can be inclusive & expansive"

"Emotional illness is an oxymoron. An irrational illness is due to the absence of positive emotional energy"

"Here on Earth, there is far too much to explore, to experience & to discover in one life-time"

"Being good, being graceful & being gentle are all attractively charming attributes"

"Being Charming is inclusive & expansive and allows a charming relationship to develop & grow"

"Letting Agents are not retained to manage good tenants but to manage bad ones as landlords are capable of looking after their good tenants"

"May all your melodramas be
mellow dramas"

"A demotivated workforce is
uninspired by its lack of authority and
disempowered by its inability to make
individual choices"

"A sad person has a peculiarly
unsuccessful sub-conscious strategy
for meeting an emotional need"

"Allowing others to follow my authority is attractive. Enforcing my authority on others is a misuse of emotional power"

"We never ever fear our own emotional power but we may fear the power that others give us when they are following our authority"

"A Scorpion only ever stings it's victim"

"When I transcend my fears, I
transform my emotions"

"Thought travels at the speed of
light. Thinking happens at the speed
of sound"

"Revenge is not an opportunity"

"It is not sufficient to think that I am
good enough. I am required to know
that I have attained enough
goodness"

"Being Adequate requires me to equate the equality of my equanimity & my equability"

"Justice doesn't always mean revenge. It is often defined as compensation"

"Intuition is certain knowing whereas knowledge has a reality and a truth but no certainty"

"We are all trapped within a reality of our own creation. We cannot escape it but we are free to recreate it"

"I can be of one mind and be single-minded or I can be of One Mind and be enlightened with my messages of pure inspired thought"

"Needing to get my needs met makes me selfish. Needing to meet other people's needs makes me unselfish. Being truly selfish has true value"

"Depression is the frustration of an intolerable anger"

"The Hero, the Villain & the Victim are all facets of the same energy control drama of the Intimidator & the Poor Me"

"The way forward may appear backward or it may appear awkward. It is only straight forward when I can see the way forward"

"Inspired revelations come out of the 'ether' that energetic space that science has decided cannot be proved and therefore it doesn't exist"

"Seeing what is occurring in a new light requires a change of perspective that is intuitively inspired & enlightening"

"When I allow it to come & approve of its arrival, I will accept it as a gift and a present that is being presented in each present moment"

"Whatever I disapprove of and I do not allow, I will find unacceptable and I will either have to tolerate it or I will find it intolerable"

"Great Beings act & great Actors Be, they just are"

"Not much is not enough; too much is more than enough; much is enough & is abundance"

"Prevarication is being spoilt for choice because I have too many options to consider"

"Procrastination is my thinking that I should do something, which is in opposition to my belief that I shouldn't do something"

"Honesty is neither brutal, painful nor the best policy. It is a particular policy that can be either brutal, painful or not, not honesty"

"Great actors do nothing well
because they do it with emotion"

"To tell you the honest truth
suggests that there is also a
dishonest truth, unless of course I am
lying"

"The words of the prophets are
written on the subway walls - once
we learn to hear our messages"

"As a unique set of emotional needs determine an individual's personality, therefore it follows that big personalities have big needs"

"Being enlightened requires the authorisation to see my direction"

"Unless I know the power of my words, I will experience the disempowering effect of my belief that words have no power"

"Does the opportunity to practice what you teach allow you to experience what you know?"

"Getting old is the effect of having lots of knowledge without being wise"

"Science studies the absolute truth of a relative world not the relative truth of an absolute world"

"Being empowered requires my clarity in the meaning of my purpose"

"Being enabled requires the presence to intuitively know my mission"

"Every inspired revelation is a signpost on my journey through life"

"Thinking that my ability needs to be learned disallows my power & my authority"

"Believing my beliefs to be my truth undermines my authority"

"Perceiving my emotions to be negative disconnects my power"

"The extent of my boundaries is inversely proportional to my need for security. The more extensive my need the less extensive my boundaries"

"Happiness comes from within. Sadness comes from being without"

"Owning my Authority overcomes sorrow. I am never sorry for following my own path"

"There is always a Third Way out of despair"

"I am empowered by the purity of my emotional state of being"

"I am enlightened by the purity of my thoughts"

"I am required to learn how to live with what I don't want in my life before I am able to learn how to live without it"

"Sadness is the displeasure that I feel when I disapprove of my inability to accept that which I am disallowing to occur in my life"

"The solution to every fear is to confront it with the truth"

"Focusing 'more on' something makes me a moron. Focusing 'less on' something allows my 'lesson' to be presented. I focus on an open mind"

"The belief that I do not have something disallows the Law of Attraction bringing it to me naturally. It is my belief that is unattractive"

"The Three Principles of Mind, Consciousness & Thought are the three levels of being conscious, sub-conscious or super-conscious"

"Intuition is the common sense that is common to everyone and uncommon to all but a few"

"Challenging, changing & owning my sub-conscious beliefs is how I 're-mind' my Self who I really am"

"I am required to confront the conflict in my life before I can end the conflict within my Self"

"Running away from a villain won't stop me being a victim. There are endless potential villains out there and I won't escape them all"

"Being Inconsiderate is expecting others to consider what I want without my consideration of what they want"

"I can choose sub-conscious inflation, conscious evolution or super-conscious expansiveness"

"Communion requires communication & communication requires communion"

"I can achieve success, I can attain success, I can accomplish success, or my success can be the fulfilment of all three"

"I can read someone's body language, I can feel their emotions, I can hear their thoughts but I may never know what they are thinking"

"The answer to the question "what do I have to do" is a journey from frustration to becoming present"

"The answer to the question "why am I here" is a journey from being lost to finding my direction"

"The answer to the question "who am I" is a journey from confusion to clarity"

"When your dreams are dependent on winning the lottery, they may turn out to be nightmares"

"Relieving pain is not a cure unless it releases the cause"

"The solution to every problem is
to not have it"

"Less is more when I am choosing
to be free"

"I am here to consciously express
who I really am through my
awareness of the experience of who I
really am not"

"I am the qualities that I have
attained and can attribute to my Self
by choice"

"Walking on air is easier than walking on water"

"Being Approving is the gateway to Forgiveness"

"Being Allowing is the gateway to Providence"

"Being Accepting is the gateway to gratitude & appreciation"

"It is not only possible to be both emotionally disconnected and sensitively attached but also very confusing"

"Life is designed to be straightforward & effortless; not hard & complicated or simple & easy"

"The wonder of the journey is the realisation of being on the journey even when I appear to be going nowhere. Nowhere becomes now here"

"I qualify an experience to
acknowledge my mission"

"I attain a perspective by affirming
my vision"

"I perceive an attribute to attest my
purpose"

"When I look at the potential
problems of what is occurring, I miss
a great opportunity"

"I have the opportunity of a lifetime to have the time of my life"

"It is better to die in integrity than to die with dignity"

"In a relative dual reality world, unconditional love is conditional on having unconditional choice"

"Indifference means that it will make no inner difference"

"When I feel indifferent about the options that I am considering, I am in alignment with my Soul - indifferent"

"I always have a choice of who I am being whilst doing whatever I am doing"

"I can change who I am being in relationship to what I am doing. This is how I learn to unconditionally love whatever I am doing"

"I can change what I am doing because it feels bad. This is putting in a standard & makes my behaviour conditional on it feeling good"

"Do you define who you are objectively, by what you have; subjectively, by what you do; or adjectively, by who you are being?"

"Everyone wants to be treated like a human Being even though they have no conscious awareness of what it means to be Human"

"There's a big difference between confidently knowing what is right for me and arrogantly believing that I am right and others are wrong"

"The Grocer won't thank you for opening all the tins in the supermarket. Just because I have a can opener, I don't have to use it"

"It is the role of a Coach to guide their client out of their life dramas, not to accompany them into their dramas"

"When I know someone, I feel someone & I see someone; I connect with them at a Soul level. Namaste"

"There are basic human needs and there is foundational human integrity"

"A level 3 coach hears the opportunity for the client's personal growth"

"A level 2 coach seeks to support their client to meet their challenge"

"A level 1 coach seeks the client's solution to the client's problem"

"When our children don't live up to our expectations, it's better to get rid of our expectations"

"When the 'pleasers' get greedy, the 'greedy' are no longer pleased"

"Those who believe in 'going down fighting' usually end up going down fighting"

"Mental hunger is the belief that I am hungry when I am not"

"There are no good or bad foods only good or bad beliefs about food"

"I cannot be the conductor of my own life whilst I am being driven to get my emotional needs met"

"Romance is the act of two people sharing a joyful emotional experience together"

"Individuality is short for 'Individual Reality' although it can mean 'In divided reality'"

"There's a big difference between wanting my life to change & allowing my life to change"

"Personal Development is a process of becoming the person who I would like other people to be in relationship to me"

"Being Empowered is a state of being not an action. You can motivate someone else and you can authorise them but you cannot empower them"

"If your Coach is telling you what to do, they are motivating you not coaching you. Motivation is a management skill not a coaching skill"

"My 'life force energy' is thought. Thought is the energy force of Life"

"How I define 'Love' determines the magnitude of its power"

"Time is the 2nd dimension in three dimensional Space-Time-Reality"

"Learning to say 'no' & accepting 'no' as an answer both allow others to follow their own path"

"Until you know they won't, you'll have to hope they don't"

"I cannot play the victim & be approving of who I am"

"Most parents love their children equally, to the best of their capability"

"Many children grow up with the mistaken belief that they need to compete with their siblings for their parent's attention"

"What is written in stone is how things were, not necessarily how things are"

"Under no circumstances do I ever have the right to treat someone badly"

"Overcoming disappointment requires the unconscious competence of absolute knowing"

"Expectation will move me from conscious incompetence to conscious competence with varying degrees of disappointment"

"Physical ability is called a skill.
Spiritual ability in the physical world is
the product of my emotional power &
my mental authority"

"Having what I choose is not
always a good choice. Choosing what
I have is always a good choice"

"My Soul's Agenda is my Vision,
Mission & Purpose in Life"

"When I change my beliefs, I change my programming, I change my emotional state of being and I change my behaviour""

"My behaviour is an expression of my emotional state of being that is determined by the programming of my mental beliefs"

"It is the gender of my emotion that determines whether my behaviour is sinful, virtuous, or pure; not what I am doing"

"Creativity is more powerful than domination"

"Leadership through Coaching is effective because leaders & coaches both share the same personal qualities & attributes"

"I can believe it's a miracle that a bolt of lightning missed or I can believe it's a miracle that I survived the lightning bolt hitting me"

"I know that inspired messages of miraculous revelation do not need to be delivered like a lightning bolt from the blue"

"What I have is subjective, what I do is objective, who I am being is adjective"

"Humanity is the collective behaviour of all humans. Humanity is the exclusively unique reality created by each individual being human"

"Clarifying where the client wants to be is how the Coach guides the client"

"Connecting the client to what they need is how a Coach supports their client"

105. "As a Coach, do you give the client what they think they want or do you give them what you know they need?"

"I cannot realise my potential until I first realise my potential. I cannot choose my ideal reality until I first understand what it is"

"We are all concatenated by our beliefs in our own experience, unless that is, we are not chained to our belief system"

"Working with a client's knowledge will always be a problem. Clarifying a client's opportunities is always an intuitive opportunity"

"A good & graceful winner knows that winning does not involve being better than anyone else"

"You cannot be a good loser. The only good that losing offers is the opportunity to be a good winner"

"You cannot learn to lose gracefully but you can learn that with grace you are always a winner"

"Unless I share the same definition for the words that someone is using, I will have a different perspective & be on a different wavelength"

"When both partners depend on each other for their happiness, neither is making a contribution towards the quality of the partnership"

"The quality of a relationship is a matter of the emotional states of being that are being experienced & shared by both partners"

"Reminding is an opportunity to change a limiting belief. Unless I have forgotten the belief that is limiting me"

"Whenever I am in two minds, I am disconnected from my super-conscious intuitive third mind"

"It is not beneficial to explore reasons why what is occurring is not beneficial"

"Transformational Life Coaches know that mental re-programming is transformation & are delighted that science & academia have transformed"

"Academia has just discovered that the use of coaching skills facilitates the process of mental re-programming"

"Neuroscience has just discovered that the brain can be mentally re-programmed"

"I cannot realise my potential until I realise what my potential is"

"I cannot change my life and not change who I am because it is who I am being that changes my life or keeps it the same"

"My sense of balance is sub-conscious & instinctive, as is my sense of time and my sense of space"

"Does victim support endorse & encourage victimhood or help victims to overcome it"

"I'm in no hurry to publish my life's work. I'm still writing it"

"The only way to grow within my comfort zone is to continually expand my boundaries"

"Being Human allows me to experience aspects of myself that I never knew existed"

"A Wise Man knows the true source of their wisdom"

"Physicists argue about the reality of the universe because they have never asked the question: What if we are all right?"

"Omnipresent ability is relative to intuitive seeing"

"Omniscient authority is relative to intuitive knowing"

"Omnipotent power is relative to intuitive feeling"

"Credible & Incredible are not a duality. True credibility comes from within. It is in-credible"

"Prime Attributes require a sensitive detachment with other people"

"Natural Attributes require a personal connection to the nature of my Self"

"Divine Attributes require an
exclusive connection to Source"

"Sh*t happens for a reason"

"Co-incidence is no coincidence"

"When my id & my entity are
aligned, I experience my true identity"

"My ego worships an idol. My Soul
worships an idyll. My Self worships an
ideal"

"When I define a distinction, I
clarify my direction"

"When my direction has clarity, I
am never frustrated"

" When my clarity has definition, I
am never confused"

"When my direction has distinction,
I am never lost"

"I cannot change the source of my emotional energy until I discover what it is"

"Self-esteem is the confidence to know my worth"

"Self-worth is the value of my emotional state of being"

"Self-confidence is the capacity to hear my messages"

"Is there a higher level of hubris than my Right Honourable Learned Friend?"

"Is there a higher level of bigotry than a Worshipful Master?"

"Is there a higher level of greed than my Eminent Reverent Grace?"

"Is there a greater level of arrogance than a Lord High Sheriff?"

"Love without Light is power
without authority"

"Effortless flow requires the
attribute of being gentle and
gentleness requires the attainment of
effortless flow"

"In most dependent relationships
the co-dependency is not apparent"

"Recollecting a thought reconnects
my memory. Reconnecting a thought
recollects an inspired revelation"

"Never underestimate the power of a small inspired revelation to change someone's life forever"

"Vengeance is Mine, sayeth the Lord! It's called the Law of Attraction not Man's Justice System"

"The difference between justice & vengeance just is what you believe it to be"

"Being modest allows another's pride to grow"

"Being humble allows another's
arrogance to grow"

"When you please a greedy person,
you allow their greed to grow"

"Wrath is the 'Way of God', anger
is the way of Man. God never gets
angry"

"There are Managers & there are
Users. Managers manage to use their
workers skilfully & effectively, whereas
Users don't"

"If you ask me 'do I wish to change my world', I already have and I will continue to do so as I see fit"

"If you ask me 'do I want to change the world', I would ask you 'whose world do you speak of, mine or yours'"

"It's good to talk, it's better to listen, it's best to hear"

"Emotional energy is called feeling. It is the feeling of energy in motion in matter"

"Mental energy is called thought. It is a matter of motion in energy"

"Physical energy is called matter. It is the energy of matter in motion"

"The choice between having a choice and not having a choice is not a choice because choosing to not have a choice is a choice"

"We recover from an ailment. We revive from a transformational shift"

"The Common Cold does not discriminate by class nor is it temperature related"

"The inclination of my perspective creates my perception of reality"

"There's no point fighting what I have created my Self when I can simply recreate it anew as I really want it"

"Heaven is not a place, it is a state of Being"

"Whatever is occurring in my life, I can see it as a problem and walk away or I can see it as an opportunity for growth and embrace it"

"Changing other people's perspective to align with my own is an emotional need, it is not a true value"

"The need to change other people is the first belief to challenge on the path towards an ideal world"

"Religion & Spirituality are not the same, unless you believe that religion is your spiritual reality"

"Faith & Religion are not the same, unless your only faith is religious"

"Balance is a sub-conscious competence maintained by my feeling centre or solar plexus"

"Unconscious competence has intuitive knowing. Conscious competence has positive thinking. Conscious incompetence has negative thinking"

"Balance is an unconscious competence. You either have it or you don't"

"Inspiration is a spiritual super-conscious awareness not a physical conscious perspective"

"Reading books is for people who are looking for the answers. Writing books is for those who have found the answers"

"To be Emotionally Intelligent, I am required to be both rational & emotional and neither irrational nor unemotional"

"You are already a great Coach. The question is: What is stopping you realising it?"

"When I ask: 'What's missing in my life'? I become conscious of my incapacity"

"When I ask: 'Who should I be'? I become conscious of my incompetence"

"When I ask: 'What should I do'? I become conscious of my incapability"

"The good news is that we all have choice. The bad news is that we are no longer of One Mind"

"I am made in the image of God.
Being as God imagined me to be
requires imagination"

"Sins are male energy expressed,
virtues have a female gender. Neither
are inherently good or bad"

"When I see sins as negative &
virtues as positive, I mistake their
gender for their polarity and miss the
opportunity to attain balance"

"Instinct is a sub-conscious competence. Intuition is a super-conscious competence"

"It is fear that disallows the power of love"

"Nothing is inherently good or bad although some actions are empowered with love and others are not"

"I receive what I give. What I can't give, I can't receive"

"The force is always with you.
May you be with the force"

"Following my fate can be fatal.
Following my destiny is always
fulfilling"

"Have you come here to survive?
Have you come here to be
comfortable? Have you come here to
live?"

"I can bury my head in the sand
or I can look below the surface for a
deeper meaning to life"

"Those we depend on for our
happiness will also be seen as the
cause of our unhappiness"

"Why learn to live with your fears
when you can confront them and live
without them?"

"Fear may be deemed beneficial for survival but it never promotes an enjoyable life"

"The difference between alone & all one can be one L or one 'ell'"

"The better I dream, the better my life and the better my life, the better my dreams"

"A truly humane quality is a divine state of being"

"The Gospels bring us Good News, unless we choose to see it as bad news"

"The belief that everything ends in death can create some very intense & dramatic experiences in life"

"Without the eyes to see we can be trapped on the earth plane for an eternity"

"I cannot make my illness better.
I can only improve my wellness not
my illness"

"I cannot think myself better but I
can know my Self to be getting better
and improving every day"

"Ask your doctor: are you
treating the cause of my unwell-ness
or the symptoms of my illness?"

"Before taking a medicinal drug or treatment ask yourself: Is this helping me to live with this ailment or helping me to live without it?"

"Bad Blood is a euphemism for an inherited limiting belief"

"Soul is a pseudonym for the grandest aspect, greatest expression & best representation of my Self"

"Being sensible is the ability to sense what is right and to choose accordingly"

"The intensity of life is congruent with my path when the gender of my energy is harmonious & it's polarity is serene"

"Time is relative to space & reality irrespective of the experiencer's perspective or belief"

"Time is relative to speed & distance, irrespective of size, density or mass"

"Intuition is conscious-awareness. Instinct is my sub-conscious awareness."

"I am either creating my own positive action or following someone else's negative drama"

"My path is never blocked but it may appear to be when I am proceeding in the wrong direction"

"The meaning of life has a feeling of balance, harmony, neutrality & inner peace"

"It takes a life-time to die of boredom"
