



Daily Life Lessons

2011

Keith Collins

A Clash of Management Styles

December 31, 2011

Directive Management is a style of Management that tells workers what to do, when to do it, how to do it, where to do it, why to do it and how to do it.

To operate well, it requires Standard Operating Procedures to be in force.

Consultative Leadership is a style of Management that consults with employees to gain co- operation in the attainment of agreed objectives to agreed Standards of Performance.

It operates well when the team is in agreement with the Standards of Performance that are required to achieve the agreed objectives of their employment.

Directive Management requires the attainment of good management skills. Consultative Leadership requires the attainment of effective coaching skills.

Inner directed employees that are already inspired and empowered to achieve, do not respond well to directive management.

Outer directed workers who require motivation & supervision may react negatively to consultative leadership.

Directive Managers need workers to do as they are directed. Consultative Leaders authorise their employees to become responsibly empowered. A Directive Manager needs to be managed directly by a Director.

A Consultative Leader needs to consult with their Leader.

Managed or Employed

December 30, 2011

I am Managed by a Directive Manager.

A Directive Manager uses me to carry out the tasks that are required to meet the manager's objectives.

When I manage to carry out the tasks to the satisfaction & agreement of the one who is directing me, I am deemed to be useful and a good worker.

I am Employed by a Consultative Leader.

A Consultative Leader uses my skills & abilities to the benefit of a team of employees.

Each team member employs their skills to the benefit of the team's objectives.

When my skills are useful to the team, I am usefully employed within the team.

The team objectives are agreed by the team in consultation with the Team Leader.

A Directive Manager will need to motivate their workers individually, whereas a Consultative Leader employs individually empowered team members.

Workers are well-managed when outer directed and motivated. Employees are well-employed when inner directed and empowered.

A Directive Manager usefully directs & manages the work of

workers at work. A Team Leader usefully employs employees in their employment.

3

The Battleground for Good & Evil

December 29, 2011

Earth is the Battleground for Good & Evil.

The battle between good & evil exists as a duality of conflict, in physical life.

Duality consists of two conflicting elements created by polar opposites.

When two elements are in conflict & disharmony, one will be judged as good and the other as bad or evil.

When the two different aspects of the same energy are both discerned to be good then there is no conflict and a balance has been attained.

Earth is a contextual field specifically designed for the physical experience of relative dual reality existence.

This enables physical life in human form to have the ability of choice.

It is choice that allows the exploration & discovery of different and opposing experiences.

A world without the judgment of good & evil is a world without personal choice of what is good or bad for me.

It is without the choice of what I do or do not want by virtue of whether I either love it or hate it, like it or loathe it, enjoy it or fear it.

I chose to inhabit Earth in human form because Earth is a battleground for good & evil that allows my choice.

I can choose to fight for good or I can choose to fight for evil or I can choose to see the good and the bad in everything and live in balance & harmony.

The battles that are created in the external world are the consequence of the battles that rage within each of us.

The battle to choose that which is right for me.

4

Moths & Butterflies

December 28, 2011

Both Moths & Butterflies are distinctive by their beauty.

Butterflies are extrovert and show off their elegance.

Moths are introvert and disguise their beauty.

Butterflies symbolise the beauty of the day.

Moths symbolise the beauty of the night.

Yet they are both attracted to the Light.

They have both metamorphosed through a radical transformation to become a higher aspect of their Self.

They have experienced the ugliness of this world through the eyes of a caterpillar and are now able to experience the beauty of this world by taking flight.

It is only once I soar above the dramas of everyday life that I gain a new perspective of the beauty of my own place in this world.

How the caterpillar envies the beauty and ability of the Moth or Butterfly that is their potential and their destiny.

5

My Physical Ability

December 27, 2011

My Physical Ability to live a material existence well is determined by my Sensitive Detachment with others.

With sensitive detachment, I am able to be both content and accepting of life.

Being content requires me to overcome the duality of scarcity & gluttony and to always have enough.

I cannot be content with either too little or too much.

Being Accepting of life is knowing that everything that I need is already provided, even before I ask.

Accepting whatever turns up in life requires me to overcome the arrogance of my pride and the humbleness of my humility.

I cannot accept my own development and growth whilst being modest, inferior, insecure or over-confident.

I cannot attain spiritual growth by being proud of my physical egotistical abilities and achievements.

Being either insensitively or over-sensitively attached to my physical prowess will not enhance my spiritual development.

My sensitivity to others allows my detachment from the earthly dramas that draw me into their physical reality.

My ability to create my own Ideal Life is relative to my ability to be content with and accepting of my own Physical Existence

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6

My Mental Authority

December 26, 2011

My Mental Authority comes with my Exclusive Connection between my Self & my Soul.

I attain my exclusive connection when being both Allowing & Fulfilled.

When I allow the mental authority of my Soul's inspired revelations, I become fulfilled.

When I am filled full of my Soul's inspiration, I am aligned with my mental authority.

Aligning with my mental authority requires that I allow my path to unfold.

Allowing my path to unfold requires me to overcome both the wrath of my will that is powered by my anger; and the patience of my meekness that is powered by my modesty.

The authority of the will of my ego self disallows my alignment to my true path. Achieving the will of my egotistical desires does not lead to my fulfilment.

Allowing the mental authority of my Soul's Higher Consciousness to guide me is the exclusive connection that directs me on my Path to Fulfilment.

7

My Emotional Power

December 25, 2011

My Emotional Power comes with my Emotional Intelligence.

My Emotional Intelligence comes with being Approving & Joyful.

In a state of Joy, I am neither lusting after nor needing emotional energy because I have the power of joy.

In a state of being Approving, I neither please others nor am I greedy; I am neither superior nor inferior to others because I approve of who I really am.

Being disconnected from my emotional power, I am either lustful & greedy or humble & needy.

I connect to my emotional power by overcoming my lustful desires and the love that I passionately need from others.

Without passion or desire, I find the Joy of my true power. Without greed or pleasing others, I am approving of who I am being.

When I am Approving of the pure Joy of who I am, I have the Emotional Intelligence of being both rational & emotional.

I am grounding my spiritual power in my physical emotions, I feel my connection to my Omnipotent Power, because I am being who I really am.

My Spiritual Growth

December 24, 2011

My Spiritual Growth requires the Holy Communion of my Emotional Power, my Mental Authority & my Physical Ability.

The Personal Development of my Self allows the Spiritual Growth of my Soul.

My personal development is realised through my experience of Physical Life.

In physical life, I always have choice.

I can choose the omniscient authority of my super-conscious Soul, the self-confidence of my sub-conscious ego Self, or the arrogance of other people.

I can choose the omnipotent power of my Soul, the self-worth of my ego self, or the motivation of other people's needs.

I can choose the omnipresent ability of my Higher Self, the self-esteem of my lower self or the ability of others to live my life for me.

My personal development allows the attainment of Happiness through my physical contentment, my mental fulfilment & my emotional joy.

It also allows the attainment of my Well-being through my attributes of being physically accepting, mentally allowing & emotionally approving.

In the development of my personal happiness & well-being, I attain my Spiritual Growth with the appreciation of my Soul.

My Spiritual Growth is the Appreciation of my Soul.

9

The Need for Fear

December 23, 2011

There is no Need for Fear.

Fear & Need work hand-in-hand to create a belief in evil.

Whatever I fear, I believe to be evil.

Without fear, there is no evil.

Without need, there is no fear.

My fear is re-inforced by whatever I believe that I need emotionally.

Whatever I need emotionally is created by my fear of not having it.

When I do not fear not having something, I do not need it.

I have learned to need something because I have learned to fear not having it.

I can get rid of my emotional need temporarily by meeting my emotional need.

To become permanently free and unattached from my emotional needs, I am required to become free of fear.

The more fearless that I become, the less I need emotionally.

The more emotional power that I have, the less fear I experience.

I will experience needing emotional power as long as I have a fear of not having enough.

When I eliminate the belief, I eliminate the fear, I eliminate the emotional need and I eliminate the need for my fear.

I eliminate all of the false evidence that is appearing to be my reality.



10

The Intensity of Fear

December 22, 2011

The intensity of my fear is relative to the intensity of my belief.

A fear is the effect of the belief that causes it.

The more intense my conviction in the truth of my belief, the more intense will be my fear.

The less intense my opinion of the truth of my belief, the less fear I will encounter.

As I change the intensity of my belief, I change the intensity of my fear.

A strong conviction creates a strong resistance to whatever I fear, to the extent that I can become paralysed by a fear.

A conviction follows an accusation and a judgment of what I believe is the cause of my fear.

When I judge the cause of my fear to be outside of myself, I blame it, convict it, condemn it, and lock my belief in the fear away in my sub-conscious mind where it manifests as my reality.

When I see the cause of my fear to be my own belief system, I can confront the belief, challenge the belief, change the belief and dispel the fear instantly.

Fear is just a „spell“ of my own experience waiting to be either re-experienced, or dispelled & expelled as false evidence appearing to be real.

11

Time & Consciousness

December 21, 2011

My Soul resides beyond the confines of linear time.

My Super-conscious Self is beyond the Reality of Time & Space.

It oversees all Time & all Space.

My sub-conscious Id is my operating system that is the software of my life.

It holds the programmes that I have written in my past.

It delivers my past as a choice in each and every present moment.

It has no perception of my future.

My conscious ego Self is the experiencer of my life in each and every present moment.

I am conscious of the past that is stored in my sub-conscious memory.

I am aware of the potential that exists in my Super Conscious Soul.

My potential is my future made manifest.

My sub-conscious consciousness reflects my past into my present, whilst my Super-conscious awareness projects my future into my present.

My conscious Self consciousness has the choice of either projecting my past into my future or projecting my present into my future.

The realisation of my potential awaits me in my future, not my past.

12

Judgment, Blame & Condemnation

December 20, 2011

Judgment is the act of deciding what is wrong for me.

I never judge something to be right, I just accept it as so.

Whatever is wrong, I judge to be bad for me as it is a problem that I am tolerating.

Blame is the act of deciding who or what is responsible for my problem.

The cause of my problem is always to blame.

When blaming myself is a problem, I blame someone else or something outside of myself for causing my problem.

Condemnation is how I address the cause of my problem.

Whatever I find intolerable and the cause of my problem is to be condemned.

I condemn the source of my problem to be sanctioned, punished and removed, so that I no longer suffer with the problem.

My judgment, blame & condemnation is how I process to extract revenge on whatever is making me a victim of life.

With my toleration removed and my problem solved, I witness the execution of justice, or so I believe.

That is, until I realise that this system of justice no longer serves me because I will always be a victim of a life that is created by others and I will never experience a problem-free life by focusing on my problems.

13

A Legend

December 19, 2011

A Legend is a story.

It is a story of fulfilment against adversity.

It is the fulfilment of a personal vision that an individual has for their life.

To become a Legend requires my fulfilment of my vision for my life.

My vision is how I see the unfolding of my story of my life.

To become a legend, I am required to be my story.

I am required to live and to experience my story in real life.

Real life is a contextual field of relative dual reality existence that is specifically designed for the physical, mental and emotional experience of one's visions and one's dreams.

Only once I attain my vision will others be able to see my legend.

Unless others can see my story and recognise my legend, they cannot recall my legend, narrate my story and know me to be a legend in my own life-time.

We all have the potential to become a legend in our own life-time. Only a very few attain the distinction of their story becoming a Legend.

14

My True Values

December 18, 2011

I am on a journey to experience, explore & discover life. My life is a journey of discovery, exploration & experience. My True Values are specifically to:

- ☒ Discover that which is unknown
- ☒ Explore my awareness of creation
- ☒ Experience bonding with my bliss

What I Truly Value in life has evolved from what I am here to do, to who I Am here to be. My True Value, I believe, is in my Beingness, rather than my doingness.

By experiencing a bonding with my bliss, I am learning to become Exclusively-Connected with life.

By exploring my creative awareness, I am creating an awareness of who I really am, as an Emotionally-Rational Human Being.

By discovering the unknown, I am using my relationship with others to become Sensitively- Detached with life.

I Truly Value who I really am because being who I really am has true value.

The more that I explore, discover and experience who I really am, the more value & worth that I attain.

15

Helping Others to Help Their Self

December 17, 2011

Helping others to help their Self is not encouraging them to be selfish.

It is helping them to be and attain the attributes of their Soul.

It is assisting them to become their True Self, which is who they really are.

I cannot help another to help their self and become their true self, until they ask themselves the question: "Who am I"?

Until I question my Self and ask for my True Identity to be revealed, I will believe that my personality and character is who I really am.

Until I ask who I really am, I will remain trapped in the duality of my conscious & sub- conscious, id & ego self; disconnected

from the True identity of my super-conscious Real Self, my Soul.

I help others to help their Self by connecting them to their Inner Coach.

Their Inner Coach is their Soul, who holds their vision and the blueprint for their life.

The only help that anyone needs is the direction, clarity and presence to follow their own path in life.

That information resides within their Soul.

Helping others to help their Self requires my Self to be as my Soul is.

Reflecting who I really am, is all that is required to help others to help their Self.

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Helping Others to Help my Self

December 16, 2011

Helping others is the best way to help my Self.

Few people really know how to help others to help their Self.

With the belief that helping my Self is selfish, helping others becomes an unselfish act.

An unselfish act is always selfish because selfish & unselfish are a duality of the same experience.

When I am lost in a duality, helping others will just get me confused & frustrated. I believe that helping others is good, but somehow I know it is unrewarding.

A Master knows that unselfishly helping others to help ourself

is never rewarding. The reward appears when I invert the belief.

Helping my Self is the best way to help others.

When I help myself to become my True Self, I help all others become their True Self.

True Selfishness is the attainment of Being my True Self.

Being my True Self is the only true way of helping others on their path to become who they really are.

When I help my Self on my journey through life, I am being my Soul. My Soul is committed to helping my Self on my Journey.

What disallows my Soul's assistance is when my selfish Self decides to help itself, or unselfishly decides to help another.

17

Being Selfish

December 15, 2011

Being Selfish is being my Self.

Being Truly Selfish is being my Soul.

It is my intention to be as my Soul is, as truly selfish as my Soul.

When I am being my True Self, my Soul, I am being neither selfish nor unselfish.

Selfish & unselfish are a duality.

My Soul resides beyond the duality of physical life.

My Self resides in duality in order to allow my Self to have choice.

In the world of dual reality, everything is relative and subject to the Law of Attraction.

Selfish and unselfish energies attract each other because they are like energies and the same force.

Selfishness & unselfishness are the same energy seen from opposing perspectives. Selfish people attract selfish people to show them their selfishness.

Selfish people attract unselfish people because that is what they need.

Unselfish people attract selfish people to allow them to be unselfish.

Unselfish people attract unselfish people to show each other their victimhood.

We are all victims of either our selfishness or our unselfishness, until we find our true Self.

Overcoming the duality of being selfish or unselfish, allows me to become as Truly Selfish as my True Self is.

18

Providence

December 14, 2011

Providence is my Soul's provision for my Self.

My Soul provides every opportunity for my Self.

All I have to do is to allow Providence to provide everything that is necessary for the experience of my journey.

Providence never provides anything that is unnecessary for my journey.

When my Self chooses a separate path to my Soul, I become disconnected from my Soul and I will have to provide for myself.

Providing for myself always seems to require money.

My Selfishness will always create a lack of Provision.

Providence always provides everything when I am on track.

When money is scarce, I am off track and my chosen path is therefore unnecessary to the growth of my Soul.

When experiencing a shortage of money, I have the opportunity to experience my disconnection from Providence and to re-evaluate my belief system.

It is in my continued disconnection from my Providence that I will eventually realise my disconnection from what is already provided.

Connecting to my Providence simply requires the gratitude & appreciation of what is already provided.

19

The Drama of the Poor Me

December 13, 2011

The Drama of the Poor Me is Humbleness. Humbleness is:

Patience without faith

- ☒ Meekness without authority
- ☒ Humility without confidence
- ☒ Temperance without health
- ☒ Fortitude without wealth
- ☒ Prudence without wisdom
- ☒ Pleasing without power
- ☒ Unselfishness without a mission
- ☒ Service without a purpose
- ☒ A journey without a vision

Humbleness is related to the 7 religious virtues that ensured subservience to the universal church, which are:

☒ Humility, Kindness, Poverty, Caring, Pleasing, Meekness, & Diligence. The Drama of the Poor Me will always attract an Intimidator.

December 12, 2011

The Drama of the Intimidator is Arrogance. Arrogance is:

☒ Pride without humility

☒ Greed without humbleness

☒ Wrath without meekness

☒ Anger without patience

☒ The Vanity of false self-worth

☒ The Assertiveness of false self-confidence

☒ The Will-power of false self-esteem

☒ The Hubris of old-fashioned pride

☒ The Avarice of old-fashioned greed

☒ The Bigotry of old-fashioned wrath

I cannot have too much self-confidence, but I can have too much arrogance.

☒ Arrogance with wrath is false self-confidence

☒ Arrogance with greed is false self-worth

☒ Arrogance with pride is false self-esteem

Arrogance is the confidence that I have in my ego self. With the confidence of my ego self, I become egotistical and arrogant.

My Self can only be truly confident when I confide in my True Self – my Soul & Inner Coach.

My Soul is Truly Confident with no degree of arrogance or humbleness that over-balances the other.

The Drama of the Intimidator always creates a Poor Me:

21

Worshipping a False Idol

December 11, 2011

Worship is my connection to my emotional energy.

I worship the source of my emotional energy.

Worship connects me to my emotional power.

I idolise the source of my emotional power.

My Soul is my Idol and the Source of my Power & Authority.

Any source of emotional energy that is not my Soul is a false idol.

When disconnected from my Soul's emotional power, I need emotional energy and I will idolise its source.

Any source of emotional energy that is not truly authorised, comes from a false idol.

The most common false idol of our society is money.

We worship money because of the emotional energy we receive with it.

It buys the things that we think that we need, which meet our need for emotional energy.

The worship of money is never a true connection to life – it is idol worship and idle worship.

Money can be a great blessing and also a great curse, either a gift of providence or a false idol to worship.

Money that is worshipped as a false idol has no providence.

22

A Wealth of Experience

December 10, 2011

My Soul seeks to explore & discover a Wealth of Experience, through my Self.

My Self encounters a wealth of experience in life.

It is the experience of life that accumulates wealth.

However, our society currently believes that it is wealth that allows the experience of life.

With the belief that wealth allows experience, my experience of life is limited by money and my ability to pay for it.

My Soul chooses a wealth of experience for my Self, in order to have a wealth of experience for its Self.

Everything is provided for my experience of Life as my Soul chooses it.

This is Providence.

My Soul does not provide my Self with wealth.

It provides the opportunity for my Self to continuously experience the wealth that it already is.

I do not experience wealth by being rich in money.
My experience of wealth is relative to my wealth of experience.

Having money does not connect me to my experience of wealth, but being wealthy will connect me to my ability to be rich.

It is the Power of my Love that determines the Wealth of my Experience.

23

Free to & Free from

December 9, 2011

Freedom of Choice requires:

The freedom to think

☒ The freedom to speak

☒ The freedom to act

The ability to think, speak & act allows the freedom to create with creative freedom. Creative Freedom requires:

☒ Freedom from pain

☒ Freedom from fear

☒ Freedom from problems

Pain deprives me of the freedom to think clearly.

Being pain-free allows me the freedom to think with power and the power to think without pain.

Fear deprives me of the freedom to speak aloud.

Being fearless allows me the freedom to speak with authority and the authority to speak with freedom.

Problems deprive me of the freedom to act effectively.

Being problem-free allows me the freedom to act effortlessly and the ability to act with freedom.

When I become problem-free, pain-free & fearless, I will effortlessly attain my freedom to choose.

We all have power, authority & ability, once we have the freedom to choose.

With the freedom to choose, no choice is required, as my choice is already present in my life. My life is presented in every moment as a present, when I am present and free to choose it.

A Victim of my Own Interrogation

December 8, 2011

Criticising, condemning & complaining are the three negative reactions to my being the victim of a drama.

It is the action of one or all three negative attributes that expresses my own victimhood. When I am the victim of someone's lack of power, I will complain.

When I am the victim of someone's lack of authority or bad choice, I will condemn them. When I am the victim of someone's lack of ability, I will criticise them.

My criticism is often tinged with sarcasm and cynicism. My condemnation is the result of my judgment, blame and retribution. My complaint is often seen as nagging, gossip or moaning.

The intensity of my criticism, condemnation and complaint will determine the extent of my victimhood as will the degree of my victimhood determine the extent of my complaint, my condemnation and my criticism.

I will always be a Victim of my own Interrogation and my own Control Drama.

How the Interrogator Competes for Emotional Energy

December 7, 2011

Criticising, condemning & complaining are three ways that the Interrogator competes for

emotional energy.

By criticising the actions of another, I undermine their ability, which makes me superior to them.

By condemning the authority of another, I make them wrong, which makes me right and better than them.

By complaining about who someone is being, I make them bad, which makes me out to be good.

I complain when someone is bad and not good.

I condemn when someone is wrong and not right.

I criticise when someone is not doing things properly.

It is my need to be good, right and proper that drives me to criticise, condemn and complain.

I reflect onto others the poor standards that I cannot accept of my self.

My criticism, condemnation and complaint about others is due to my own lack of power, authority & ability in my self.

It is because my self-worth is not good, my self-confidence is not right and my self-esteem is low that I feel inferior to other people.

Being an Interrogator is the sub-conscious drama that I employ to try to rectify my own negative appraisal of my Self.

December 6, 2011

Continuous moments of Reality create Time-Lines in Space.

Our Planet Earth, orbiting the Sun within the Heliosphere of our Solar System, is creating a Time-Line in Space on its eternal journey through this infinite Universe.

Everything in our universe is in motion:

- ☒ The Earth spins on its axis

- ☒ The Planets orbit the Sun

- ☒ The Solar System rotates around the Sun's axis

- ☒ The Heliosphere of our Sun is circumnavigating the centre of our Milky Way Galaxy.

- ☒ Our Galaxy spirals through the Universe on its intergalactic journey.

We are experiencing at least 5 different directions of motion or dimensions of space, simultaneously in every moment of time.

Our real Time-Line follows 5 different directions in Space simultaneously and moves through 5 different dimensions of Space at the same time.

To travel in Space-Time requires my ability to track all 5 dimensions of space that determine my unique and individual Time-Line in Space.

Travelling in Time & Space

December 5, 2011

Within the Heliosphere of our Solar System, we are able to successfully travel in space from one planet to another, using calculations based on Newtonian Physics.

Beyond the influence of our own Sun, when we travel in space, we also travel in time. Each moment of time is eternally etched into the fabric of Universal Space-Time-Reality.

My Consciousness is able to travel into the future and the past because everything that is, was and ever will be, is contained within the Universal Reality of the Present Moment.

However, the reality of my present moment is relative to the time & space that I am currently experiencing.

With my memory and my imagination, I can travel in both the past and the future.

Transporting my physical body in space-time will require technology that currently only exists in someone's imagination.

Travelling in Space-Time happens as a result of leaving the boundaries of our Heliosphere. Albert Einstein calculated the Time Dilation effect of travelling in space beyond the influence of our own Sun.

The problem is that whilst we are travelling in time through space in a space vehicle, our home planet Earth is also travelling in time through space, on its journey around the Central Galactic Sun.

Beyond the influence and reality of our Heliosphere, we come under the influence of Einstein's Theories of Relativity, where Newtonian Physics no longer applies.

Our current star maps are based on a view from Earth of a stationary universe that appears to have only 3 dimensions.

A perspective from the centre of our Milky Way Galaxy shows a very different reality of both time and space.

Such a perspective is currently beyond the imagination of most Earthlings.

28

The Reality of Dr Who

December 4, 2011

The TARDIS is Dr. Who's fictional Time Machine that resembles a Police Telephone Box.

It is an acronym for Time And Relative Dimension In Space.

The Heliosphere that is our Solar System is a Reality that travels Relative to the Dimensions of both Time & Space.

Time & Space are relative dimensions of Reality.

The reality of each present moment is experienced in both time & space.

Reality is continuously changing as we travel through the relative dimensions of time & space in every moment of Now.

Each continuous moment of reality is etched for eternity into the infinite fabric of time & space.

The reality of space-time is experienced as Earthly Life.

We do not need a „machine“ to travel in space or time, our planet Earth is already undertaking that journey.

Planet Earth is the centre of life within the Heliosphere of our solar system.

The Heliosphere is both a time capsule that travels in space and a space capsule that travels in time.

It has been travelling around our Central Galactic Sun for billions of life years in time and also travelling for billions of light years in space.

When we travel in space, we travel in time and when we travel in time we travel in space. Time And Space are Relative Dimensions in Reality as well as in our science fiction.

29

Suggesting

December 3, 2011

Suggesting is not a Coaching skill.

A suggestion is giving advice without giving advice.

Advice has the conviction of one's own experience, whereas a suggestion does not.

A suggestion is just a suggestion, which is just another option to consider.

It may be the answer to an enquiry but it is not the role of a Coach to answer an enquiry.

It is the role of the Coach to enquire and the responsibility of the client to arrive at their own conclusion.

When the client starts to ask the questions and the coach starts to find the answers, the coaching relationship has become a consultancy or mentoring process.

Introducing suggestion into a coaching session sets out a potentially false path for the client to follow.

It also sets up a teacher-pupil relationship that is driven by the teacher not the client.

It is always best to suggest that the client comes to their own decisions free of external influence.

30

Spiritual Harmony

December 2, 2011

Spiritual Harmony allows my body, mind & emotions to be in balance & unity.

To bring my body, mind & emotions into balance, I am required to first balance my mind and then balance my emotions, so that I am then able to balance my mind & emotions within my body.

A balanced Mind has a congruent frequency that has overcome the duality of positive & negative thinking.

A distinctly positive or negative polarity of thought will take my mental frequency of energy out of alignment & balance.

A balanced Emotional State of Being has a harmonious wavelength that is neither predominantly male nor exclusively female.

A distinctly male or female gender of emotion will take my emotional wavelength of energy out of balance & harmony.

Mental balance is called wisdom, authority or Light. Emotional balance is called wealth, power or Love.

With mental & emotional harmony, my wisdom & wealth, my power & authority and my Love & Light create a healthy ability to live Life to the full in a balanced physical Body.

I am then fully connected, both grounded & earthed, in the Physical World with Spiritual Harmony.

31

Spiritual Nature

December 1, 2011

It is the nature of Human Beings to be spiritual.

All Human Beings are spiritual by nature.

We all have a physical nature and all Beings have a spiritual nature.

My Spiritual Nature is my Beingness.

I connect to my spiritual nature with my three intuitive senses of seeing, feeling & knowing.

When I know who I am Being, I am Intelligent.

When I feel who I am Being, I am Emotional.

With Emotional Intelligence, I am able to see my Spiritual Nature.

Those who are spiritually disconnected and unaware of their spiritual nature, are conscious of their Humanity but unaware of their Beingness.

Our spiritual nature becomes lost in a society that teaches knowledge of the physical world without awareness of our spiritual origins.

Human Nature that focuses only on a physical existence is obsessed with whatever they are doing yet totally unaware of who they are being whilst doing it.

My Spiritual Nature is my Body, Mind & Emotion in Harmony & Balance.

32

The Team Coach

November 30, 2011

The Team Coach neither leads the team nor manages the team.

The Team Manager manages the team's objectives by effectively using the team to effect those objectives.

The Team Leader leads the team to achieve the objectives that are agreed with the Team Manager.

The Team Coach guides and supports the individual team members to complete the tasks required to meet the team's objectives.

The Team Trainer trains the individual team members to achieve the level of skill required to complete the tasks of the team to the agreed standard that is required.

The Team Coach coaches the team to use their skills, qualities & experience in the most effective way and facilitates the changes required for the team to overcome all the resistance, obstacles & problems that is hindering their progress towards their intended goals.

Team Coaching is much more than assisting individual team members to overcome their problems.

The Team Coach is concerned with the individual personal development of each individual team member and their integration within the team, so that the output of the team becomes exponentially greater than the sum of the potential of each individual member of the team.

33

Team Managers & Team Leaders

November 29, 2011

Team Leaders do not manage the team, they lead the team.

Team Managers do not lead the team, they manage the team.

Managing the team is using or employing the team to be most effective at achieving the team's aims, goals and objectives.

Leading a team is keeping the team focused on its direction towards meeting its agreed intentions.

The team leader is usually referred to as the Leader or the Captain.

The team manager is usually referred to as the Manager or the Director.

The team leader is a fundamental part of the team.

The team manager is usually apart from the team rather than a part of the team.

Team management requires management skills.

Team leadership requires leadership qualities, often referred to as people skills.

It is the team manager's responsibility to outline the aims, objectives and strategy of the team.

It is the team leader's responsibility to select the team members and the allocation of tasks to each member.

34

Qualification & Accreditation

November 28, 2011

The distinction between a qualification and an accreditation is often confused.

Qualification is gained by a Training Establishment from its Governing Body or Membership Association and has the credence of its peers, which makes it a credible qualification or credential.

With the credibility of a Governing Body, the Training Establishment will qualify its trainees with a recognised qualification. That is to say it recognises the standard to which the trainee is qualified to practice.

Accreditation is the act of giving credit for the level of service given & received. A Training Establishment gives credit to and credence to a Governing Body or Association by becoming a member and paying a fee to that body or association.

In my opinion, the only form of accreditation that has credence for a Coach is the testimony of a client that gives credit to that individual practitioner.

Qualification has a credibility called credence that flows from a Governing Body through a Training Establishment to a Professional Practitioner, for the benefit of the Client.

With Accreditation the flow is reversed as it is the credibility of credit given by the Client to a Professional Practitioner, by a Trainee to their Training Company or by a Training Company to their Governing Body.

A Qualification is a credible credential, whereas an accreditation often has very little credence.

Currently, the Coaching Profession has neither a Governing Body nor one recognised Membership Association. It therefore does not have one recognised system of Qualification of Coaches or Qualification of Coach Training Companies. This means that no one is currently qualified to officially accredit anyone.

Accreditation that is not qualified is in my opinion worthless. It is not worth the money that a Coach has paid to a Trainer, nor the money that a Trainer has paid to an Association.

Accreditation that is bestowed on a Coach Training Company by a Training Association may be qualifying the Trainer to train coaches in the skills of Coaching but is neither qualifying the personal development of the Coach nor the ability of the Coach to use those skills effectively, credibly and with credence.

The only Accreditation that has value to myself is the credibility and credence that I give to someone for the high level of service that they have shown and given to me.

Pleasures of the Flesh

November 27, 2011

Pleasures of the Flesh are determined by the Universal Church to be sinful & immoral.

To envy the power, authority and ability of the church hierarchy is deemed to be sinful.

To give alms to the poor with kindness and to tithe to the church with generosity are both deemed to be virtuous.

To crave the gluttony and excess of the riches of the church is deemed sinful.

To tolerate and endure the scarcity and poverty of not having enough is deemed to be a

virtue.

To lust after our every desire with a passion is deemed by the church to be sinful.

To express chastity and experience abstinence is deemed to be virtuous and chaste.

To be slothful and not work hard for the benefit of the church is deemed to be lazy, idle & sinful.

To be diligent, dutiful & hard-working is to be of great benefit & virtue to the expansion of the church and the greater power & authority of its hierarchy.

To experience the virtuous Pleasures of the Spirit requires, according to the Universal Church, the additional humbleness of humility, pleasing, meekness, patience, & unselfishness.

Only with the appeasement of the church's patriarchal & sanctimonious morality and self-righteousness is it at all possible to be canonised as a saint.

The rest of us mere mortals will remain eternal sinners indulging in the pleasure of the flesh.

36

The Seven Religious Virtues

November 26, 2011

The patriarchal Universal Church has declared the 7 mortal sins to be deadly and their opposing energy to be a virtue.

These Seven Religious Virtues are:

1. Humility – known as Modesty – is an over attachment to someone else's beliefs and the state of being proud of not being proud.
2. Kindness – known as Generosity to one's own kind, kith or kin – is giving to our nearest and dearest that which they envy.
3. Abstinence - known as Poverty – is the toleration of self-induced scarcity by virtue of existing with very little of anything in order to show the gluttony of others.
4. Love – known as Caring – is the emotional need and conditional love that sustains a co-dependent relationship between people who need each other and are therefore

attached to each other emotionally.

5. Pleasing – known as Humbleness – is the unselfishness of letting greedy people have their own way by adopting a subservient attitude.
6. Meekness – known as Patience – is deferring to the superior authority of another by tolerating the wrath of their direction.
7. Diligence – known as hard work and doing one’s duty – combines the duty of having to work hard with the hard work of doing one’s duty and not being idle or lazy.

These may be considered by the Church Authorities to be religious virtues but they are in no way Divine attributes that are an attainment of one’s Soul.

37

The Seven Deadly Sins

November 25, 2011

The Seven Deadly Sins are:

1. Pride – known as Hubris – is an over-attachment to the needs and the beliefs of one’s physical ego self.
2. Envy – known as Jealousy – is wanting what other people have as an expression of ingratitude for what we already

have our self.

3. Gluttony – known as Extravagance – is the pursuit and indulgence of wanting or having too much of anything.
4. Lust – Known as Craving – is the excessive desire and wanting for what I believe that I do not have.
5. Greed – known as Avarice – is the passion to be better, more superior and more powerful than another.
6. Wrath – known as Anger – is the belief in one’s own righteousness and choice irrespective of its potential to be detrimental to another.
7. Sloth – known as Laziness – is the inability to follow one’s own path, make one’s own choices and take appropriate action.

All 7 deadly sins are an expression of the negative male aspects of our own emotional energy.

The opposing negative female aspects of our emotional energy are referred to by the church as virtues and seen as being saintly.

We are all a combination of saint & sinner as determined by the sin or virtue of our emotional energy.

Occult & Paranormal

November 24, 2011

Occult means something that is hidden.

Paranormal means something that is beyond our normal physical experience and does not conform to current scientific proof.

What is beyond the current world view and accepted as normal, is hidden and not yet revealed as true.

Modern medical practice would appear to be both occult and paranormal to people of the ancient world.

Stories of aliens visiting our planet are seen as occult and paranormal by a sceptical human society.

The spirituality of an early pagan religion is now confused with an occult and paranormal religion called witchcraft.

Both the Ancient Greeks and the peasants of Ancient Britain worshipped the Paganism of Mother Earth & Nature.

Much of the history of the Central American Civilisations of the Aztec, Maya & Toltecs is being translated today as both occult and paranormal.

Whatever we do not understand, or do not yet understand the meaning of, is beyond our understanding of normal and its true meaning remains hidden to us.

It is therefore by definition defined as being occult & paranormal by the very people who do not understand it.

Being A Sensitive

November 23, 2011

Being a Sensitive is playing the role of a person who is particularly sensitive to the emotional energy of other people.

As many people in our society today are insensitive and emotionally disconnected, a Sensitive can often be very helpful.

Consulting a Sensitive person when having problems relating to being either too sensitive or being insensitive can be most beneficial.

A Sensitive is able to resolve issues and problems affecting people who have become either too sensitive or insensitive to life.

Being a Sensitive is often viewed by a disconnected, unemotional or insensitive person as being paranormal or occult.

A rational scientific view that only sees the physical aspects of life as normal, logical and relevant perceives the paranormal & occult with negativity & scepticism.

A spiritually religious view that only sees the dogma and doctrine of their own religious interpretation as true & good perceives the paranormal & occult as false & evil.

Being a Sensitive is neither scientific nor religious, but it is by its very nature Spiritual even though it is currently beyond the remit of both science or religion.

Being Sensitive

November 22, 2011

Being Sensitive is being aware of the emotional energy that other people are being, feeling and experiencing.

This requires the emotional intelligence to be aware of their emotional energy.

Being sensitive to other people's energy without intelligent awareness is being too sensitive.

When I am too sensitive to another's energy, I am attached to their energy and affected by their energy but unaware of what is actually occurring.

Being too sensitive is a problem and a hindrance to personal growth. Being sensitive is an opportunity for personal growth.

When I am unaware of the emotional energy that other people are being and experiencing, I am liable to being insensitive.

Being insensitive to the emotions of others will not help my own personal development.

When I am insensitive to others, I am unable to use them as a mirror of my own emotional energy, for the purpose of seeing who I am being myself.

Being a Sensitive allows me to assist others in their development & growth. Being Sensitive allows the opportunity for my own development & growth.

41

Transformative Coaching

November 21, 2011

Transformative Coaching allows the client the ability to transform their life.

The ability to transform my life requires both power & authority.

The authority to transform my life is my highest Choice and the source of my Truth.

The power to transform my life is my emotional state of being and the source of my Pure feeling.

Connecting to my power requires that I meet my own emotional needs and connect to my own true values.

Connecting to my authority requires my alignment with my vision and my truth instead of the limiting beliefs and the fears that inhibit my truth.

Transformative Coaching is Intuitive. It requires my intuitive sense of:

Knowing my true path

Feeling the inspiration of my messages of revelation

Seeing the ideal life that I have chosen for my Self. Transformative Coaching is the transformation of one's Self into alignment with one's Soul.

Only when I am intuitively aligned with my Soul can I coach another to become aligned with their path.

The Elixir of Life

November 20, 2011

The Elixir of Life is a metaphor for Love.

Love is the life-force that allows me the power to be my purpose and live my vision.

The purpose of my life is to experience my Beingness.

There are infinite aspects of Love that I can experience being.

Whatever aspect of Love I choose to be, I will experience in real life.

It is the experience of being that brings reality to life and allows life to be.

The state of my Beingness determines my emotional power and the reality that I create in my life.

The elixir of life is the power of Pure Beingness.

In my Beingness, I will discover the extent of my wealth.

My wealth is the magnitude of my emotional power.

My wisdom to use my wealth authentically determines the health of my experience.

My authority to use my power determines my ability to love life and live well.

Following my destiny allows me to love my life.

The elixir of my life is an expression of the potential of my ability to experience my destiny. It is my fate to never realise my destiny.

November 19, 2011

The Philosopher's Stone is a metaphor for knowing one's destiny.

Legend tells me that my Destiny is written on a white stone.

I know that my destiny is written "In Stone".

A philosopher is a "Lover of Wisdom" and knows that it is wisdom that is written in stone.

It is my destiny to become wise.

The attainment of wisdom requires the development of my intuitive sense of knowing.

All the wisdom that I require is already written in my "Book of Life".

My destiny is to be both the Author of my book and the Leading Character.

It is to bring my book "to life" and to experience the wisdom of my words.

It is my book that is written in stone and is the pathway to my destiny.

Every Philosopher knows that they have their own White Stone, their own exclusive journey, their own book of life, and their own unique destiny.

44

The Alchemist

November 18, 2011

The Alchemist has found the secret of turning base metal into gold.

With this secret the Alchemist knows that he has no need of gold.

Gold is a measure of a Man's riches and also a metaphor for a Man's Wealth.

It is possible to be materially rich but not wealthy.

It is impossible to be wealthy and to be poor.

The Alchemist knows that he need never be poor.

He also knows that he need never be rich.

He knows that he needs enough gold only for what he needs.

As the Alchemist is wealthy, he has everything he needs, and therefore has no need of the gold.

He knows that gold is no substitute for wealth and that a wealthy man has all the gold that he needs.

It is his knowing that allows his being wealthy, not the gold.

Knowing how to turn base metal into gold is worth more than the gold itself.

Knowing how to turn his fate into his destiny is beyond price, and beyond the prize of gold.

45

My Magnum Opus

November 17, 2011

My Magnum Opus is my Great Work.

My Great Work is to follow my Destiny.

It is not my fate to achieve greatness, it is my destiny.

My destiny occurs effortlessly when I am awake, aware & alert to my chosen path.

It is my fate to experience all the problems, resistance & misfortune that await me when I am not aligned with my destiny.

My Magnum Opus is to experience, explore & discover my power, authority & ability to live life painlessly, fearlessly & effortlessly.

My vision is to live in a world where everyone is in control of their own power, their own authority, and responsible for their own actions.

I know that to change other people is a process of changing my Self. My Magnum Opus is to live my vision and change my life. My great work is to turn my fate into my destiny.

The magnum opus of the Alchemist is to turn base metal into gold.

46

The Poor Me

November 16, 2011

The Poor Me is the victim of someone else's fears and beliefs.

By making themselves a victim of someone else's actions, they seek the emotional energy of sympathy from others.

The more the poor me can become the hero of their own victimhood, the more emotional energy they can gain from their drama.

The poor me has a great deal of emotional energy invested in being the victim of their own life.

They believe that they are the victim of whatever is occurring in their life.

Poor me's need to become very strong emotionally in order to survive the extent of their own victimhood.

The more their emotional energy becomes depleted the more they will seek to become a bigger and bigger victim of life to justify their lack of energy.

The more depleted my emotional energy becomes, the more I become a victim of my life, poor me.

Prime examples of a poor me are a Hypochondriac and someone who is Clinically Obese.

Both of these examples tend to attract bullies because a poor me always attracts an intimidator, who always attracts a poor victim to intimidate.

47

The Intimidator

November 15, 2011

The Intimidator is a victim of their own fear.

Their fear is created by their false and limiting beliefs about their life.

Their false, negative fears create a state of low emotional energy.

The Intimidator seeks to victimise the cause of their low emotional energy.

As they do not see their own beliefs as the cause of their energy drain, they seek to find the villain that they believe is victimising them.

The motto of the intimidator is “the best form of defence is attack”.

They will attack anyone who they believe is draining their energy or they believe can and will drain their energy.

Never intimidate an intimidator because they recognise their own drama and will react accordingly.

Prime examples of an intimidator are the „School Bully“ and the „Autocratic Dictator“. All intimidators are emotional Poor Me“s.

With enough emotional energy, I have no need or inclination to attack anyone and no need to defend myself from the intimidation of others.

48

The Aloof

November 14, 2011

The Aloof has very weak boundaries and consistently drains emotional energy to other people.

They believe that the only way to avoid the drain on their energy is to withdraw into the solitude of their own „cave“.

The over sensitive aloof blames others for their low state of emotional energy and sees the only solution as a tactical withdrawal.

It is in the solitude of their cave that the aloof is able to find the solution to their problem and get their emotional needs met.

They will only emerge from their solitude once they have solved their problems and regained their energy.

With no apparent problems the aloof has no reason to be aloof.

They know that other people's solutions will never solve their problems even though they believe that other people's solutions may well have created them.

When the aloof realises that they are not the victim of other people's problems, they will no longer drain energy to trying to find solutions to other people's problems and no longer need to be aloof.

The prime examples of an Aloof are a Hen-pecked Husband and a Mummy's Boy. Aloofs attract Interrogators who in turn attract Aloofs.

49

The Interrogator

November 13, 2011

The Interrogator seeks to find the cause of their own problems.

The cause of their problems is always their own emotional energy deficit.

A low level of emotional energy manifests the problems that appear to be occurring in life.

An Interrogator does not see their self as the cause of their own problems.

They do not own their own problems and look to blame others for what is occurring in their life.

They seek to blame the cause of their problems onto whoever they believe is to blame for causing them.

A good interrogator has developed strong analytical skills that are honed to accurately judge the exact cause of whatever they are having to tolerate and endure.

Their negative search for who is depleting their own emotional energy, requires their victims energy to fuel it.

They seek to control the emotional energy of another with their criticism, their cynicism, their sarcasm, their complaining and their condemnation.

The deterrent to a persistent interrogator is to become aloof and exclude oneself from their persistent search for what they believe is their truth.

Prime examples of the Interrogator are the Nagging Wife and the Over-protective Mother.

50

Being Allowing

November 12, 2011

Being Allowing is an attribute that is attained when life is allowed to unfold without resistance.

When allowing life to be, I am being allowing.

When allowing life to unfold without resistance, it flows effortlessly forward.

When I allow life to flow effortlessly, I flow effortlessly with life.

I am allowing my life path to unfold unconditionally.

I am in unconditional authority.

Being allowing puts no conditions on what is occurring in my reality or in anyone else's reality.

Putting conditions onto another's reality will put conditions onto my reality.

What I do unto others I will attract unto myself.

This is the Golden Rule.

Being allowing allows the Law of Attraction to work in my favour according to the Golden Rule.

Being Allowing requires Benevolent Co-operation.

51

Who I Am Being

November 11, 2011

Who I Am Being in relationship to Life is an expression of Who I Am. In relationship to other people, I choose to:

Express: Benevolent Co-operation

Attribute: Compassionate Empathy

☒ Attain: Sensitive Detachment

☒ Be: Allowing

In relationship to my Self, I choose to:

☒ Express: Concordant Equanimity

☒ Attribute: Intuitive Logic

☒ Attain: Emotional Intelligence

☒ Be: Approving

In Relationship to my Soul, I choose to:

☒ Express: Appreciative Gratitude

☒ Attribute: Powerful Authority

☒ Attain: Exclusive Connection

☒ Be: Accepting

Who I Am is an expression of my Being that I have attained and can attribute to my Self when in relationship with either my Self, with my Soul, or with other people.

Conflict & Appeasement

November 10, 2011

Conflict & Appeasement are opposing perspectives of the same energy.

They are both a response to someone else's choice & authority.

When I am directed by the authority of someone else's choice, I can disagree and be in conflict or I can tolerate it and appease it.

Appeasement is always a toleration.

Tolerating and appeasing the choice of another requires patience.

I become a patient of someone else's intolerance.

Another's intolerance is seen as their impatience, anger or wrath.

Tolerating another's directive and wrath requires meekness.

Conflict & Appeasement; wrath & meekness; anger & patience are all different perceptions of the same duality of the authority of my emotional energy.

They are all emotional states of being experienced as the Control Drama of the Intimidator & the Poor Me.

They are also the states that authorise either our own Arrogance or our own Humbleness.

Allowing all others to follow their own paths, whilst remaining on my own path, puts me in a state of being in Benevolent Co-operation and overcomes all the above opposing states of dual reality.

Accepting someone else's choice as being in agreement with my own requires neither conflict nor appeasement.

53

Enabling the Client

November 9, 2011

Ability is a Coach's unique selling point.

A Coach has the ability to enable a client.

Ability requires Power & Authority.

Power + Authority = Ability.

Ability is the synergy of power & authority flowing in unison.

Unauthorised power disables.

Disempowered authority unables.

I always have enough power to be, to do & to have whatever is authorised.

Whatever I choose that inspires and empowers me is authorised.

Whatever I choose that creates fear and dread is authorised but not empowered.

Whatever I choose that has no positive or negative emotional connection, is of no consequence to my path and is neither authorised nor empowered.

I do not need a Coach to enable me to remain within my comfort zone.

With guidance & support, authority & power, the coach enables the client to venture beyond their comfort zone to discover, explore & experience their own life.

54

Empowering the Client

November 8, 2011

Empowering the client involves connecting the client to their emotional energy.

When the client is in alignment with their vision and purpose, their mission is authorised and they are empowered to fulfil it.

The authority of our chosen life path is self-empowering.

True empowerment is the result of being in our own authority.

The only way to truly empower a client is to connect them to their own authority.

However, connecting the client to their own authority when they are lost, confused, and frustrated, requires emotional power.

In the absence of knowing their own vision, mission & purpose, the client will be dis-empowered and need emotional energy.

A client who needs emotional power has an emotional need for energy that empowers them.

When the client consciously becomes aware of their emotional need for energy and meets their emotional needs quickly, effectively and personally, they become empowered with enough emotional energy to re-orient their path to doing what they truly value in life.

Consciously doing what they truly value in life allows them to discover their vision, mission and purpose in life, because they are the same thing.

55

Authorising the Client

November 7, 2011

The client is the author of their own life.

When writing the book of their own life, they are authorised.

We are all authorised to discover, explore and experience our own path through life. It is why we are here.

When connecting the client to their true path in life, I am connecting them to their own authority.

It is not necessary to authorise a client who is on track and knows their way.

When a client is off track, lost, confused and frustrated, it is because they are following the wrong path and travelling in the wrong direction.

I am directed on a limited path by my limiting beliefs and my fears. A limiting belief is a belief that I do not own.

Authorising the client to own their own beliefs and change their limiting beliefs is the task of the coach.

Supporting the client to confront the fears that block the way to their true path is the task of the coach.

Without limiting beliefs and without fear, the client is authorised and able to choose their own chosen path in life effortlessly.

56

The Purpose of a Life Coach

November 6, 2011

The Purpose of a Life Coach is to Authorise, Empower & Enable the Client.

My vision for my client is for them to be in control of their own power, their own authority and be response-able for their own actions.

The ability to respond to what is occurring in life effectively and beneficially requires both the power and the authority to do so.

Without either power or authority, my response to life becomes a sub-conscious negative reaction.

It is not my purpose as a Coach to connect my client to my vision, my path or my purpose.

It is my purpose as a Life Coach to guide and to support my client to connect to their own path, in order to explore, experience & discover their own Book of Life.

Connecting the client to their own path requires them to be consciously aware of their own vision for their life, their own life-purpose and to see the mission that they are currently undertaking in their life.

Connecting the client to their own power, their own authority and their own ability, is how the client finds their way in life and their own purpose for their life.

57

Client Leadership

November 5, 2011

Traditional learning involves a student gaining knowledge from a teacher.

The teacher sets out the course and the direction of the teaching.

The teacher leads the student along a path of learning knowledge and acquiring information.

In traditional teaching, the teacher is the leader and requires the student to follow their lead with discipline.

The students are required to be disciples of the teacher.

My personal development and spiritual growth occurs along the path of my Inner Teacher. An intuitive path of learning is enhanced with the guidance & support of a Life Coach.

A Life Coach guides and supports the client along the client's chosen path.

It is the client that sets the course and direction of their learning.

Life Coaching is client driven, whereas education is teacher driven.

The Coach supplies the questions, not the answers.

The Coach hears the answers from the client and clarifies them for the client.

The Coach empowers the client to plot their own course and

know their own path.

In a coaching partnership, it is the Client who is the Leader, not the Coach.

58

Being Silly

November 4, 2011

Being Silly originally meant being blessed.

It derives from an Old English word „Saelig“ meaning blessed.

It has a phonetic variant of „Seely“, which means „intuitively seeing“ or „of the soul“.

A Seely person sees intuitively through the eyes of their soul.

In our modern-day world of logical, rational thinking, being seely is seen as being silly.

Blessed people are seen as a blessed nuisance.

Being emotional or non rational is seen as being irrational or silly.

Intuitive thinking has become counter-intuitive.

Anyone who does not think in a logical, rational and scientifically provable way is being silly.

The truth is that we have lost our sensitive and emotional connection to life, which is really silly.

Science has denounced its philosophical origins, and become a modern curse of the safe & the mundane.

Spirituality is still seely and a modern blessing of beauty & miracles.

59

Enough is Enough

November 3, 2011

Enough is enough when I define how much enough is for me.

Enough is a measure of my contentment.

When I see that I have enough, I am content.

With contentment, I have enough ability to be healthy.

Enough is a measure of my fulfilment.

When I know that I have enough, I am fulfilled.

With fulfilment, I have enough authority to be wise.

Enough is a measure of my joy.

When I feel that I have enough, I am joyful.

With joy, I have enough power to be wealthy.

With enough joy, fulfilment and contentment, I attain True Happiness.

With the happiness of my contentment, fulfilment & joy; and the power, authority & ability to be healthy, wealthy & wise; I have enough and I have attained my Abundance.

An abundance of everything I ask for is already within me, even before I ask. In abundance, Enough is Enough!

60

More or Less?

November 2, 2011

The way to my Ideal Life has less pain, less fear and less problems.

Being painless, fearless and problem-free allows me to be healthy, wealthy & wise.

This is not a strategy for putting more and more effort into becoming fitter, richer and more knowledgeable.

This is the realisation that my true health, wealth & wisdom is innate and flows effortlessly from my Inner Being.

They are my natural state of Being.

My True Nature is without pain, fear or problems and follows an effortless path, which allows me to lead an effortless life.

Less pain, less fear and fewer problems equals less effort. Less effort allows a more enjoyable, content & fulfilling life. An Effortless Life allows less effort and more life.

With effortlessness, less is more.

More or Less?

61

Caring

November 1, 2011

Caring is the act of protecting someone or something.

The need to care for and the need to be protected are the same energy experienced from opposing perspectives.

All victims need to be cared for and protected from the source of their victim-hood.

Overcoming victim-hood overcomes the need to be protected and the need to care for others.

Consciously meeting my emotional needs myself is the gateway to overcoming victimhood.

Only heroes need to care for others.

It is the need to protect another and save them from their victimhood that creates a hero.

Without victimhood, heroism is redundant.

It is only the unable who need to be taken care of.

Taking care of someone's physical or emotional needs always disempowers them when our purpose is to meet our own need to look after and protect them.

Caring is the default mode in a world that is disconnected from its True Power of Love. Connected to my True Source of Power, I do not have a care in the world.

A care-free life is empowered by Love.

62

Less is More

Oct 31 2011

More & Less is a duality and a choice.

Most people want more and more, not less.

Few people want less and less, not more.

More or less is a choice for people who do not have enough.

Those who do not have enough want more.

Those who have too much want less.

That is more or less my choice until I define what enough is for me.

Enough is neither less than enough nor more than enough.

It is neither too much nor too little.

It is neither scarcity nor gluttony.

It is neither extravagance or excess nor thrift or frugality..

It is neither poverty nor luxury.

When enough is enough, I attain a state of Abundance.

Less is more when I choose less of what I do not want, instead of more of what I do not need.

63

A Co-operative

Oct 30 2011

A Co-operative is a group of people who work together in co-operation.

Their working together as a team works because they co-operate.

When everyone co-operates, the co-operative works and the team works in co-operation with other teams.

Successful co-operatives work separately in togetherness.

They own their own authority yet share their power.

Unsuccessful co-operatives work together in separateness.

They have no power because their authority is not their own, they are not authorised to own their own choices.

The limited power that they have comes with the authority that they are given with someone else's choice and they are dependent on external motivation.

The ability of a co-operative team to work is dependent on the operatives owning their own authority. Owning my own authority connects me to my own power and empowers me. It is my connection to my own power & authority that enables my co-operation in the team.

My co-operation as a co-operative allows the Co-operative to work in co-operation as a team.

64

Team Working

Oct 29 2011

Teams work when the members of the team co-operate.

When the team members work in togetherness, the team works together, and the team works.

Co-operation is essential to any team achieving their vision and objectives.

A team works when the members of the team complement each other.

Team members complement each other when each member of the team fulfils their individual objectives successfully.

Team members are empowered when allowed the authority to fulfil their own particular responsibilities and achieve their own specific goals.

Empowered teams allow their team to work.

Authority allows empowerment.

Personal choice allows authority to be personal and individual. Personal choice is authorised by the team when in alignment with the teams agreed objectives.

Personal choice that is out of alignment with the team's vision and objectives is unauthorised and will create resistance to the team working.

65

Team Leadership

Oct 28 2011

Teams follow a common vision and agreed objectives to make that vision a reality by meeting those agreed objectives. Teams are led by a common vision and agreed objectives to realise their vision by achieving their objectives.

A Team Leaders role is to facilitate the agreement of a common vision and the objectives required to attain that vision. A Team Leader does not manage the team.

A co-operative team is self-managing and does not need a Team Manager.

A Team Leader encourages the „togetherness“ of the separate departmental functions that make up the team.

Without „togetherness“ there is no team, just a group of individuals who are without unity and meet together in their separateness.

Togetherness requires power-sharing.

Power-sharing allows a division of authority.

The authority for departmental decision-making is owned by each department.

When the operation is divided into self-organising autonomous departments who share their power, it becomes both authorised & empowered.

The role of the Team Leader is to unify the Divisions of the Team by bringing the team leaders into unison and togetherness.

In a successful team, all team members are team leaders.

66

Being Fiercely Protective

Oct 27 2011

Being Fiercely Protective is actively and assertively defending whatever I need either physically or emotionally.

Unless I protect whatever I need, I will lose the source of my emotional power.

The greater my emotional need for energy, the more fiercely I will protect its source.

Whether my emotional energy is attached to belongings, people, money, principles or status, I will need to fiercely protect that source.

My Soul is my True Source of emotional power.

My Soul has no need of protection, fierce or otherwise.

Disconnected from my Soul's Divine Power, I will depend on external sources for the emotional energy that I need.

Whoever or whatever I depend on for my energy, I will be fiercely protective of.

The more I rely and depend on someone or something for my emotional energy, the more fiercely I will protect them or it.

67

Positive Affirmations

Oct 26 2011

Yes & No are both Positive Affirmations.

They both positively affirm what I do and do not want.

No is a positive affirmation of what I do not want.

Focusing on what I do not want will put what I do not want into my future.

Yes is a positive affirmation of what I think that I want.

I only ever get what I really want, not what I think that I want.

Gratitude is an affirmation of wanting what I already have.

A positive affirmation of wanting what I already have will have a positive outcome.

My acceptance of what I already have with gratitude & appreciation is a realisation that my intention is already assured. Any other positive affirmation may result in a negative outcome.

I can only ever affirm and attest to what I already have, as long as I acknowledge it, unconditionally accept it, approve of it and allow it to appreciate and grow.

68

Negative Affirmations

Oct 25 2011

Not all affirmations are affirmative.

Negative affirmations affirm a negative reality.

What I affirm as my reality is not always what I want.

Affirmations of what I want quite often fail to materialise.

Affirming what I positively want is a negative affirmation of what I do not have.

Affirming what I do not have cements that into my future reality.

Focusing on what I do not have in the present puts the absence of what I want into my future.

The Law of Attraction ensures that like energy is drawn unto itself.

Negative affirmations create a negative future reality.

A positive affirmation focuses on the present moment with gratitude & appreciation.

The only positive affirmation is one of gratitude and appreciation for what I already have.

It is not the words of the affirmation that are powerful but the emotion on which the affirmation is conveyed. A positive affirmation is one that has True Authority because it is an authentic expression of who I really am.

A negative affirmation lacks both power & authority because it is not an authentic expression of who I know my self to be.

69

Problems, Challenges & Opportunities

Oct 24 2011

Problems, Challenges and Opportunities are all a matter of perspective.

Whether something is a problem, a challenge or an opportunity depends on how I see it or perceive it to be.

How I see something is my perspective and is determined by my perception of it and how I feel about it.

My perception of anything is determined by my emotional energy level.

When my emotional energy is low, I will perceive life to be a problem.

With enough emotional energy, I will accept what turns up in life as a challenge.

When I run out of emotional energy, I will fail the challenge and realise the problem.

With enough emotional energy, I will succeed in the challenge and realise the opportunity.

My emotional energy determines my perception.

My perception determines my perspective.

My perspective determines whether life is presenting me with an opportunity, a challenge or a problem.

A problem-free life requires me to succeed in the challenge of seeing everything in life as an opportunity.

Acceptance of everything that occurs as an opportunity allows life to be toleration free and effortless.

Problems are just the experience of the resistance that I create when not accepting that what is turning up in my life is a present.

Presents always present themselves in the present moment of time.

Every missed opportunity will be experienced as either a lesson or a problem.

But not to worry! There will be endless opportunities to experience the same lessons and the same problems over and over again.

Being Inclusive

Oct 23 2011

Being Inclusive is including other people in my life.

It is how I relate to other people who I like and who are like me.

I include people in my life who meet my needs emotionally.

I attach myself emotionally to people who I need.

I include people to whom I am attached.

I exclude people who I dislike, who I do not need and who I am not attached to.

Religious people are inclusive with the followers of their religion and often exclude followers of other religions.

They are exclusively attached to their own followers yet specifically exclude all others.

Being inclusive may be a positive benefit to needy people but is a negative distraction to my own exclusive path.

Religious dogma dictates one inclusive spiritual path for all to follow not an individually exclusive path for each and every person.

Being connected to my own spiritual path aligns my Self with my own exclusive authority & power. Being inclusive requires me to forfeit my power and authority to the dictates of others. My inclusive attachment to life is my fate; my exclusive connection to life is my destiny.

71

Pleased to be of Service

Oct 22 2011

Being in service to others will either please me or displease me. Being employed to be in service is being paid to please others. Good staff are paid well to please their employer & master. Servants are paid little to please their lord/lady & master. Slaves are paid nothing to please their owner & master.

All are in service to please their master irrespective of how much or how little they are paid. The more I am paid the more pleased I am and the less I am paid the less pleased I am. It pleases no-one to please another for nothing. Slaves do not work for their master for pleasure.

Few have retained their happiness as a slave to their master. Those that have, have attained a high level of spiritual mastery themselves.

I am pleased to be in service to others dependent on what I receive in return. I am happy to be of service to others when in the service of my Soul.

Being of service to others is an honour.

Being in service to others is a duty.

72

Being Pleased

Oct 21 2011

Being Pleased will never make me happy.

I am never happy being pleased, just pleased.

Being pleased is better than being displeased but it is not true happiness.

Expecting to be pleased is a constant source of displeasure.

It is also being greedy.

Greedy people expect others to please them.

They need other people's emotional energy and receive it by being pleased by other people.

I please needy people in the expectation of being pleased in return.

My disappointed expectation will result in my displeasure.

The more I please others, the less happy I am because the more displeasure I experience.

The only way to ensure my pleasure is by controlling the authority and choice of those who I need to please me. To receive the emotional energy that I need from another requires my authority and influence over them. When the authority and choice of my ego self is followed by another, I am being pleased.

73

Pleasing Others

Oct 20 2011

Pleasing Others is choosing to do something to please someone else. When what I do pleases someone else, I am pleasing them.

Pleasing others pleases me.

It meets my needs emotionally and it meets another's emotional need. Pleasing is fundamental to a co-dependent relationship.

Co-dependent partners meet each other's needs and please each other's greed for more emotional power. It becomes a battle to see who can be most pleased by the pleasing of another.

Co-dependency requires compromise.

Pleasing others seriously compromises my ability to be happy.

When my pleasure is dependent on another, it will only ever be pleasing or displeasing me, which is not true happiness. True

Happiness comes from within.

Pleasing others is always a toleration and a problem, which has no opportunity for personal growth.

I tolerate pleasing others only because they meet my needs emotionally.

74

Benevolent Co-operation

Oct 19 2011

Benevolent CO-operation is the essence of good team-work. Co-operation is the state of working together as a team.

Benevolent is the state of being that I am experiencing when doing it well. Benevolence is positive power, often confused with charity.

I give charity from an ego that is judged to be good.

I co-operate with others because we share the same positive power that is aligned on a similar path. Co-operation requires a common vision.

Benevolence requires a common purpose or reason for co-operating.

I am good and empowered on a mutually agreed path with others.

Any attachment to the path or need to follow others will compromise the benevolence of my co-operation. When I co-operate through need, it is never benevolent.

A Productive Team chooses to work together in Benevolent Co-operation.

75

Attached or Connected

Oct 18 2011

Being either Attached or Connected is an important distinction within a Coaching Relationship.

When I am attached to a client, it is because they are meeting an emotional need of mine.

It is my emotional need that attaches me to a client.

When a coaching relationship is meeting my emotional needs, it is not empowering and will develop into a co-dependent relationship.

Co-dependent relationships are not developmental.

An attachment is an emotional need.

I am attached to a relationship by my need to have the relationship, whatever that emotional need may be.

When I connect with my client, I harmonise with their energy in a benign and beneficial way.

When the connection is mutually beneficial, it is empathic and compassionate.

When the connection is sympathetic or apathetic, it is negative and mutually detrimental.

When I am disconnected with my client, I am being aloof, insensitive and unemotional.

When I am attached to my client, I am being inclusive, too emotional or irrational.

When I am exclusively-connected to my client, I am being sensitively-detached and emotionally-intelligent in a rational way.

Who I am being in relationship to my client is always my choice and my responsibility.

76

Thou Shalt Not

Oct 17 2011

Thou Shalt Not is a proclamation of guilt.

I am guilty of doing what I believe that I should not do.

Shalt is an old word for should.

Both should and should not are a toleration.

Thou shalt not is a list of things that someone else believes that I should not do.

I will always tolerate someone else's to-do list.

When that someone else is believed to be God, thou shalt not appears to become a commandment.

Religious belief upholds that God's Commandments are covenants that are sacred and should not be broken.

My Covenant with God is not a Commandment.

My Soul is not a judgmental god.

It neither proclaims my guilt nor innocence, and it neither commands me to do anything nor not to do something.

My Soul allows my Self unconditional choice.

Thou shalt not are the commandments of moral and religious men.

Their belief in a judgmental god originated with the 10 commandments of Moses.

Those 10 commandments have been the moral foundation of Judaism, Christianity & Islam for thousands of years, yet few appear to obey them although all appear to tolerate them.

My Covenant is with God, not with Moses.

I shall follow my own path and I shall allow all others to follow theirs.

77

Pain, Fear & Problems

Oct 16 2011

Pain, Fear & Problems are retained in my body on a physical, mental & emotional level. Emotional pain and mental fear manifest eventually as a physical problem.

All physical problems are a toleration that have to be tolerated.

All tolerations are the effect of the absence of Acceptance.

Without Acceptance, I will have to tolerate life's experiences.

Tolerating life's experiences ensures the continued persistence of pain, fear & problems.

Pain, fear and problems will eventually all become intolerable.

Treating the symptoms of pain, fear & problems suppresses them and drives them to a deeper physical, mental & emotional level.

Becoming pain-free, fearless & effortlessly problem-free requires that they all be released from the past and delivered

into the present, so that the future may be cleansed of all fear, pain and problems.

When I accept life as an endless opportunity for development & growth, there are no tolerations, no pain, no fear and no problems.

Life really is designed to flow effortlessly in the gap of now without pain, fear or problems.

78

A Clash of Personalities

Oct 15 2011

A Clash of Personalities is caused by a conflict of needs.

When two people's emotional needs are in conflict, their personalities will clash.

When two people's emotional needs harmonise, they create a co-dependent relationship.

Emotional needs determine an individual's personality.

When emotional needs conflict, personalities will clash.

When the individual needs of the two personalities are separately and equally met, the conflict is resolved.

Personalities clash when equal opportunities for growth are presented to two individuals at the same time. The Law of Attraction determines that opposing personalities will clash due to similar opportunities occurring. Both parties are mirroring their opportunity for growth to each other.

Personal development & growth is the only remedy for unmet needs.

It is the pathway to a harmonious personality and the gateway to personal harmony and inner peace.

79

Being my Truth

Oct 14 2011

I am Being my Truth when my emotional power and my mental authority are congruent. My state of being determines my emotional power.

My choice of beliefs determines my truth or untruth.

My Truth determines my mental authority.

My power and my authority come into alignment when my Beingness is my Truth. My Beingness is my Truth when it is in alignment with my Soul.

My Soul is the Truth of my Beingness.

My Soul is always Being my Truth.

My Soul is always in Divine Power & Authority.

The Power & Authority of my Soul is Divine.

My Soul has no distinction between power & authority.

When power & authority become divided in duality, then ability becomes compromised. When I am Being my Truth, my ability is Omnipresent.

I have the potential to create a Divine Life for my Self, just by Being my Truth.

80

The 2nd Commandment of Jesus

Oct 13 2011

The 2nd Commandment of Jesus is:

“Do unto all others as you would have all others do unto your self”

Alternatively translated as:

“Love thy neighbour as thy Soul loves thy Self”

My Soul loves my Self unconditionally with the pure Love that is the Power & Beingness of my Soul.

Loving my Self is not something my Soul does, it is who my Soul is: Pure Love, Pure Beingness & Pure Power.

My Soul is Omnipotent.

Jesus knew that this physical world is governed by the Law of Attraction that determines the Golden Rule.

The 2nd Commandment is the Golden Rule, which appears in different forms in every religion of the world, not just Christianity.

The Golden Rule applies to all religions and all people because it is the Law of Attraction in action, in its most beneficial and benign way.

Do unto all others as you would have all others do unto you because like energy is drawn unto itself. What I do unto others, others will do unto me; it is the law and the Golden Rule. It does not mean do unto others as others have done unto you. That is conditional love based on justice and revenge.

The Golden Rule is unconditional and has no exceptions, it is the Law of the Universe. It is how the Universe works, unconditionally and without exception.

81

The 1st Commandment of Jesus

Oct 12 2011

The 1st Commandment of Jesus is:

“Love the Lord thy God with all thy heart, all thy soul, all thy mind, and all thy strength”.

The Lord my God is my Soul, which is my Highest Self, my Real Self, my Lord & my God.

My God is my Creator and my Lord is my Authority.

My Soul created my Self to live Life with Authority.

To love the Lord thy God, I am to be the Lord my God – my Soul as myself and my Self as my Soul.

The Lord my God is within me, not external or separate from me.

It is within me to be the Lord my God.

Beingness is the path to Loving & Being my Soul.

The purest state of being is Love, which is being my Soul.

Being my Soul with all my heart is connecting to the Power of Love that is my Soul.

Being my Soul with all my mind is connecting to the Authority of Light that is my Soul.

Being my Soul with all my soul is connecting to the Ability of Life that is my Soul.

Being my Soul with all my strengths is uniting my power, authority & ability; with love, light & life; mentally, physically & emotionally; to become as my Spiritual Soul is; I am; and Jesus is, was and ever will be.

Oct 11 2011

The Gospel of Jesus is the Good News of Jesus.

The Good News that Jesus brought for All Men is that: "You too can be like me"!

Jesus showed the way by who he was being.

He did not say: "Do as I do, upset the rulers of society, be crucified for your perceived sins and become a martyr".

Jesus had no sin, nor did he die for the sins of Man.

He was a Saviour not a martyr.

He had overcome the sins of humanity and the duality of life.

"You too can be like me" means:

"You too can Love the Lord thy God with all thy heart, all thy soul, all thy mind and all thy strength"

It also means:

"You too can do unto others as you would have all others do unto you".

These are the two Commandments by which Jesus chose to live his life.

The Good news is that this is the potential of all human beings and that when All Men live their potential, as Jesus did, it will be Great News.

Amen.

83

Knowing the Present

Oct 10 2011

Knowing the Present is the key to consciously creating the future.

My future is a recreation of my present thinking.

Whatever I focus on in the present moment becomes my experience in the future.

The focus of gratitude & appreciation in the present allows my gifts to be re-presented in my future. Being totally present in each moment of reality requires absolutely no reference to my past or my future. Thoughts of the future are always sponsored by my discontentment with the present.

The more I focus on my fears of the past, the more I project them into my future.

Knowing the present requires an intuitive sense of knowing and the attribute of Presence.

Being my Presence is the essence of knowing the present moment.

Being my Essence allows me to know each moment and be present.

When I feel my own presence, I receive the gift of Life.

This is the present that presents itself in each present moment of my reality.

84

Knowing the Past

Oct 09 2011

Knowing the Past is not an intuitive sense of knowing.

It is knowledge accrued through past experience.

Past knowledge is an experience through which I have passed.

Should I choose to repeat the experience then this knowledge is of use to my Self.

Should I choose not to re-experience my past, I am obliged not to give it another thought.

Past knowledge will often create resistance in the present.

Without past knowledge, I have no option but to follow my instinct and my intuition.

My intuition will instinctively guide me on my path.

My past knowledge will create obstacles, hurdles, crossroads and dilemmas to navigate and to overcome.

My past knowledge is filed under headings of what was good or bad for me and what was right or wrong for me.

My past experiences of a dual reality world will always create at least two choices that make my future unpredictable and dependent on chance or misfortune.

My past is never on the path of my destiny. To re-experience it is my fate.

85

Knowing the Future

Oct 08 2011

Knowing the Future is an oxymoron.

I cannot know the future, I can only experience the present.

Until the present presents itself, it is unknown.

The future is yet to happen and yet to be created.

It is just a possibility of what may occur based on present thinking.

It is my perspective and my perceptions of my present reality that create my future.

To know my future, I would have to be aware of everything that is occurring in this present moment and every other present moment that has ever occurred in my life so far. This is beyond the capability of the conscious mind.

My future can never be exactly the same as my present reality because change is the nature of reality.

The only thing that I can know with certainty about my future is that something will change, and that makes the future uncertain.

Prophecies and predictions are just an attempt to influence and persuade an uncertain mind of its fate. It is my destiny to know that I do not know, because in my heart I choose not to know.

86

A Faint Heart

Oct 07 2011

A Faint Heart lacks confidence.

My Heart is full of confidence.

It is the Source of my Power & my Authority.

Connected to my source of power & authority, I am full of confidence.

A faint heart is disconnected from its source of power & authority.

It is not my Heart that is faint but my connection to it.

Disconnected from my Heart, I cannot hear my messages that show me my direction in life.

Without a clear direction, I am unable to walk my path with confidence.

With a faint heart I will plod around in circles.

My messages are never faint, only my ability to hear them is faint.

When I hear my messages with clarity, I intuitively know, see & feel the direction of my path through life. Walking one's path and living one's destiny is not for the Feint of Heart.

87

A Problem-Free Life

Oct 06 2011

I will never attain a Problem-Free Life by trying to solve all of my problems.

Trying to solve a problem focuses on the problem and just makes the problem bigger.

Focusing on problems never made anyone problem-free.

Being problem-free is being free of pain, free of fear and free of resistance.

Pain, fear and effort are my greatest problems in life.

Being painless, fearless and effortless is the pathway to a problem-free life.

Pain, fear & effort are the effects of a problematic life as well as the cause of a problematic life.

Solving problems is painful, fearful and hard-work.

Being problem-free is not about solving problems but about not having problems.

When I have no problems in life and I am tolerating nothing, with total acceptance of what is, I am free of all pain, free of all fear and free of all resistance.

I cannot solve pain, I cannot solve fear and I cannot solve resistance; I am required to face them and no longer allow them access to my life.

I will always encounter pain, fear and resistance as a problem when I am off track.

Hearing the messages that keep me on my path and choosing the opportunities that are available on my journey is the key to a problem-free life.

88

Terminal Illness

Oct 05 2011

No illness is terminal by its nature.
Any illness is capable of terminating life.

An illness is determined to be „terminal“ when the medical profession is unable to cure the symptoms that normally lead to the death of a patient.

The symptoms that usually lead to death are chronic disease of the major organs. Our body cannot function without its major organs and will therefore die.

Whatever continues to inhibit the proper function of a major organ and is beyond the ability of medical science to alleviate it, is deemed to be a Terminal Illness.

All illness is reversible.

The cure for all ills is to be found in its original creation.

The origin of my physical illness is to be found in what I lack and need emotionally.

The origin of my emotional needs is to be found in my sub-conscious mind, which holds my belief system. It holds the beliefs that program my genes.

When my beliefs are terminal, my illness is terminal.

Ultimately it is my belief about life that will be either its demise or its saviour.

Terminal Illness is a belief and a diagnosis that kills people, when they believe it to be true.

89

Participating & Competing

Oct 04 2011

I compete to win.

I participate to grow.

I compete to win or lose.

I participate in life.

Winning & losing are a duality and a drama.

I cannot compete without entering the drama of the competition between the winners & the losers.

Whether I compete against others or against myself, I risk losing in order to win.

Participating effectively in life requires the ability to overcome the duality of winning & losing.

Competition either explores or exploits the inequalities of human character & personality.

Participation is taking my part in the free-flowing effortlessness of life.

Once I have overcome the need to win and the fear of losing, I

become a successful participant who cannot lose. Participating in life is always a win-win situation.

Competing is only good for those who need to win.

Without the need to compete & win, I participate in life as a True Winner.

But, first I have to win the right to participate.

90

Hubris, Avarice & Bigotry

Oct 03 2011

Hubris is good old-fashioned pride.

Except, modern society does not judge hubris to be good now.

Today, pride is seen to be good and encouraged while hubris is seen to be bad and discouraged.

The badness of my hubris allows my pride to be good.

Avarice is good old-fashioned greed.

Except, greed has never been seen as acceptable in any society.

Today, avarice is seen as the pursuit of riches and is encouraged, whilst greed is seen as wanting too much and is not. Greed has become confused with gluttony and wealth has no distinction from riches.

Bigotry is good old-fashioned arrogance.

Except, neither bigotry nor arrogance are seen as good in any society.

Today, self-confidence is seen as good, arrogance as bad and bigotry as worse.

Hubris is a false sense of having authority over others, whilst pride is the ego's false sense of its own authority. Avarice is the pursuit of a false sense of wealth, whilst greed is the desire to be better than others by being wealthier. Bigotry is a false belief in one's own ability, as is arrogance.

Hubris, Avarice & Bigotry are all the result of a disconnection from our source of power & authority that allows the true ability of our confidence, worth & esteem.

91

The Need for Space

Oct 02 2011

Space is a metaphor for emotional energy.

The source of my emotional energy is the „gap“ in Space.

Energy exists in the gap or space between matter.

In the gap, I am divinely connected to my emotional energy and I have no need for space, because I have all the space I need.

Disconnected from my divine source of emotional energy, I am not in the gap, I am grounded in matter, and I will need space to connect to my power.

The reason for my distraction and disconnection is usually other people.

When I need other people for my emotional energy supply, they are necessary, and I am attached to them emotionally.

When other people are not supplying the emotional energy that I need, I will need space between my self and others, and I will need to detach from them.

When I no longer need them, I am no longer attached to them.

I create space or a gap between my Self and others to limit my energy drain and to contain my emotional power. As an Aloof, I will retreat to my „cave“.

The space or gap between my Self and others is not the Divine Gap of Space.

My disconnection from others and my non-attachment to others is necessary for my connection to my True Source of Power, which is my Soul.

My Soul resides in the Gap of Space and meditation is my „space craft“.

92

The Need for Order

Oct 01 2011

The Need for Order is created by the belief that chaos exists. Chaos Theory substantiates the belief that chaos is real. Order & chaos are a duality of relative existence. In the midst of chaos, I will need order.

The order I choose is determined by my Self.

The chaos that I experience is created by my Self.

The more that I try to put my life in order my self, the more chaos I create, and the more order I will need.

The only order that I need to follow is my path and the only order that I need is to follow my path.

Following the order or the orders of other people will take me off my own path onto another“s path.

Following someone else“s path will lead to chaos because it has no order for my Self, being neither ordered nor authorised.

My Soul provides an orderly path for my Self; I am authorised to follow it, but I am not ordered to follow it; I have to choose it as myself.

There is no chaos on my effortless path and no order is needed when I accept that everything is always provided on time in Divine Order.

Once I accept that no order is required I no longer have a need for order.

93

Effortlessness

Sep 30 2011

Effortlessness is not an action.

I cannot do effortlessness.

Effortlessness is a state of being.

It is the state of being in which I do something without effort. I do things effortlessly when in a state of being effortless.

Effortlessness is the attainment of being effortless.

Being effortless allows me to do things with energy rather than effort. With effortlessness there is no effort because there is no resistance. When There is no resistance I am in the flow.

In the flow, my action is authorised & empowered.

With full authority and power, I have the ability to act effortlessly with effortlessness. Fear depletes my mental authority.

Pain depletes my emotional power.

Problems inhibit my physical ability.

Nothing is an effort for my Soul. Effortlessness is a Divine Attainment.

In alignment with my Soul's Power & Authority, Life is always painless, fearless, problem-free and effortless.

My Soul always allows my Self: - Personal Freedom.

94

Fearlessness

Sep 29 2011

Fearlessness is not the absence of emotion.

It is an emotional state of being.

Fear is not an emotion.

Fear is a negative or false belief that creates a negative emotional experience. I call it fear in the absence of realising a definite negative emotion. Fearlessness is not the boldness or bravery of a suppressed belief system.

It is the absence of false or limiting beliefs.

In the absence of a limiting belief, I am fearless.

Fear is a mental belief that creates a negative perspective of life.

Fearlessness sees life how it really is.

There really is nothing to fear, once I have overcome all my limiting beliefs about my life.

In the absence of negative limiting beliefs, there can be no negative fearful emotions.

Fearlessness requires the overcoming of all fears.

It is not attained through suppressing or denying a fear but by overcoming all fears.

I only fear what I believe to be a threat to my existence and my ability to live life my way.

My Soul neither delivers nor provides any threat to my existence. I am only ever in danger of being my Self.

Fear is an illusion of my Self.

Fearlessness is an Attainment of my Soul.

95

Painlessness

Sep 28 2011

Painlessness is not an effect of life.

It is an emotional state of being.

Painlessness is the presence and experience of Joy.

When Joy is present there is no pain.

Pain is the absence of Joy that is an experience of a negative emotion called painfulness.

It is a negative emotion expressing itself within the physical body.

What creates painfulness and inhibits painlessness is the emotional resistance that my body endures.

When my body resists the flow of pure emotional energy (love), it suffers pain.

The greatest resistance to the Pure Feeling of Joy is the belief that pain & suffering exist.

This belief, in the incredibility of feeling pure joy and painlessness, creates the experience of pain & suffering.

Painlessness is my Soul's natural state of being Empowered.
My Joy is truly powerful.

I suffer only from my apparent lack of joy created by need for emotional power.

96

Internal Pain

Sep 27 2011

When external pain is not accepted with gratitude and released, it is internalised. External pain that is internalised will eventually reappear as Internal pain.

Internal pain originates in the body, whereas external pain originates from a cause outside of the body.

My body never causes the pain, but it does complain at the negativity that is stored within the body that need to be released.

Negative mental & emotional energy stored within the body is a pain.

Internal pain is a message to my conscious self that this negative, suppressed energy has not been released.

To deliver the internal pain, I am required to release the external pain that originally caused it.

Time is not a great healer; it is just a distorter of truth & reality.

The truth of my internal pain is lost to the time when I suppressed and internalised an external experience that was painful.

Once I reveal the true cause of my pain, I can release it, deliver it and then cleanse my future of pain.

External pain occurs in the present and requires release.

Internal pain originated in my past and requires delivery by releasing it from the past.

Releasing & Delivering pain cleanses my future of any suffering and allows my Self a state of being Painless.

97

External Pain

Sep 26 2011

There are two types of pain: Internal & External.

External pain is the result of wrong action.

Any action that causes pain is not right for me.

External pain is a message, a signal and a direction.

Hearing the message, seeing the signal or knowing the direction; instantly releases the pain.

External pain is the result of not listening, of being unaware and going in the wrong direction.

It is caused by being in the wrong place at the wrong time with the wrong belief.

From a spiritual perspective, external pain is an opportunity for development & growth.

Pain teaches me to listen, to be aware, and to avoid a negative perspective of what is occurring.

When I see pain as my tutor, I learn from my pain, see the benefits of my pain and no longer suffer from my pain.

Once I see the pain as a positive indicator, I can accept it and release it, and I no longer have any reason to suffer it, suppress it, or fear it.

98

Personal Freedom

Sep 25 2011

Personal Freedom is being free of my Self.

It is being free of the boundaries that I have created my Self.

It is overcoming the victimhood that I currently experience in my life.

I am a victim of:

My Pain

My Fears

My Problems

These all determine the personal boundaries that I have in place in my life.

Being personally Free requires the attainment of:

Painlessness

Fearlessness

☒ Effortlessness

The journey to becoming painless will require confronting my pain

The journey to becoming fearless will require me to confront my fear.

The journey to becoming effortless will require me to confront my problems.

An effortless life is free of the problems that cause both pain and fear.

Pain, effort and fear are all negative indicators of my opportunity for the development of my personal freedom.

My personal freedom is attained in the absence of any pain, fear or problems.

It requires my power to overcome pain; my authority to overcome fear; and my ability to overcome the effort of my resistance that creates the problems in my life.

99

The Reality of Now

Sep 24 2011

The Reality of Now has Presence.

The Present Reality is Real.

Now is the only reality that is real.

The past and the future are just recollections of memory and projections of the imagination.

Neither the past nor the future has presence.

Presence requires both clarity & direction.

Clarity & direction exist only in the presence of now.

In the presence of now, reality has both clarity & direction.

I get lost & confused when I am in either the past or the future.

My loss & confusion are frustrating, when I am without the reality of now.

The reality of now is a present and a gift.

The reality of now is ever present.

I can only receive my present when I am present in the reality of now – the present moment that is pre-sent as a gift for my Self.

100

Now & Then

Sep 23 2011

Now & Then are a duality of the present and the future.

Now & then I have everything that I want.

When what I want is not present now, then I will get it in the future.

I either have it now or I will get it then.

If it is not present now, then I will have to wait.

If & then are the result of cause and effect.

Cause & effect are a duality of relative life.

The effect of life is always relative to its cause.

If I do this, then that will happen in the future.

If I have this now, then there is nothing that I have to do.

Now & then has a 3rd Way.

The balance between now & then is Always.

When I always have whatever I need for my journey through life, it is my provision and my present.

Then this is, and always will be, the present moment of Now.

101

The Irresistible Force

Sep 22 2011

The Irresistible Force will encounter an Immovable Object. When an Immovable Object stops an Irresistible Force, the force is no longer

irresistible.

An Immovable Object can only resist a resistible force.

An Irresistible Force is irresistible.

It has the potential to flow passed any object or objection.

The potential for irresistibility and effortless flow requires both a force and a magnitude of emotional energy.

An Irresistible Force has both the power & the authority to flow effortlessly.

Without both a force of authority and a magnitude of power, the potential of the power's ability is resistible.

When a force is resisted, it lacks power and becomes an immovable object. When two immovable objects are in confrontation, no movement is possible.

When an Irresistible Force meets an Immovable Object, it will flow past without conflict or confrontation.

A Truly Attractive Force has no need to move an object and no reason to confront an objection.

Two Irresistible Forces will always flow in harmony together.

102

A Participating Observer

Sep 21 2011

A Participating Observer is neither a Competitor nor a Spectator.

As a Participating Observer, I am connected to what is happening yet detached from

it.

I am participating yet not competing.

I am observing yet not spectating.

I have no attachment to the outcome of the action.

I have need to become involved.

I choose to participate to share the experience.

I am not driven to take part but I am empowered to participate.

I participate because I am empowered not because I need to.

Observation and awareness of what is occurring is key to becoming a detached participant.

As a keen observer, I see the flow and effortlessly participate in the action.

As a Participating Observer, I know & feel the True Value of each and every Life Experience.

103

Involvement

Sep 20 2011

Involvement creates inner turmoil.

When I get involved in life, I get caught up in the drama of life.

It is my beliefs and my emotional needs that involve my Self in life's dramas.

My involvement in life is relative to my attachment to life.

Observing life without involvement requires detachment.

Detachment allows my Self to enjoy the experiences of life without getting involved.

Involvement never leads to positive experiences.

It leads to the cause of life's problems.

I only ever get involved in life's problems.

I never get involved in life's opportunities; I just take them.

I never get involved in my own Life Path; I just follow it.

I get involved when I follow someone else's path and someone else's authority & choice.

I am not meant to get involved.

Getting involved does not give meaning to my life, just confusion.

104

Conscious Awareness

Sep 19 2011

Consciousness is not conscious of its Consciousness.

I am conscious of my physical reality, not my Consciousness..

Consciousness is my True Identity, which is why I am unaware of who I really am from my conscious perspective.

From my conscious perspective, I cannot see my True Self.

Life-Force is the energy of Consciousness.

It is the power to be conscious and the ability of life.

I am not conscious of my life-force energy, but I can learn to become aware of it. Awareness is intuitive.

I cannot physically measure my consciousness or my life-force energy. I can measure my awareness of my intuitive states of being.

When I intuitively know, feel & see who I am being, I am aware of the state of my Consciousness.

Being conscious is my perspective of physical reality.

Awareness is my perception of my spiritual reality.

My Conscious Awareness allows me to balance my physical and spiritual realities.

105

Being Good

Sep 18 2011

Being Good is having no unmet emotional needs. When all my emotional needs are met, I feel Good. When I feel good, I am Being Good.

I cannot Be Good and feel bad.

Being Good is being connected to my emotional Source of Power.

Being Good is my state of Beingness that has nothing to do with other people.

It is neither a judgment by others nor a dependency on others.

It is my sense of knowing who I am and the expression of Being Good that accompanies it.

The feeling of Being Good is my Emotional Power that allows my Self to do what I Truly Value.

Doing what I truly value is Good for my Self, because it has value and connects me to my emotional power.

Pleasing other people is good for them because it meets their emotional needs, but it has no true value for my Self.

Being Good is the feeling that whatever I am doing is mutually beneficial for my Self and all others.

106

Doing Good

Sep 17 2011

Doing Good is the act of Being Good.

Doing Good is the Golden Rule in action.

When I do good unto others, others do good unto me.

But how do I know what is Good?

What I want others to do unto me, I consider good.

But what I want others to do to me changes from moment to moment, is never consistent and is always unpredictable.

How can I know what to do unto others, what others want, when most of the time I don't really know what I want from them?

Mostly I want others to meet my emotional needs.

When they do it is good for me and when they don't it is bad for me; but this is neither doing Good nor being Good.

Needing other people to meet my emotional needs is not Good for me, it creates a dependency that I do not want.

Doing Good is not about other people.

Doing Good is the action by which I am able to express and experience Being in an emotional state of Goodness.

I Do Good because it is an expression of who I am.

I have no emotional need to express and experience my Goodness. My Goodness has True Value.

I express and experience the true value of my state of Goodness automatically whenever I am Doing Good.

107

Kindness

Sep 16 2011

Kindness is a knowing that we are all Alike.

It is a state of Being Alike and of the same kith & kin.

Kind & unkind, are a duality born out of the belief that we are all different.

We are kind to those who we are like.

We are unkind to those who are different.

Generosity is the act of giving to those who we like.

Meanness is the absence of giving to those who are not like us and we do not like.

Kindness is beyond the duality of being kind or unkind, kin or not kin, like or not like, generous or mean, like or different.

It is a knowing that we are all fundamentally part of the same Essence.

Essentially, we are all One and the Same.

Whatever I do to another I do unto my Self equally.

The Law of Attraction governs the Golden Rule; there are no exceptions.

Kindness is the result of knowing that whatever I give out or express, I receive in return; it is the Law.

Kindness is the act of “Doing unto others only that which I would choose others to do unto my Self”.

With the attainment of Kindness, the Law of Attraction always works in my favour, which is exactly how it is designed to work.

108

Victims of a Control Drama

Sep 15 2011

We are all Victims of a Control Drama.

We all compete with others for our emotional energy.

We are all victims of needing more emotional energy than we have.

We are born with neither the awareness nor the emotional intelligence to meet our own emotional needs.

We all resort to Control Dramas to replace the emotional energy deficit that we experience in every day physical life.

There are no winners and losers in the competition for emotional energy; we are all losers.

We all lose energy competing with each other.

When we learn how to retain our emotional energy, we no longer need to compete with others.

When we learn how not to compete for emotional energy, we learn how to retain it.

Until then I remain a victim of my sub-conscious need for emotional energy.

I am a victim of whomever I depend on emotionally.

The Intimidator is as much a victim of the Poor Me as the Poor me is a victim of the Intimidator.

The Interrogator is as much a victim of the Aloof as the Aloof is a victim of the Interrogator.

In playing the game of the Control Drama, we are all both the victim and the villain.

109

The Mayan Calendar

Sep 14 2011

The Mayan Calendar measures a Long Year.

A Long Year is 26,000 orbits of the Earth around the Sun.

One Earth orbit of the Sun is one Earth Year.

An Earth Year ends on the 31st December, every year.

The Mayan Calendar ends on the 21st December 2012.

It starts again on the 22nd December 2012, which is the first day of a new Long Year.

The 22nd December 2012 is a Mayan New Year's Day.

The end of a Long Year is co-incidental with the alignment of the Earth, the Sun and the Galactic Centre on the Winter Solstice.

On the Winter Solstice of 21st December 2012, the sun will rise above the horizon and be in direct alignment with the exact centre of our Milky Way Galaxy.

Due to the rotation of the Heliosphere around the axis of our Sun, this will not occur for another 26,000 years, at which time it will mark the end of another Long Year of the Mayan Calendar, should the Maya still be here to celebrate it.

110

The Balance between Being & Doing

Sep 13 2011

When Being & Doing are a duality, I need to find the Balance, the 3rd Way.

The 3rd Way is the Balance that unites and incorporates both aspects of a duality.

I cannot Do without also Being.

I cannot Be without also Doing.

When I am aware of who I am Being whilst I am Doing whatever I am doing, I have found the 3rd Way and attained Balance.

It is not choosing between Being & Doing, but being in balance by being aware of who I am Being, as well as being conscious of what I am Doing.

This requires Presence.

When my conscious action aligns with my awareness of who I am, I am in Harmony with my Self & my Soul.

My Self is interested in what is happening in my life.

My Soul is interested in who I am Being whilst it is happening to my Self.

When my Self & my Soul come into alignment, I attain the Balance Between Being & Doing.

111

Inter Stellar Medium

Sep 12 2011

Inter Stellar Medium is the „stuff“ that exists between solar systems.

It is the „fabric“ of Space.

Science has believed for years that Space is empty; that it is a void and a vacuum.

Science used to define the fabric of Space as the „ether“.

In the absence of any physical evidence of the ether, this theory was dropped during the 20th century.

The ether became the province of Spirituality and Spiritualism, when Physics became a purely physical science.

With the advent of unmanned space probes reaching the outer reaches of our Solar System, it now appears that Space is not empty.

The extent of our Sun's cosmic influence is now defined as the Heliosphere. Apparently the Heliosphere is no longer empty; it is now full of „solar wind“.

Also, Outer Space is no longer empty either because the Inter Stellar Medium of Outer Space meeting the Inner Stellar Medium of the Heliosphere is now eminently measurable.

Nothing is allowed to become scientific until it is physically measurable. Spiritual Mediums know differently.

112

The Centre of the Universe

Sep 11 2011

The Universe has no centre.

A centre is the mid-point between two extremes.

The extremity of Space is the boundary from which its centre can be measured.

But the Universe is Infinite, it has no boundaries.

Our limited view from Earth creates the boundaries of our known universe with our Sun at the centre.

Boundaries are a limitation of 3 dimensional thinking based on a 3 dimensional perspective of life.

With a 3 dimensional physical perspective of length, breadth & height, these become the limits, boundaries and extent of our „space“.

We appear to live on a 3 dimensional planet, in a 3 dimensional solar system, in a 3 dimensional galaxy, that exists in a multi-dimensional Universe.

In a pre-scientific Age, Earth was considered to be the centre of the Universe. The universe revolved around the Earth.

In our modern Scientific Age the Sun has become the centre of our Solar System and the centre of our Universe.

In a future Age, the Age of Aquarius, the central Sun of our Milky Way Galaxy will become the centre of our Universe.

The Centre of the Universe will continue to change and expand as our Consciousness changes and expands.

The Universe resides at the Centre of our Consciousness.

113

Precession of the Equinoxes

Sep 10 2011

Precession of the Equinoxes is a 20th century theory of why the Earth moves through all 12 constellations of the heavens over a period of 26,000 years.

It is an answer to why the Earth appears to be moving slowly through one of twelve distinct „Ages“, every 2,000 years.

It is believed by modern science to be due to the fact that the Earth wobbles on its axis.

Some even believe that this wobble is due to a discrepancy between magnetic north and true north that appears on a 2 dimensional map.

It is based on an observation that a spinning top wobbles due to the energetic experiences that it is experiencing as it slows down.

However the speed of spin of the Earth is constant and has been for millennia.

The Theory of the Precession of the Equinoxes is based on the belief that the Sun is stationary and the Universe circulates at the same speed as our Galaxy.

Science no longer believes that the Earth is the centre of our Universe.

However its theories are now based on our Sun being the centre of our Universe.

114

A Long Year

Sep 09 2011

A Long Year is a Solar Year.

It is a period of time equal to 26,000 Earth Years.

One Earth Year is the time it takes the Planet Earth to orbit the Sun.

One Long Year is the time it takes the Sun to make one rotation on its axis.

The rotation of the Sun is tangential to its direction of orbit of the Galactic Centre.

Not only does the Sun orbit the galactic centre, it also rotates on its directional axis.

It is not just the sun that rotates but the whole solar system or Heliosphere.

The Heliosphere is the extent of Space that is influenced by both Solar Gravity & Solar Activity.

The Gregorian Calendar, of 365 days and 12 months, plots one revolution of the Earth's orbit.

The Mayan Calendar, with divisions of 260 Earth Days, plots the Sun's Axial Rotation on its orbit of the Milky Way Galaxy.

One Mayan Long Year ends on 21st December 2012.

The next mayan long year starts on 22nd December 2012.

115

The Speed of Thought

Sep 08 2011

The Speed of Thought is instantaneous.

Thought is beyond the confines of speed, time & distance.

Speed, time & distance are a concept of physical interaction, not thought.

Thought is the cause but not the effect, which takes its origin beyond the world of duality.

Time, speed & distance are the effect of Thought and the originating Consciousness.

Thought does not travel.

Thought just Is.

Time, speed & distance allow the illusion that Thought can travel in space, time & reality.

It is Thought that creates the illusion of Space-Time-Reality.

It is time that appears to travel at a constant speed from the distant past to the unforeseeable future.

Thought only exists, and can only be experienced, in each moment of Now.

It is my Thought about each moment of Now that brings both Space & Time into Reality.

116

Being Healthy

Sep 07 2011

Looking for a cure for illness will never make me Healthy.

I cannot cure my illness.

I can only change the state of mind that created it.

Focusing on my illness will only ever attract more of the same.
(Law of Attraction).

Moving from being ill to Being Healthy requires a wealth of gratitude and the wisdom of appreciation.

I cannot be in gratitude and appreciation for my illness.

I can be in gratitude for the experience of feeling better.

I can be in appreciation of my journey towards becoming Healthy.

It is my negative beliefs and fears that need to be cured, including my belief that I am ill.

Being Healthy is beyond the duality of illness & wellness, sickness and healthiness, well-being & unwellness.

These are all self-created choices that no longer serve my Self.

My Ability to be Physically Healthy requires the Wisdom of my Mental Authority & the Power of my Emotional Wealth.

117

Height & Depth

Sep 06 2011

Height is a measure of one of the 3 dimensions of physical reality.

Height allows matter to be 3 dimensional, when combined with length & width.

Height & Depth are the same thing seen from a different perspective.

I see the height of a hill from the bottom of a valley, whereas I see the depth of the valley from the top of a hill.

Depth is a measure of the intensity of my emotion.

The deeper my feeling of emotion, the more aware I am of the intensity of life.

My emotions, like all energy, have 3 dimensions; that are force, magnitude & intensity.

The deeper my awareness of the intensity of my emotion, the greater is the force and magnitude of my awareness of consciousness.

The depth of a valley is a physical perspective.

The depth of my emotion is a perception of feeling.

The Height of my Awareness is relative to the Depth of my Consciousness.

118

Passive Action

Sep 05 2011

Passive Action is the state of doing nothing.

Doing nothing takes practice.

Doing nothing is the gateway to becoming aware of my Beingness.

When I am focused on the action, I disconnect from my Beingness.

Passive action is not a state of inaction.

My Mind is never inactive.

To connect with my active mind requires my body to be inactive.

When I believe that I am my physical body, I become a slave to my physical activity.

When I know that my body is just a vehicle through which I express my Beingness, I take control of my actions.

Meditation is a passive action.

Being is a passive action, when I learn to just Be, without having to do. When I learn to do nothing, I can learn to Be everything.

119

There is Nothing that I Have to Do!

Sep 04 2011

There is nothing that I have to do. A have-to is a toleration.
It creates a problem.

I do not have to solve problems.

My path is to be problem-free.

A problem-free path has no resistance, no problems, no tolerations, no have-tos.

The belief that there is something that I have to do, drives my need to achieve, which is created by my need for approval.

There is nothing that I have to do.

My Soul is not concerned with what I am doing, only who I am being whilst I am doing whatever I am doing.

Doing is just the vehicle through which I express my Beingness.

Being fearless, Being pain-free, and being problem-free, do not require me to do anything.

The only thing that I am required to do is to learn to do nothing. The equanimity of doing nothing connects my Self to my Soul.

120

Perception & Perspective

Sep 03 2011

A Perception is an emotional sense of feeling.

A Perspective is a mental state of knowing.

I process perceptions with my emotional processor, my solar plexus.

I process perspectives with my mental processor, my brain.

Perceptions are an awareness of emotional energy.

Perspectives are the experience of physical consciousness.

Whatever I am conscious of being real in this physical world, becomes my perspective of reality.

Whatever I am aware of being real, using my intuitive sense, is a perception of my reality.

I create a perspective of life based on my physical experiences.
I realise a perception of life based on my emotional experiences.

Whatever touches my physical body, whether it be light, sound, smell, or solid matter, creates my perspective of reality.

Whatever touches my Soul instinctively & intuitively is a real perception of this physical world.

With no distinction between perception & perspective, I will have no distinction between my perspectives and my perceptions, and they will appear to be the same thing.

121

A Wake, Awake & Awaken

Sep 02 2011

I Awake from sleep and become conscious of the physical world.

I Awaken from my consciousness of the physical world to become aware of my

spiritual origins and my spiritual nature.

A Wake is a celebration of passing from the consciousness of the physical world to the awareness of the realm of spirit.

Awakening to my spiritual nature and remembering my origins does not have to wait until I die.

It is my Conscious Self that sleeps.

My Soul is eternally awake.

My Self cannot awaken its Self.

My Soul will awaken my Self at the most beneficial time for itself.

Once my Self is awake and awakened to my Real Self, I am alert to my messages that discern my path on my journey through life.

That really is a cause for celebration.

122

The Value of Leadership

Sep 01 2011

The Value of Leadership is determined by the attainment of the Leader.

Attainment determines the quality of the Leader and the value of the Leadership.

Leaders & followers are driven by their emotional needs.

My emotional needs determine whether I will lead other people or follow other people.

The value of my emotional needs to my Self is why I either lead others or follow others.

True Leadership is inspired & empowered.

True Leaders are not driven by their emotional needs.

They are empowered to follow their True Values.

True Values are what I love to do, once I have met my needs and I am connected to my true source of emotional power.

True leaders attract true leaders to share their paths together in inter-dependent relationship.

I attain True Leadership with the attributes of Emotional Intelligence.

It requires the conscious awareness of meeting my own emotional needs my Self. The value of leadership is determined by the quality of the energy of the leader. Being a True Leader has True Value and no emotional attachments.

123

Zero Tolerance

Aug 31 2011

Zero Tolerance is enforced by an intolerant society.

It is a measure of a society's level of acceptance.

The path towards forgiveness is from intolerance to tolerance to acceptance.

A society that expresses zero tolerance has not yet started the journey to forgiveness.

Zero tolerance means that I am not prepared to tolerate any unacceptable behaviour.

Unacceptable behaviour is anything that I am unable to tolerate.

In our society, young people wearing hoods and meeting together in public has become an unacceptable behaviour.

It is not that young people have become unacceptable, it is the fears that older people have that they are no longer able to tolerate.

The intolerable fears that our society is suppressing are being projected onto the very people who are trying to change a society that has become so intolerant and unaccepting of change.

True Forgiveness will only be attained once the problems of Zero Tolerance are replaced by the opportunities of Unconditional Acceptance.

124

Life is an Open Book

Aug 30 2011

My Life is an Open Book, once I open my book.

I have not come to write my Book of Life.

I have come to experience it.

In another realm, another time, another dimension, my book is already written. Life is an open book when I allow my story to unfold.

I am the hero of my story, whether my book is open or closed.

I can experience my story with my eyes closed or my eyes open.

The book is always open to those who have the eyes to see and the wisdom to read it.

Opening my eyes reveals an awareness of my book and an awareness that it is already in existence.

Without awareness, I am conscious only of my story so far. This allows the illusion that the book is not yet written and I have to write it myself. With the book closed, I often lose the plot.

When Life is an Open Book, I just have to enjoy the adventure.

125

Being Cured

Aug 29 2011

Being Cured is a desire of the ego that believes that it is the victim of an illness.

I can cure herrings but I cannot cure people.

Curing is a process of improvement or making better.

I cannot make someone else better, I can only help them to improve their Self.

When I believe that I am ill, I will never get better, I will just experience periods of time when I am less ill.

Illness is a belief that my health is being affected by something outside of my Self.

Abdicating a cure to someone who believes that they have been trained to heal me has proven unsuccessful.

They have only ever managed to alleviate the symptoms of my dis-ease.

I am on a continuing journey of personal development & spiritual growth, although I may experience it as a journey of sickness & ill health that hangs me out to dry and smokes me to death, should I so choose.

126

Being Content

Aug 28 2011

Being Content is the feeling that accompanies the knowing that I have enough. When I know that I have enough, I feel content. When I know that there are enough spaces to park my car, I feel content.

One parking space is enough to allow me to be content.

When I know that there is enough money in my account to pay my bills, I am content.

Enough for what I need is enough for me.

I am being content when I know that there is always enough money provided for me to follow my path.

I follow my path in contentment.

When I know that there is enough time in every day for what I need to do, I feel content.

I cannot have too much to do and have enough time to do it. With enough time, I am always on time, never late or early, and always content.

Being Content requires the presence to know that contentment is only experienced in the present moment of time.

I can only feel content with what I know to be my truth right now.

Past memories of not enough and future thoughts of scarcity will always bring me the feeling of discontentment and stop me being content.

127

Honour

Aug 27 2011

Honour is: Being my best behaviour.

Expressing who I am through my best behaviour is an honour.

I honour the best behaviour of others.

An honour is an acknowledgement of best behaviour.

My best behaviour is my service.

Being of service is my highest honour.

Serving my Soul is an honour for my Self.

In Service, my Soul honours my Self.

Being Honorable is attaining the attribute of honour.

It is attaining a position of High Service.

My Highest Service and my Best Behaviour reflect the path of my Soul. My Self & my Soul unite on our journey, in honour of our path in life.

128

Compassion & Empathy

Aug 26 2011

Compassion & Empathy are opposing genders of emotional energy. Compassion has a female gender of power.

Empathy has a male gender of authority.

Compassion has a polarity opposite of sympathy.

Empathy has a polarity opposite of apathy.

In my quest to attain sensitive detachment, both compassion & empathy have a positive polarity because they are in alignment with my intention.

When I attain empathy with compassion and I can attribute compassion with empathy, the gender of my Beingness comes into balance.

The yin & yang of my male & female energy unifies as Compassionate Empathy and Empathic Compassion.

When I act with neither sympathy nor apathy, I cancel out both the male & female aspects of my negative state of being.

I cannot be insensitive, aloof, disconnected, attached, inclusive, unemotional, or irrational, and attain the attribute of either Compassion or Empathy.

The attributes of both Compassion & Empathy require the attainment of not only Sensitive-Detachment, but also an Exclusive-Connection to my True Source of Power & Authority, with Rational & Emotional Intelligence.

129

Compassionate Empathy

Aug 25 2011

Compassionate Empathy requires both rational and emotional intelligence.

Empathy requires a rational intelligence and an understanding of what is occurring in this physical world.

When I understand what someone else is experiencing from a physical, rational perspective, I am in empathy with their situation.

I empathise with another when I share or have shared a similar physical experience of life.

Being compassionate requires emotional intelligence and an awareness of another person's emotional energy.

When I understand the state of someone else's emotional energy, what they have and what they need emotionally, I have a compassionate awareness of their state of being.

I am compassionate when I share or have shared a similar emotional experience as another.

Whether the experiences that I have shared appeared to be positive or negative is irrelevant to my ability to be both compassionate & empathic.

It is my ability to see an experience as a positive opportunity for personal growth that requires my Compassionate Empathy.

130

Empathic Compassion

Aug 24 2011

Empathic Compassion requires Sensitive Detachment.

Sensitive Detachment requires both the compassion of sensitivity and the sensitivity of compassion, and it requires both the empathy of detachment and the detachment of empathy.

Being sensitive is compassionate.

Compassion is the energetic connection of emotional power that is a shared experience between two individuals.

I have compassion when I feel the source of power that is within another as a reflection of the source of power that is within my Self.

Compassion is the power of two Souls in unison & harmony.
Being detached is empathic.

Empathy is the energetic connection of authority that is a shared choice between two individuals.

I have empathy when I know that I am able to walk the same path as another and be in alignment with their true choice of authority.

Empathy is the choice of two Souls in congruent alignment.

Compassionate Empathy is the alignment of my True Power & Authority with the Soul of another.

131

Sensitive Detachment

Aug 23 2011

Being Apathetic is being insensitive to others & disconnected emotionally from others.

Being Sympathetic is being sensitive to others but attached emotionally to others.

Apathy & Sympathy are negative personal attributes because they are not of my choice.

I choose to relate in a sensitive way with others, without being needy & attached, which is Compassionate.

I choose to be detached from others emotionally, without being aloof & disconnected, which is Empathic.

With Compassion & Empathy, I attain Sensitive Detachment.
With apathy & sympathy, I have an insensitive attachment to others.

Apathetic insensitivity is not detachment, it is disconnection from others emotionally.

Sympathetic attachment is not sensitivity, it is the need to look after, care for, and to be needed by others.

Empathic Compassion requires both Sensitivity & Detachment.

It requires a sensitive connection and an awareness of who someone else is Being, without the need to be attached emotionally.

132

Disconnected & Attached

Aug 22 2011

Disconnected from my True Source of Emotional Power, I need to be Attached to other people.

Other people supply the emotional power that I need when I am disconnected from my Source.

I attach myself to people who give me power emotionally, because they „love“ me. I am attached to people who I need emotionally.

I grieve when someone is no longer able to meet my needs emotionally.

In a state of being disconnected, I am unaware of my emotional attachments.

In my disconnected state, I have insufficient power to be consciously aware of what I need emotionally.

Unaware of my emotional energy needs renders my Self unaware of my emotional attachments.

When I become conscious of my disconnection, I can consciously connect to my source of emotional power within and detach from the need for other people to supply my emotional power.

With the attainment of being sensitively detached with other people, I am no longer dependent on them for my emotional energy.

I am unattached to other people emotionally and connected to my own source of emotional power.

133

Love & Need

Aug 21 2011

Love is the presence of emotional energy. It is my emotional power.

Need is the absence of emotional energy. It is my lack of emotional power.

From a disconnected perspective of physical life it is difficult to see the distinction between love & need.

Without the awareness of the Source of my emotional power, I will need love, and love & need will appear to be the same thing.

Emotional power is what I love when I have it and need when I do not.

Love & need become distinct when I become aware of what I am sharing with another.

When I am sharing my need for love with another, I am in a co-dependent relationship and reliant on my partner for what I need emotionally.

When I am sharing the power of my love with another, who is sharing their power of love with me, I am enjoying an inter-dependent relationship with the benefits of being in a mutually positive emotional state of being.

Sharing my need for love is divisive. Sharing the power of my love is unifying.

134

Same & Equal

Aug 20 2011

Same & Equal are not the same.

Being the same as someone else does not make them equal.

The opposite of the same is different.

The opposite of equal is unequal.

Women will never be the same as men, they are different.

Women may consider themselves to be either equal or unequal to men. Equality requires a balance that is found within.

When a woman attains the equanimity of a balanced male & female energy, she may share it with a man who has similarly attained the equanimity of a balanced male & female energy.

A masculine man will never attain equality with a woman with a balanced gender of energy.

A feminist will never be the equal of a man by trying to be the same as a man.

Equality will never be attained by having the same or being the same as another, but by being the equal of One's Self.

True equality requires the attainment of Equanimity.

No two people have ever been created the same, yet we are all created with an equal potential for life.

135

„For God's Sake“

Aug 19 2011

For God's Sake is a blasphemy. It takes the name of God in vain. God has no „sake“.

Sake means need.

God has no need.

God is Abundant.

God has no name.

Naming God is a blasphemy.

It makes God subjective or objective.

I can name my state of being that is Divine and in the image of God. That is adjective.

In the name of Love, I state my Beingness.

When my Beingness is the highest aspect of Love that I can experience and express, I do not forsake God, I express my Divinity.

For God's Sake, forsakes God.

136

The Reality of Time & Space

Aug 18 2011

From the perspective of a Mind that is beyond the boundaries of our physical Universe, Time & Space are the same thing.

Time & Space are the boundaries of our Expanding Universe.

They are both the measure of and the consequence of an expanding Universe.

Both Time & Space are created by an expanding universe.

The universe expands through the dimensions of Time & Space.

A Reality of Time & Space, a space-time-reality, creates and allows an expanding universe.

A relative dual reality universe allows the experience of time & space as separate entities.

Time & Space are relative to each other.

When I travel in space, time dilates so that I also travel in time.

I travel in time when I look back through space.

My sight travels in space (through a telescope) and looks back through time.

I cannot conceive the Reality of Time & Space whilst I am experiencing a space-time- reality.

God conceived the Reality of Time & Space.

I am here to perceive and experience it.

A fish cannot perceive the reality of the water in which it swims.

I cannot perceive the reality of the time & space in which I am living even though Time & Space are a fundamental aspect of my Reality.

An Expanding Universe is a vast „Ocean of Possibilities“ just waiting to be explored, experienced and discovered.

137

Super-Conscious Thought

Aug 17 2011

Super-Conscious Thought is the energy of my Super-Conscious Mind.

My Super-Conscious Mind is the Authority of my Soul.

The Authority of my Soul is Pure Thought.

I receive the authority of my direction in life as pure thought that is a message from my Soul.

Receiving clear direction requires a quiet mind that is uncluttered from the process of thinking.

When my brain is free of thinking, it is clear to receive a Thought directly from my Super-Conscious Mind.

It is a transmission from my super-conscious mind to my conscious mind; from my Soul to my Self.

Super-conscious thought has both Clarity & Direction. I require both clarity & direction to receive my super-conscious thoughts. My super-conscious thoughts provide my self with both clarity & direction. With clarity & direction I have Presence, which is Divine.

Divine Presence is my connection to my Super-Conscious Thoughts.

Thinking a Thought

Aug 16 2011

Thinking a Thought is an illusion.

I think with my brain.

My brain processes my thinking.

My thinking is a process of remembering past experiences and projecting them into my future.

Thinking is a process of my Conscious Mind. I do not think a thought, I have a thought. Thoughts just appear in my conscious mind. I just become conscious of them.

I do not have to go looking for them.

Thoughts are a communication of my Mind not a process of my brain.

My brain will process a thought that is received by my conscious mind.

It is just a processor not an originator of thought.

Processing a thought is called thinking.

Originating a thought is creative and is the ability of my Super-conscious Mind not my Conscious Mind, which only thinks that it is the originator.

With no clear distinction between my thinking and my thoughts, there is no clear distinction between my thinking and my thoughts.

Positive Thinking & Pure Thought

Aug 15 2011

Positive Thinking & Pure Thought are not the same thing.

My ego Self is thinking positively when it is getting what it wants.

When I am getting what I want, it is a positive experience that I think that I like.

When I am not getting what I think that I want, it is a negative experience that I do not like.

It is my negative thinking that is creating my negative experience that I do not want.

Positive & negative thinking are a duality and the result of my beliefs about what I am experiencing.

Pure Thought is beyond the duality of positive & negative thinking.

It is an inspired revelation that emanates from my Soul.

My Soul is incapable of sending my Self a negative thought.

In alignment with my Soul, I can see, know and feel the Purity of my Thoughts. Positive thinking is the result of my sub-conscious programming.

Pure Thought is my super-conscious Mind in communication.

140

Pure Experience

Aug 14 2011

Pure Experience is a Divine Gift.

When an experience is pure, it is divine.

An experience is pure when it is beyond the divisiveness of relative duality reality life.

In a dual reality world, every experience is part of a divided reality.

Every energy has a choice of polarity and a choice of gender from which it may be perceived.

A divided gender and an opposing polarity both disallow the Pure Experience of Life. The path to Pure Experience requires my overcoming dual reality existence.

My Soul always & forever sends my Self the Divine Gift of a Pure Experience.

It is my ability to choose, or not to choose, that disallows the gift.

My choice to choose not to choose overcomes the duality and the paradox of choice.

Attaining the state of being Accepting allows my divine gift of Pure Experience to manifest as my Reality.

141

The Purpose of Relationship

Aug 13 2011

The Purpose of Relationship depends upon the type of relationship: The purpose of a Co-Dependent Relationship is to meet each other's needs

emotionally.

I am attracted to my partner because we meet each other's needs. We have opposing yet complimentary emotional needs.

The purpose of an Inter-Dependent Relationship is to support each other on our own individual and uniquely independent path.

I am attracted to my partner because they support me on my chosen path and I support them on their chosen path. We share the same emotional needs.

The purpose of an Inter-Developmental Relationship is to share mutual opportunities for development and growth together.

I am attracted to my partner because we share the same true values and use our energy in similar ways to follow concurrent paths.

In a Co-dependent relationship, the purpose is to share our problems in life.

In an Inter-dependent relationship, the purpose is to share our challenges in life.

In an Inter-developmental relationship, the purpose is to share our opportunities in life.

142

Choosing Acceptance

Aug 12 2011

I always have 3 choices:

1. I can choose to take action.

Choosing to take action is weighing up all the options and deciding which is the best one for myself. Usually the most tolerable.

2. I can choose not to take action.

Choosing not to take action, or not choosing to take action, is weighing up all the options and not being able to decide which one is best for myself. This usually becomes an intolerable situation.

3. I can choose not to choose and respond intuitively and instinctively.

Choosing not to choose is knowing that whatever turns up is the most beneficial choice. This is being Accepting.

Acceptance is the knowing that whatever turns up in my life is for the beneficial development of my Self and for the evolution of my Soul.

Choosing not to choose eliminates the necessity for judgment.

Choosing requires judgment.

Not taking action is an act of non-judgment.

Choosing not to choose is Acceptance of what already is.

Choosing not to choose is neither a state of inaction nor is it a state of planned or pre-determined action.

It is being in the effortless flow of each and every moment and living life to the full.

Choosing Acceptance allows the gift of life to be present, which is most acceptable to my Self.

143

Being Normal

Aug 11 2011

Being Normal is being like everyone else.

People normally behave like other people in a normal way.

Behaving like other people is normal behaviour.

Behaving differently to the considered norm is considered abnormal behaviour.

People ordinarily act normally.

Normal people are ordinary.

Ordinary people are normal.

Extra-ordinary people are not normal.

Extra-ordinary people are not abnormal.

I can be abnormal and act in a detrimental way.

I can be normal and act in an ordinary and normal way.

I can be extra-ordinary and act in a beneficial way.

Living an expansive life of personal development and spiritual growth is an extra-ordinary way to live.

I find it extremely beneficial for my Self and others. I cannot live an extra-ordinary life by Being Normal.

144

Guilt & Innocence

Aug 10 2011

Guilt is an admission of my own impurity.

I am guilty of living in an impure world.

The impurity of a dual reality world is created by choice.

In an impure world, I can choose Guilt or Innocence, to be pure or impure.

I am guilty of my own choices yet innocent of the choices of others.

I innocently follow the choices of others that have been my influence from birth.

In absolute reality, I am guilty only of being innocent; and I am innocent of all my guilt.

It is only my judgement of my Self, based on other people's judgement of me, that determines my guilt or innocence.

Beyond the duality of physical existence there is neither guilt nor innocence, just the purity of Spirit.

When I become the pure essence of my Spiritual Soul, I will transcend the duality and overcome the guilt of my innocence and the innocence of my guilt.

145

The Experience of Purity

Aug 09 2011

The Experience of Purity is beyond duality.

It is neither positive nor negative; neither beneficial nor benign.

It is unconditional and beyond judgment.

The Experience of Purity is experienced in the state of being „Accepting of what Is“.

Acceptance is the gateway to experiencing Purity.

Purity is the state of my Soul and my Souls" gift to my Self.

My Soul continuously sends my Self opportunities to experience my Soul"s Purity.

The purpose of physical life is the experience of physical Purity and to experience purity in the physical world.

I experience the purity of life by being who I really am.
I am here for the pure experience of being who I really am.
I am here for the pure experience of experiencing the purity of life.

Life on Earth is pure experience when I embrace the Experience of Purity.

146

The Need to Win

Aug 08 2011

My Need to Win will drive me to compete.

The greater my need to win, the greater my desire to compete.

The most extreme form of competition is war.

War is fought between competing nations or religions because the leaders have a need to win and a need for superiority.

The need to win is the need to be superior or better than other people.

Being better than other people allows them to defer their emotional power to us.

Needing to win power from other people is only necessary when I am disconnected from my own source of emotional power.

The need to win is prevalent amongst life's losers. Winning & losing is a duality of the same energy. One cannot be a winner without also being a loser. Needing to win is never overcome by winning. The possibility of losing exists in every battle.

In a society where all people know that they are equal, there is no need to be better than others, be superior to others, or compete against others, and therefore there is no need to win.

In a Truly Equal Society the „inner battle“ has already been won.

147

Homeostasis

Aug 07 2011

Homeostasis is the ability or tendency of an organism or cell to maintain internal balance by adjusting its physiological processes.

All organisms have the ability of Homeostasis to maintain equilibrium.

I am a human organism and a collection of one trillion cells that operate in unison as my physical body.

Maintaining the equilibrium of homeostasis is essential to my well-being and happiness.

To maintain a physical balance at the cellular level requires a mental and an emotional balance at the sub-conscious level of my beingness.

Emotional balance is dependent on my connection to my power through my state of Being.

Mental balance is dependent on my connection to my authority through what I believe to be my Truth.

Balancing my mental & emotional „bodies“ brings my physical body into Homeostasis and Equilibrium.

I am that collection of cells and I am responsible for their power, authority and ability to allow Homeostasis to Be.

148

Therapeutic Aggravation

Aug 06 2011

Therapeutic Aggravation describes the paradox of: “Things always get worse before they get better”.

The journey from illness to wellness requires the re-experiencing of the unwellness that was originally encountered and suppressed.

It is a symptom of the body’s own healing process.

When the body’s natural cleansing process is suppressed with modern drugs, the body retains the toxicity that cannot be delivered and released through its natural functions and processes.

The lymph glands of the endocrine system are the natural mechanism by which the individual cells of the body cleanse their toxicity.

When the system becomes overloaded or suppressed, illness and disease become evident.

Hydration is the key to a well functioning cellular cleansing process.

Releasing retained toxicity that has compounded over many years will result in the experience of the same symptoms that were suppressed earlier in life.

All disease is curable once the body is brought back into balance and is allowed to maintain its natural processes.

Illness is usually seen as an aggravation and therapy as a treatment or cure.

Once I see that the illness and the cure are the same thing, I understand the paradox.

149

Hering's Law

Aug 05 2011

Hering's Law of the Order of Cure states that:

"All cure comes from within, out; from the head, down; and in reverse order as the

symptoms originally appeared in the body".

A cure, or the Journey towards Health, progresses from the important organs to the lesser organs in reverse order of appearance.

All cure comes from within.

The path from chronic illness will progress through acute illness on its journey to wellness.

At all times in my life, I am either on a journey towards illness and death or a journey towards a healthy life.

Hering's Law, determined by the German Physician Constantin Hering (1800-1880), allows me to identify in which direction I am travelling on my path through life.

It also highlights that:

☒ All illness is curable

☒ The journey towards chronic illness appears similar to the journey towards good health

☒ When I suppress an acute illness, it becomes chronic

☒ The journey towards terminal illness is reversible

☒ Modern medicine is designed to suppress the symptoms of illness rather than cure the cause
After all, it is human nature to be well; unless of course it isn't.

150

Cause & Effect

Aug 04 2011

Love is the cause of my Power. Love causes my Power to be.
Love is the effect of my Power. Love effects my state of Being.
Light is the cause of my Authority. Light allows my Authority to exist.
Light is the effect of my Authority. Light effects my Authority to have.
Life is the cause of my Ability.

Life causes my Ability to exist.

Life is the effect of my Ability.

Life effects my Ability to live.

The Divine Triality of Love, Light & Life are divided by Cause &

Effect. Overcoming the duality of cause & effect allows the attainment of Divinity.

151

Dis-Ease

Aug 03 2011

My Dis-Ease is a disease. It is contagious.

Whatever I am uneasy about in my life creates a fear, a limiting belief and eventually trauma.

The stress of being uneasy about life is a disease.

Dis-ease & dis-order cause disease, not bacteria & viruses.

Bacteria & viruses are a symptom of dis-ease not the cause.

They are employed by the body to clear up the toxins created by my dis-ease.

Dis-ease is the absence of Inner Peace.

In the absence of Inner Peace, my body is uneasy and does not flow effortlessly.

The dysfunction of my body is a reflection of my mental uneasiness and my emotional trauma.

Flowing effortlessly through life without resistance is not normal in this physical world.

Health is the absence of physical disease that allows life to be effortless. Wellness is the absence of mental dis-order that allows life to be fearless. Well-being is the absence of emotional dis-ease that allows life to be painless.

152

Sub-Conscious Creation

Aug 02 2011

My body functions sub-consciously.

My sub-conscious mind manages all the functions of my body.

My physical health is a reflection of how well my body functions sub-consciously.

Whatever my mind produces sub-consciously is beneficial to the function of my body.

Bacteria & Viruses are employed by my body in its natural process of cleansing.

What my conscious mind believes to be detrimental, my sub-conscious mind has created for a beneficial purpose.

My sub-conscious programmes are stored in my genes as a result of my conscious experiences of life.

I have not been born to be unhealthy.

Being unhealthy is the result of my beliefs and my programmes that I hold sub-consciously in my genes.

I sub-consciously create in my body a reality that is in alignment with my genetic programming.

My genetic make-up is a reflection of my sub-conscious programming. My sub-conscious programming is a reflection my conscious experiences .

My Reality is a Sub-Conscious Creation of what I consciously believe and declare to be real.

Conscious Creation

Aug 01 2011

Consciousness is Creative.

Consciousness Creates Reality.

Whatever reality I am conscious of is the creation of my Consciousness. My physical health is the product of my genes.

My genes are the blue-print for my health.

My blue-print is the sum total of my mental programmes.

My programmes are my beliefs about my reality.

My beliefs about reality determine my level of consciousness.

My level of consciousness determines my reality.

Whatever I believe to be real is delivered as my experience of reality. This is the Law of Attraction - Like energy is drawn unto itself.

To change my reality, I change my belief about reality.

When I change my belief, I reprogram my genes.

My genes are programmed by my environment.

My environment is created by my beliefs and my programmes.

My beliefs and programmes determine my Health & Wellbeing.

Limiting beliefs create a limited experience of life.

Conscious Creation requires Consciousness & Creativity.

Would I consciously create a limited experience of life?

154

The Paradox of Blame

Jul 31 2011

The Paradox of Blame is that:

My Soul is always to blame, yet my Soul is never to blame, for everything that occurs

in my life.

Everything that occurs in my life has been sent by my Soul.

My Soul is my guiding force in my life.

My Soul always sends my Self opportunities for development & growth.

When my Self sees the opportunity that is presented, I praise my Soul and I rejoice.

When my Self sees the problem that is occurring, it blames the perpetrator or cause of the problem and damns them.

I know that I can never damn my Soul, only give praise to my Soul.

I have therefore no option but to blame my Self or blame someone else. When I become problem-free, blame is no longer necessary.

When there is no problem, there is no blame.

Praise be to my Soul.

155

Blame

Jul 30 2011

Blame is what I do when I am not responsible for my own experience of life.

It is what I apportion to whomever I believe to be creating the reality that I do not

want.

Blame is the result of my judgement that someone has done wrong to myself or others.

I make my Self a victim of whomever I blame.

Whomever is to blame has created a situation of which I have become a victim.

When I overcome blame, I overcome victimhood.

Blaming myself makes me a victim of my own actions.

To overcome blame I am required to neither blame others nor myself and see that there is no guilt.

When I see that no-one is guilty and no-one is to blame, I move to unconditional acceptance of what is.

Unconditional Acceptance is True Forgiveness.

When I know that everything that occurs in my life is ultimately beneficial for my own personal development and growth, I attain unconditional forgiveness with the True Acceptance of Life.

When I accept everything in my life as a gift, there can be no blame.

156

Mind Over Matter

Jul 29 2011

My Mind is not a product of this physical world of Matter.

It is not an aspect of my physical body that matters.

My physical reality is a creation of my Mind.

My physical body matters because it is the vehicle through which my Mind experiences and explores Life.

My Mind is the sum of the aspects of Consciousness that is Me.

The degree of consciousness that I am experiencing determines how I perceive Me and my Self to be.

The aspects of Consciousness that are in my awareness determine my perspective that creates my reality.

I perceive matter from a physical perspective with my conscious senses. I am conscious of the physical senses with which I perceive matter.

I am mostly unaware of my sub-conscious instinctive senses and my super-conscious intuitive senses that are different aspects of my Mind that matter to Me.

157

Mind & Brain

Jul 28 2011

The Mind & Brain are totally different entities. The Brain is a computer processor.

In order to function, the brain requires the power of electricity, the authority of an operating system and the ability of a downloaded programme.

My downloaded programmes are the sum total of my life experiences to date. My electrical life-force is present from my conception and birth till I die.

My operating system is supplied by my Mind.

My Mind is the computer operator.

My Mind created the computer and the physical body that it is designed to operate.

My Brain operates my body.

My Mind operates my brain.

It is not possible to perceive the entirety of the Mind from the perspective of its conscious aspect alone.

I am conscious of my body and my brain, yet I am not aware of the Consciousness that is my Mind.

My Mind is conscious of its Self. My Self is not aware of its Mind.

158

A Plastic Brain

Jul 27 2011

In Neurological terms, a Plastic Brain means that the brain is capable of re-wiring itself.

Neurologists study which areas of the brain carry out which functions of the body.

They see the body as a function of the brain with specific parts of the brain operating specific parts of the body.

A Plastic Brain is able to re-wire itself to carry out a function that was previously processed by a part of the brain that has become damaged.

The plasticity of a brain is limited only by the belief in how pliable or self-healing the brain is capable of being.

My brain is capable of whatever I believe it to be capable of. It is similar to a computer's hard drive.

When a computer programme becomes corrupt on my hard drive, I have to download a new programme onto a different part of the hard drive and restore normal functioning.

What brain science is currently calling a Plastic Brain may better be described as a Silicon Brain.

Ultimately there is no such thing as a damaged Mind, just corrupt beliefs and programmes.

159

Deliver me from Evil

Jul 26 2011

My Soul cannot Deliver me from Evil.

I can only deliver my Self from the evil of my own making.

I deliver my Self from evil by overcoming the evil of my own making.

Overcoming evil is a process of overcoming the duality of good & evil.

Once I have overcome the duality of good & evil, I am delivered from evil.

I can only uncreate that which I acknowledge that I have created for my Self.

Evil is just a perspective of my disconnected Self.

My Soul in full consciousness is aware that evil is just an illusion of a false perspective of life that has been created by my Self.

Once I accept delivery of a new positive perspective of life, I see that there really is no evil, just the Law of Attraction manifesting my own thoughts and beliefs.

There really is no Provision for Evil.

160

Special Delivery

Jul 25 2011

Personal Growth comes Special Delivery from my Soul.

My Soul delivers opportunities for growth especially for my Self.

My Self is required to sign for each delivery.

The sign of acceptance is Gratitude.

Gratitude is the sign that what I have received Special Delivery is Acceptable.

Gratitude allows for more special deliveries to be received in the future.

My Appreciation allows for future deliveries to be more special and more acceptable.

A sign of Appreciation allows my personal development to appreciate and grow spiritually.

Each delivery is special because it is especially for my Self. My provision is delivered for my special path to unfold for my Self to experience.

My Soul provides my opportunities for growth and my Self provides my experience of it.

161

The Extensive Intensity of Life

Jul 24 2011

The quality of my emotional energy is the measure of its intensity.

The intensity of my energy is a measure of its quality.

The quality of life experienced is relative to the intensity of my energy that I express.

The intensity of life determines the quality of the experience.

The intensity of energy is the product of its gender & polarity.

The greatest intensity of life exists at the polar extremes of gender & polarity.

The greatest quality of life exists at the balance of both gender & polarity.

A balanced gender aligned with a neutral polarity produces a wavelength & frequency of energy of the most beneficial quality of vibration.

The range of wavelengths and frequencies created by the gender & polarity of my emotional energy is infinitely extensive.

Life has an infinitely extensive range of intensity.

The Extensive Intensity of Life is what I am here to discover, explore & experience.

162

My Extended Self

Jul 23 2011

My Extended Self is the product of my personal development & growth. I intend to extend my Self in alignment with my Soul.

When my lower ego Self and my higher soulful Self come into alignment, I will manifest my Extended Self.

My Soul is an extension of my physical Self, from my ego's perspective. My ego is an extension of my spiritual Self, from my Soul's perspective.

Beyond the duality of my higher & lower self, that is my ego & my soul, exists my Extended Self.

My Extended Self has overcome the duality of relative physical & spiritual existence. I am a creation of the physical & spiritual existence of my higher & lower Self.

It is in the unity of my „Id“ and my „entity“ that I manifest my True Identity.

It is in the unification of my Self & my Soul that I experience my Extended Self.

The ability of my Extended Self is extensive.

163

The Need to Be Involved

Jul 22 2011

The Need to be Involved is the Need to be Included. It is the need to be not excluded.

It is created by the fear of being rejected, being excluded, being unwanted and being alone.

It is based on a belief that we are all individuals that need each other for our own survival.

It creates my involvement in a roller coaster of continuous dramatic experiences in my life.

It will suck me into all sorts of dramas, many of which have nothing to do with me at all.

It is driven by my dependency on other people to supply my emotional energy needs, and the belief that:

“If I am not involved in what other people are doing, how are they going to meet my emotional needs for me?”

My Sensitive Detachment as a Participating Observer allows me to socialise with my peers and colleagues without the need to be involved and without the fear of being rejected or excluded.

164

Higher & Lower

Jul 21 2011

Higher & Lower are a duality of relative life.

They are a duality of my Self that is created by my Self.

My lower self is my physical self that resides on the planet Earth.

My Higher Self is my spiritual self that exists in heaven or the realm of god.

My lower self is often called my ego self, which is my ego's sense of self.

In a disconnected lower self, I only have a sense of my physical existence.

My Higher Self is my connection to my Soul.

My connection to my Soul is my intuitive sense of a higher state of being.

It is the existence of my Spiritual Entity that is beyond this physical realm.

When I overcome the duality of my higher & lower self, I discover my True Self and my Real Identity.

My True Self is the unity and alignment of both my Higher & Lower Self.

165

Gratitude & Thanks

Jul 20 2011

I give Thanks for what I am in receipt of.

When I am in receipt of something that I want, I give thanks to whomever gave it. I receive beneficial things with thanks.

A thank you is an acknowledgement to the giver of my ability to receive.

I am in Gratitude for everything that I Accept.

Whenever I am in Acceptance of what is occurring, I am in Gratitude.

I accept whatever turns up in life with Gratitude.

Being in Gratitude is my Acceptance of Life.

Thanks are what I give to the giver.

Gratitude is a state of Being in Acceptance.

I give thanks.

I am being in gratitude.

Thanks are conditional on my receiving something.

Gratitude is the state of being unconditionally accepting of everything that I already have in life.

166

Fixed

Jul 19 2011

Fixed means mended. Fixed also means stuck.

This metaphor has been created by the belief that we stick something together to mend it.

In spiritual terms, I cannot be stuck and be mended.

I cannot fix my life by being stuck.

I cannot stick all the broken pieces of my life together and become mended.

My life needs fixing when I am stuck.

I cannot be stuck and spiritually growing.

When I have opposing meanings for the same word, I have a dichotomy that will obstruct my clarity.

The meaning of a word defines my reality.

When fixed means both stuck and mended, I will be like the fragments of a broken vase glued back together.

When I am fixed on developing my own personal growth and have my sights firmly fixed on my life's vision, I will be no longer broken and no longer stuck.

167

Growth & Protection

Jul 18 2011

Growth & Protection are a duality.

They define choices and experiences that travel in opposite directions.

Whilst my body is protecting itself, it cannot grow.

Whilst my body is growing, it is unprotected.

I need protection from my fears and my problems.

I value growth through wisdom and opportunity.

Protection is negative growth.

Whilst positively growing, I am always protected.

Expansive growth lies beyond the protection of my comfort zone.

I always have a choice between seeking protection and seeking growth, but I cannot seek both at the same time.

My physical body has the same choice, which it makes continually at a sub-conscious level.

Continued growth is as essential to the Health of my physical body as it is to the Wealth of my Spiritual Entity.

168

A Genuine Rogue

Jul 17 2011

A Rogue is someone who does not conform to the status quo.

Someone is seen to be a rogue when they operate outside of accepted authority.

Following one's own path often encounters a rogue in action.

Being Genuine is being accepted as real.

When I conform to accepted reality, I am seen to be genuine.

Genuine people act and behave as others expect them to.

A loveable rogue is a non-conformist that acts in an acceptable way.

A Genuine Rogue conforms to their own authority and creates their own reality.

They are Truly Selfish and their authority is genuine.

They know that their path is unique and different to all others and that the reality they create is genuine although different to the accepted norm of society.

169

Release, Deliver & Cleanse

Jul 16 2011

Release, Deliver & Cleanse are the three aspects of my journey towards Health. Negative experiences create negative beliefs, which create negative emotions that

eventually create a negative physical state of being.

The Three Stage Journey to Health starts with releasing stuck emotions by changing limiting beliefs that are held as negative mental energy.

Releasing the past allows the present to be delivered.

I deliver in the present moment a true reflection of who I am as a representation of my state of Health.

My Health is a reflection of the aspects of my Self that I deliver and present in each present moment.

Delivering the highest aspects of my Self in the present allows me to cleanse my future.

Whatever I appreciate in the present, spiritually grows in my future.

When I focus on delivering a present that has released my past, I create a cleansed and healthy future for my Self.

In every moment of time I can see my Self appreciating and getting better. A Healthy Life requires a healthy perspective of life.

170

My Soul's Agreement

Jul 15 2011

My Soul's Agreement is my Covenant with my Self.

My Vision, Mission & Purpose for this life-time is chosen and agreed.

The flight-plan is logged with my Soul.

My Soul agrees to provide my Self with both direction and support.

My Soul provides my provision for the journey.

When following my Path, according to my Plan, my Provision is always provided.

My Soul would not give to my Self a vision without the authority to attain it.

My Soul would not give to my Self a purpose without the power to achieve it.

My Soul would not give to my Self a mission without the ability to accomplish it.

Would my Self undertake such a perilous journey without the inner guidance and provision of the Soul?

It has done for many years.

Getting my ego Self in alignment and agreement with my Soul has not been an easy path.

My Soul is always in agreement with my Self.

I have my Soul's Agreement whether I am aware of it or not.

171

Emotionally Rational

Jul 14 2011

Being Emotionally Rational is the state of being with which I best relate to my Self.

My Self always has a choice.

I can choose with my rational head, with my emotional heart, or with both.

When I choose with my head, I use my rational mind to rate the information that I receive through my 5 physical senses that form the basis of my knowledge and understanding of the physical world.

When I choose with my heart, I go with my gut instinct and my intuitive feelings that I receive from my inner guidance system that has 3 spiritual senses.

As well as my physical sense of sight, hearing, touch, taste & smell, I have 3 intuitive senses of seeing, feeling & knowing.

Being emotionally rational is using all 8 senses when making my choices in the physical world.

It is using both my head and my heart in unison.

It is uniting the male and female aspects of my energy.

It is activating my mind through both my brain and my solar plexus to combine them to become Emotionally Rational.

172

Sensitively Detached

Jul 13 2011

Sensitively Detached is the state of being with which I choose to relate to the world.

Detachment is how I connect with other people without becoming attached to them.

I connect to other people as a part of my service to humanity.

I do not choose to be disconnected from what is occurring in my life.

I am attached to what is occurring in my life when I am part of the drama that is playing out in my life.

I get pulled into and attached to other people's dramas when I need other people for my emotional energy.

It is my need for emotional energy that attaches me to another and disallows my state of being detached.

It is my false and limiting beliefs about other people that disconnects me from them and makes me insensitive to them.

Sensitivity requires the understanding of where other people are emotionally in order to relate to them well.

Relating well with another requires sensitive detachment.

My insensitive disconnection that created my aloofness was never a good state of being in relationship to others.

When being sensitively detached with other people my relationships are always beneficial.

173

Exclusively Connected

Jul 12 2011

Exclusively Connected is the state of being connected to my exclusive source of power & authority.

It is not only being connected to my power but also being connected to my authority.

It is not just being connected to my power & my authority but my exclusive power & authority.

My exclusive power & authority is exclusively for my Self. It comes from my Soul.

When in alignment with my Soul, I am exclusively connected to both my power and my authority.

Connecting to my power & authority is how I connect exclusively to my Soul.

I cannot connect to my authority without also receiving my exclusive power.

I cannot connect to my power unless I am in my own exclusive authority.

My Soul has no distinction between power & authority, being exclusively connected to my Self with both at all times.

It is my disconnected Self that requires the distinction to realise why many things in life are unauthorised.

Once my connection is authorised, I gain my exclusive power for life.

When inspired and empowered with life, I know that my exclusive connection is authorised because I am Exclusively Connected to my Source and aligned with my own individual path.

174

Allergic to Life

Jul 11 2011

I cannot be Allergic to Life.

Life Just Is, whatever I create it to be.

Allergies are a symptom of toxins.

A toxic life encounters many toxins.

Toxins are poisonous to a healthy life.

Eradicating toxins is essential.

Avoiding toxins is not necessary.

The physical body is designed to eradicate all toxins efficiently.

Allergic reactions occur when my body's ability to eradicate toxins is depleted.

I become allergic to a toxic life.

Life is only toxic because I believe it to be so.

As I eradicate the toxic life that I lead, my body is able to eradicate the toxins that are held within my physical body.

I am allergic to the fears and the limiting beliefs that create my toxic life.

An Allergic Response recognises the toxicity of the beliefs that I currently hold in my sub-conscious mind.

A Healthy Mind allows a healthy body.

175

Contentment is Subjective

Jul 10 2011

Contentment is having everything that I want.

It is the state of wanting for nothing.

Contentment is Subjective because we all want different things.

It is not about having everything, just everything that I want.

One Man's contentment is another Man's discontentment.

Because my contentment is subjective, it is only attainable by my Self.

It is not possible for someone else to give me contentment.

I cannot make someone else happy.

My contentment is my responsibility, not someone else's.

Contentment is my feeling of abundance combined with my knowing that I have enough.

I cannot feel abundance knowing that there is something missing in my life.

The fastest way to abundance, having enough and being content, is to want for nothing.

The quickest way to want for nothing is the Acceptance, Gratitude & Appreciation of what already is.

However, that is just my subjective view.

176

A Global View

Jul 09 2011

My ego Self has a subjective view of the world.

I see my Self as the subject of what is occurring in my world.

I subject myself to the life that this world presents to me.

My ego has little authority and is but a subject of my own unique Sovereignty.

My ego Self has an objective view of other people in this world.

I see other people in the same way as I see other objects in my life.

They are different objects and have different objectives, which make them different from me and allows me to see them objectively.

The object of my life is to relate to the world of other people objectively and well.

My Soul has a Global View of the world.

My Soul sees the world from a global perspective.

As my Soul, I see the world through every person's eyes and experience the world from every conceivable perspective.

A subjective and an objective experience are but one perspective of life seen from opposing directions.

A Global Experience is adjective and has an infinite perspective of Reality.

177

A Journey of Destiny

Jul 08 2011

Every journey has a destination.

Without a journey there is no destination.

Without a destiny there is no journey.

My Journey is the fulfilment of my destiny.

My Destiny is to fulfil my journey.

The destination of my journey reveals my destiny.

Whilst on the journey, my destination is but a Vision.

Without a vision of the destination, the journey has no direction.

My Journey is in the direction of my Vision.

I cannot see my destination with my physical eyes, whilst I am on my journey.

I can only see my destiny with my inner vision, with my insight, with my imagination, and with my intuitive sense of seeing.

Intuitively, I follow the path of my vision to its destination. A Journey of Destiny.

178

Health

Jul 07 2011

Health is the ability to live life with Wealth & Wisdom.

The health to live a physical life requires emotional wealth and mental wisdom.

Money and education will never make me healthy.

Emotional wealth does not come from money. I cannot buy it.

Mental wisdom does not come from education. I cannot learn it.

Emotional wealth is my power of Beingness.

The quality of my state of Being determines my wealth of emotional power.

The quality of my choices determines the wisdom of my mental authority.

Mental wisdom is my authority to choose.

With the power of my wealth and the authority of my wisdom, I attain the ability of my Health.

Health just is the measure of my ability to live life well.

Bad health is just a false perspective of a dual reality existence.

179

Dimensions of the Mind

Jul 06 2011

My Conscious Ego sense of Self believes that there is just one dimension of my mind. It believes that my mind just is and requires no other dimensions.

My conscious mind sees just one perspective of reality and accepts but one dimension of mental capacity that it knows to be consciousness.

Dreams and imagination are deemed not to be real and therefore do not constitute a dimension of the mind, just an aberration or deviant ability of the mind.

My conscious ego's one dimensional perspective of life creates 3 dimensions of physical reality that are perceived with 5 physical senses and interpreted with one of 2 dimensions of emotion.

My Super-Conscious Entity that is my Soul perceives life rather differently. My Higher Self is instinctive and intuitive.

Its 3 dimensional Mind sees without sight, feels without touch and knows without any prior knowledge.

It knows that 90% of my experience of physical life is undertaken by my Sub-conscious Self without any conscious awareness by me.

That is until I discover that „Depth“ is a dimension of my Mind. My physical world has 3 dimensions of length, breadth and height.

To see below the surface of this physical world requires a fourth dimension of depth. Great Depth is required to understand the workings of the sub-conscious mind.

My sub-conscious mind is the gateway to my Super-conscious awareness of Life.

180

Dimensions of Emotion

Jul 05 2011

It is generally accepted that there are two Dimensions of Emotion. All emotions are either positive or negative. Were all emotion positive, it would be one dimensional. Two dimensions of emotion allow choice.

Choice allows emotion to be multi-dimensional. All emotions are either male or female.

When I perceive an emotion to be either male or female and either positive or negative, it becomes 4 dimensional.

Perceiving 4 dimensions of emotion in a 3 dimensional world is quite difficult.

All emotions have a gender and a polarity.

Emotion has 2 dimensions of gender and 2 dimensions of polarity.

Perceiving either the gender or the polarity of my emotion is not difficult.

Trying to perceive the intensity of both the gender and polarity is not so easy. Emotional Intelligence requires the perception of multiple dimensions of emotion.

181

Perspectives of Reality

Jul 04 2011

Perception is Reality.

Reality is whatever I perceive to be real.

What I perceive to be real is my perspective of reality.

As I change my perspective of reality, my experience of reality changes.

As my experience of reality changes, I perceive it in a different way.

As I perceive the changes in my reality to be real, my perspective of reality changes.

The reality is that I am required to change my perspective of reality before I can perceive my new experience of reality to be real.

Reality is multidimensional.

I perceive my reality to be of 3 physical dimensions.

I perceive my reality to be of 2 emotional dimensions.

I perceive my reality to be of 1 mental dimension.

As I change my perception of physical, mental and emotional reality, my perspectives of reality change accordingly.

My Perspectives of Reality are continually being created, as I journey through an infinite world of potential perceptions awaiting my realisation.

182

A Value Fulfilment Experience

Jul 03 2011

A Value Fulfilment Experience is a Divine Triality. It is an experience that has value and fulfilment.

Value is the power of the ability to experience. Fulfilment is the authority to experience my ability.

A value fulfilment experience has power, authority & ability. A Divine experience has both fulfilment & value. Experiencing value is always fulfilling.

Experiencing fulfilment always has value.

Valuing my experience is fulfilling.

Fulfilling an experience is valuable.

A valuable and fulfilling experience is divine.

The value of a divine experience is fulfilment.

Divinity explores the value of a fulfilling experience.

Life is the exploration and the experience of fulfilling values.

True Values allow my experience of fulfilment.

Fulfilment is the experience of my True Values.

Whichever way I look at it: Life is a True Value Fulfilment Experience.

183

Being Noble

Jul 02 2011

Being Noble is an arrogant form of humbleness.

The Nobility are humble only to the Crown.

The purpose of Noblemen was the protection of their King.

To be Noble is to please the greed and the arrogance of the Sovereign.

Protecting Royalty from their enemies was the role of every noble person, which pleased the King very much.

In return the loyal Nobility were raised to the peerage of the Royal Court.

One's Peers are the people who are of one's kind, kith, kin, and social equal.

Noble people are seen to be on a par with Royalty and move in royal circles.

Being noble requires the belief in being superior to common people, which makes noble people greedy.

The Nobility are seen as humble by the Royal Family yet arrogant by the common people.

Today Peers of the Realm are no longer required to be noble to be elected to the House of Lords.

184

Dimensional Perspective

Jul 01 2011

From the perspective of the 3rd Dimension, the 2nd & 4th Dimensions appear to be stationary.

Two dimensional objects do not move in our world, unless we deliberately animate them.

Two dimensional pictures are fixed in time unless we animate them as a movie. Four dimensional objects are fixed in space.

From the perspective of our 3 dimensional planet Earth, the Sun and the stars appear to be stationary, relative to each other.

The sun appears to move from east to west around the planet once per day but this is an illusion of perspective because we now know that the Earth orbits the Sun, not the other way around.

Although the stars appear to be moving away from us in an expanding universe, they maintain their position in the night sky relative to all the other stars.

The Stars and the Heavens appear from our 3rd dimensional perspective to be stationary just as the electrons and protons that make up all the atoms that constitute our physical world also appear to be stationary from the 3rd dimensional perspective that is the reality of our Space-Time-Continuum.

185

Space & Distance

Jun 30 2011

Space & Distance appear to be the same thing, from a relative perspective. Distance is the measure of space between physical objects.

Distances in outer space appear infinitely large.

Distances in inner space appear infinitely small.

Whether space appears to be infinitely large or infinitely small depends on whether I am looking outwards or inwards at the universe.

An infinitely large macro-verse and an infinitely small micro-verse are just a perception of my perspective.

From an absolute existential perspective, Space is a measure of the magnitude of Energy.

Space is relative only to perspective.

From an absolute perspective Space has no distance.

From a relative perspective the magnitude of space creates distance.

The greater the distance between objects, the greater the magnitude space appears to have.

Yet from an absolute perspective, there is as much space between the electrons and the proton in an atom as there is between the sun and its planets.

The Magnitude of Space is a constant that is relative to the force & potential of its time & reality.

186

Moral Courage

Jun 29 2011

Moral Courage is the emotional energy that is needed to do what other people believe is right.

When I am empowered to do what I truly value, moral courage is unnecessary.

When I am motivated to do whatever meets my needs emotionally, moral courage is unnecessary.

When I have the courage to defend and protect someone that I like or love, morals are irrelevant.

When I have a need to be right and just, I am motivated by my own beliefs and moral courage is unnecessary.

Moral courage is only necessary when I am faced with an intolerable situation that has been created by the beliefs that someone else has given to my Self.

My belief that my actions are right for my Self gives me the power to carry them out without moral courage being necessary.

On a journey of effortless flow, problem-free opportunities, and fearless endeavour, moral courage is never necessary.

187

Describing God

Jun 28 2011

There are many ways of Describing God: Myths & Legends describe actions of god. Scriptures recount stories of god. Psalms are ancient poems about god.

Poems are a modern description of god. Religions teach the morals of god.

Philosophy enlightens the love & wisdom of god. Science theorises the physical aspects of god. Theosophy reveals the spirit of god. Metaphysics explores the science of god.

Astronomy discovers the extent of god. Astrology prophecises the fate of god.

Prayers deliver the provision of god. Worship connects to the power of god. Meditation connects to the authority of god. There is not one way of Describing God.

188

The Need for Respect

Jun 27 2011

The Need for Respect manifests when others do not see me as I wish to be seen. When others do not see me as I wish to be seen, they do not show me the respect that

I need from them.

My need for respect is created by the image that I portray to other people.

I portray an image of a personality and a character that I believe others will look up to and respect.

I will need respect when I believe that respect needs to be earned and deserved.

I will need respect from others when I have no respect for my Self.

I cannot have respect for my Self until I can see my Self as my True Self – my Soul.

When I can re-see my Self, I have re-spect for my Self.

When I see my Self through the eyes of my Soul, I have all the respect that I will ever need.

My Soul has total and unconditional respect for my Self. It is All-Seeing of who I really am.

189

The Need to be Allowed

Jun 26 2011

The Need to be Allowed manifests as the need to get my own way.

The need to get my own way is created by my belief that I do not have my own way

and I am not getting my own way.

The need to get my own way becomes excessive when I believe that someone is stopping me from getting my own way and I believe that I am not allowed to have my own way.

The need to be allowed can manifest as the need to be independent, the need to be right, the need to be heard or the need for my own space.

I need to be allowed to follow my own path when I believe that someone or something is blocking my way.

My path is never dependent on others.

They are there purely to give my Self direction and to reflect my challenges, never to disallow my path.

When I know my path, I know that I am allowed to follow it and I know that I have no need to be allowed because I am.

When I believe that I am not allowed to follow it, I am going in the wrong direction and I am facing an opportunity for growth.

Being allowed requires my state of Being Allowing.

When I allow all others to follow their path, I am allowed to follow my own.

190

No Bad Place

Jun 25 2011

When I find No Bad Place on Earth, I have found Heaven.

Heaven is not a place beyond Earth.

Heaven is a perspective of Earth that has no bad place.

The only bad places on Earth are the creation of Man.

They are individual perspectives of individual people.

My disconnection from Heaven is created purely by my perspective of life.

My perspective of life is a reflection of my beliefs.

There are no bad places, just my belief that bad places exist.

I do not have to change the world to make it a better place to live.

I just have to change my perspective.

When I change my perspective, I change my belief and I change my experience. When I perceive no bad place to be my experience, I create Heaven on Earth. That's No Bad Place to Be.

191

God is Good

Jun 24 2011

In an Absolute World, God is Good.

God & Good are the same.

In an Absolute World, being Good is a Divine experience of being God.

There is no other way to be.

In a relative world of dual reality, god is either good or bad.

When I see god as either good or bad, I judge god.

When I see god as only good, I judge god to be less than everything.

When god is seen as less than All That Is, god is no longer Good and no longer God.

When god is everything that is both good & bad, I have relegated god to live in a world of duality.

The Absolute World of God is beyond the dual reality existence of physical life that is experienced as either good or bad.

To live in God's World, Heaven, I am required to overcome the duality that allows life to be good or bad because God is only and always Good.

Good & bad is just a relative perspective, whereas Good is a state of Beingness that is Divine.

192

Buridan's Ass

Jun 23 2011

Buridan's Ass is a paradox of philosophy in the conception of free will:

It refers to a hypothetical situation wherein an ass is placed midway between a stack of hay and a pail of water. Since the paradox assumes the ass will always go to whichever is closer, it will die of both hunger and thirst as it cannot make any rational decision to choose one over the other.

It satirises French Philosopher Jean Buridan's philosophy of moral determinism. The paradox assumes that an ass has free will and rational choice but no intelligence.

In actuality a donkey would never die of starvation in the presence of both hay and water.

This is because all animals, with the possible exception of some apes and domesticated animals, act instinctively and intuitively without the capacity for either free will or rational logic.

To assume that the absence of rational thought renders one stupid is a logical assumption that lacks the common sense of intuitive reason.

Whereas Buridan's critics were capable of being an ass, Buridan's donkey was not.

193

Buridan's Bridge

Jun 22 2011

Jean Buridan: A 14th century Philosopher who enjoyed paradoxes.

Buridan's Bridge is a paradox that involves the following proposition:

Socrates wants to cross a river and comes to a bridge guarded by Plato, who says: "Socrates, if in the first proposition that you offer you speak the truth, I will permit you to cross, but surely if you speak falsely, I shall throw you into the water".

Socrates replies: "You will throw me into the water".

Either way Plato's statement becomes untrue and so does Socrates reply.

The dichotomy is created by the belief that both Socrates and Plato share the same truth and the same reality.

When I believe that there is only one true reality, I believe that everyone else shares my true reality.

When I create a distinction between „truth“ and „reality“, I can allow another to hold their own truth within my own reality.

Whatever I state to be my truth manifests as my perspective of reality and so does everyone else's.

The Reality of a Space-Time-Continuum holds the potential for all possible truths to exist simultaneously.

The truth of reality lies within the perspective of the beholder that is creating it.

Whatever Socrates states as his truth becomes his reality irrespective of any proposition presented to him.

Only when I know my Truth can I state it with confidence. Without confidence it is not a Truth, just a belief.

194

Interest & Appreciation

Jun 21 2011

I am interested in whatever meets my needs emotionally. Whatever fails to motivate me emotionally, I am not really interested in.

My interest grows as I become more and more emotionally fulfilled and enjoy what I am doing.

My interest wanes as I become more and more emotionally drained and disillusioned with whatever is occurring.

I take no interest in whatever bores me and depletes my emotional energy.

Only whatever raises my emotional energy is of Interest to me.

I Appreciate whatever has True Value in my Life.

Whatever has true value in my life allows my appreciation and my growth.

As my personal growth appreciates, I appreciate the growth of my personal Self.

When I am not growing and appreciating, I have no interest in life, because I need appreciation and I do not appear to have it.

When I need appreciation, I lose interest in what I am doing because I think that I am not appreciated.

I look for appreciation from others because my appreciation of my Self is missing. My Appreciation is of mutual Interest to my Self and to my Soul.

195

“Ockham“s Razor”

Jun 20 2011

We use “Ockham’s Razor” to prune everything back to its simplest and basic form. It is the tool of Parsimony.

Parsimony is the belief that less is more.

„Less is more“ is a paradox of Abundance.

It is the belief that as much as is necessary is Enough.

Abundance is experienced when less becomes enough and is no longer less than enough.

When less is not enough, it is not abundant.

Less is more when it is more than not enough, yet less than too much, which is more than enough.

When less is not enough, parsimony is defined as scarcity by an extravagant mentality and is seen by a scarcity mentality as being frugal.

When less is enough, it leads to an Abundance Mentality and “parsimony is a given”.

Defining Ockham“s Razor with Ockham“s razor requires the simplest explanation to suffice.

Enough is enough when I more or less have enough.
I attain abundance once I overcome the duality of „more & less“ and have enough. Enough is just a perspective when I have enough perspective to realise it.

196

Moral Value

Jun 19 2011

A Moral is a standard imposed through the religion of a society.

A Value is a benefit that meets an emotional need.

There will always be a debate and a difference of opinion on what constitutes a Moral Value, or what morals have value, because morals are shared by a society, culture or creed, whereas values are based on emotional needs that are unique to each individual.

For a standard of behaviour to have value, it is required by society to be moral.

For a standard of behaviour to be moral, it is required to have value to the leaders of that society not each individual in society.

Immorality is deemed to be a poor or bad standard of behaviour that has no value to society.

What society sees as morally wrong may have great value to the individual because it meets their emotional needs perfectly.

Moral values raise two important questions:

“Are our values moral”? and “Do our morals have value”?

The answer to both questions is a matter of personal perspective based on the emotional needs that differ for each individual person.

197

The Pragmatist & The Romantic

Jun 18 2011

A Pragmatist creates a practical reality that is based on experienced fact. A Romantic creates an imaginary reality that is based on fiction.

Pragmatists & Romantics are both trapped within a dual reality world of fact or fiction, truth or untruth, embroiled in a battle between the rational mind and the emotional heart.

A Pragmatist believes that ideals are unattainable in their experience and to be Idealistic means having high ideals, which is being romantic.

A Romantic believes that an ideal world only exists within their own imagination and to be Idealistic means facing reality, which is being pragmatic.

A Realist believes in the literal truth, whereas a Romanticist prefers literal fantasy and fiction.

A Pragmatist believes in the practical truth and makes that fact a reality, whereas a Fantasist believes their reality to be a fact.

The Truth is that neither being Pragmatic nor being Romantic is a Realism that allows my Self to Realise my own Ideal Reality in a Realistic way.

198

Creating An Ideal Reality

Jun 17 2011

Whichever way I see it, whether I am:

Idealising a real creation

Realising an ideal creation

Creating a real ideal

Idealising a creative reality

Realising a creative ideal

I am Creating an Ideal Reality.

Whichever way I look at it:

Creation is a reality that is ideal

Reality is a creation that is ideal

Ideals are a reality that is creatable

Ideals are my creation of reality.

There are no such thing as „high ideals“.

The reality of my creation is either ideal or it is not.

An Ideal is my personal perspective of realising my own creation.

When I realise that what I have created is not ideal, I deal myself a new real creation. This really is an ideal recreation.

Perceiving my reality to be less than ideal is an insult to my Creator.

It is created by my own disconnection from the Real, Creative, Ideals of my Soul.

My Soul is continually creating an Ideal reality for my Self to experience.

The question is: "Is my Self co-creating that ideal reality"?

199

An Open Heart

Jun 16 2011

An Open Heart is an open connection to the centre of my Beingness. My Heart is at the centre of my Beingness.

When I am open to my Beingness, I am centred in my Heart.

My Heart is the core of my essence.

The essence of who I Am is at the core of my Being.

When I am open to the essence of who I am, I connect with my heart.

The essential qualities of my Beingness define my Divinity.

My Divine Essence is at the Heart of my Beingness.

When I am being my Divine Essence, I am united with my Soul.

My Soul is the Divine Essence of my Beingness.

My Soul is at the centre of my Universe.

When I am at One with my Soul, I have a Divine Connection with an Open Heart. My Heart opens as a consequence of the state of who I am being.

United in Heart & Soul is my True Identity.

200

Confidence in Other People

Jun 15 2011

I have confidence that other people are on their own path.

I do not put my confidence in other people as they have their own path to confide in.

My confidence in my own path has nothing to do with other people.

When I connect to the source of my own authority, I know that it is not in other people.

The source of my self-confidence is not the source of someone else's self-confidence. I have Confidence in Other People not to keep a secret.

I always trust other people to do exactly what they want.

I confide my Truth to others with confidence.

My Confidence in my Truth is mine, not someone else's.

I cannot keep a confidence from an Enlightened Being, they know my Truth. Confidence in other people is my ability to confide my Truth to other people.

201

Loyalty & Commitment

Jun 14 2011

Loyalty is my commitment to a person, a group or an entity.

Commitment is my loyalty to an objective, a cause or an intention. Loyalty & Commitment raises many questions in my life:

Is my loyalty to other people or myself?

Is my commitment to my ideals or others?

Is my loyalty to my ego self or my Soul?

Is my commitment to my ego's will or my Soul's Path?

Is my loyalty to those who meet my emotional needs or to the source of my emotional power?

Is my commitment to those who have influence and status or to the source of my true authority?

Is my loyalty to the desires of my ego's will or the vision of my Eternal Soul? Is my commitment to the beliefs of my ego self or the truth of my Higher Self?

The focus of my loyalty and my commitment determines the direction of my path and whether I am loyal to my destiny or committed to my fate.

202

What Is Love?

Jun 13 2011

What is Love?

Is Love:

- Something that I give to someone else?
- Something that I need from someone else?
- Something that I share with someone else?
- The way to empower someone else?
- The way to manipulate someone else?

- An experience to have with someone else?
- The source of my power?
- The need for more power?
- The expression of my power?
- An objective to do?
- A commodity to have?
- A true value to be?
- A desire to have something?
- A passionate way of doing something?
- A state of Being?
- The effect of my power?
- The effect of my authority?
- The effect of my ability?

Is Love:

A statement of my confidence?

A statement of my esteem?

A statement of my worth?

203

Coaching the Client

Jun 12 2011

Coaching the Client is the only way to coach.

The Coachee is always the client.

They cannot be a Third Party that is nominated by the client.

Coaching someone else is never a solution to my problem.

Problem-solving is a management skill, not a Coaching Skill.

When the Coach is drawn into problem-solving, they are trying to manage the problem for the client, which is consultancy not Coaching.

Goal-setting and problem-solving are not the same thing.

When the client's goals involve manipulating a third party, they will necessarily fail.

When the client believes that their problem is the creation of a third party, they will not find a lasting resolution.

Coaching the Client involves hearing what the client's real issue is, seeing what the client is creating as their own reality, and knowing what path the client is required to follow for their own personal development.

Personal development is never attained by trying to change someone else.

Changing other people is the goal of someone who is determined to get their own way but is not committed to their own personal development.

Coaching facilitates the development of the client, never a third party.

204

Third Party Coaching

Jun 11 2011

Third Party Coaching doesn't work.

Coaching is a partnership between two people, not three.

A Coach guides and supports a client to overcome their own problems, not someone else's.

When the client has an issue involving a third party, the issue is the client's, not the problem of the third party.

The issue that the client has with a third party is always a problem.

Problem solving an issue with regard to a third party is not a coaching issue.

Resolving a problem with a third party is an advocacy, an arbitration, or a consultancy issue.

Coaching a client to see that any problem that they believe that they have with another is their issue, is the only way forward.

Guiding a client to see that they are the creator of their own problems, not a third party, is the responsibility of the Coach.

Only the person who created the problem can be coached to see an opportunity to resolve it, never a third party.

Unless the client is coached to see that they are the creator of their own problem, the Coach is allowing the client to be the victim of someone else's issue.

Coaching the client to be a victim is never a good practice. A third party is never the creator of my problems, I am.

When I blame someone else for creating my problems, I am in denial of whom I am being.

205

Personality & Character

Jun 10 2011

My Character is determined by my beliefs.

My beliefs determine my perspective of reality.

My perspective of reality determines what I am tolerating in life.

My character is a reflection of the problems and tolerations that I am facing in life and my ability to tolerate and live with them.

My lack of character is seen as my inability to cope with and to tolerate the problems that I am experiencing in life.

My Personality is determined by my emotional needs.

My emotional needs determine my perception of what is possible.

My perception of what is possible is limited only by my emotional power.

My personality is a reflection of who I need to be in order to get my emotional needs met.

My lack of personality is seen as my aloofness or inability to relate well to other people because I do not depend on them to meet my needs emotionally.

My True Identity is beyond the limitations of my Personality & Character.

206

My Two Selves

Jun 09 2011

My ego Self does not like the title of „lower self“.

My ego Self believes that it is my sense of self.

My „Higher Self“ knows that it is my True Self.

My ego sense of Self relies on my 5 physical senses to understand who I am.

It lives in a rational, physical world and knows itself by who it believes that I am relative to this world of matter.

My Higher Self knows instinctively and intuitively who I am.

It sees the bigger picture of the reality that exists beyond my physical incarnation.

And it feels the presence of a Higher Power than the will of the ego self.

My ego Self is my „lower self“ whilst disconnected from the existence of my „Higher Self“.

In the disconnection of my dual reality existence, my ego self believes that it is my only Self.

In my connection with my Higher Self, I allow my Ego to become at One with my Higher Self and become my Soul.

207

Ideals & True Values

Jun 08 2011

Ideals have true value.

True Values are ideal.

My Ideal Life is the experience of living my True Values.

My True Values are the expression of my Ideal Life.

True Values make my Life Ideal.

My Vision in life defines the boundaries of my Ideal Life.

Living my Vision has True Value and is Ideal.

My Purpose in life defines the attributes required to live my Ideal Life.

Living with purpose has True Value and is Ideal.

My Mission in life is to attain my Ideal Life and to live my True Values by doing what I truly love to do.

Attaining my mission has True Value and is Ideal.

Living in a world in which everyone is in control of their own power, their own authority, and is responsible for their own actions, is ideal and has true value for my Self.

This is my vision, mission and purpose for my life.

Dependency & Control

Jun 07 2011

Whatever I am dependent on, I need to control.

I cannot depend on something that is out of my control.

I am dependent on whatever I need emotionally.

My emotional needs are controlled by my sub-conscious mind.

My mind automatically controls my emotional needs sub-consciously.

When I depend on other people for what I need emotionally, I will need to control those people to ensure that my needs are met.

I will depend on my „control drama“ to successfully compete with other people for the emotional energy that I need.

I will use my control drama of being an intimidator, a poor me, an aloof or an interrogator, to compete with those whom I am dependent on for my emotional energy.

I am not conscious of my control dramas and my emotional dependency until I become aware of my ability to consciously meet them myself.

Once I attain the ability to meet my own emotional needs, I am no longer dependent on others and no longer need to be in control of others.

True Independence is without Dependency & Control.

„Give it to God“

Jun 06 2011

When I have a problem, I cannot „Give it to God“. God does not have problems.

God does not solve problems.

God only creates opportunities.

What I can give to God is my Attention.

When God has my attention, I can receive my opportunity.

Without my attention, God has no opportunity to guide and to support me on my path.

Without guidance and support, life is one long procession of problems.

Unless I give the opportunity to God, I cannot receive the opportunity from God. When I give my attention to God, God gives my opportunity to me.

God is my Soul in action.

Without the opportunity, my Soul cannot act, which is the source of all my problems.

210

Intentions & Visions

Jun 05 2011

My Soul has but one Intention: For my Self to realise my Vision.

My Soul has a Vision for my Self.

My Self was born blind and unaware, without the eyes to see my Vision for my Life.

My Soul holds my vision for my Self.

Seeing my Vision requires enough power to connect with my Soul.

I can only see my Vision through the eyes of my Soul.

My Soul can only realise my Vision through the experience of my Self.

When I set Intentions that are not aligned with my Vision, I have neither the authority nor the power of my Soul to achieve them.

Misaligned intentions become the goals of my ego self that will require will power to achieve.

When my ego's only intention is to follow the path that is illuminated by my Vision then my Intention and my Vision have no distinction.

My greatest distinction is the alignment of my ego's Intention with my Soul's Vision for my life.

211

The Call of Duty

Jun 04 2011

Duty is not my „calling“.

My calling is aligned with my True Values that empower and inspire me.

My duty is a charge and a tax on my emotional energy that disempowers me.

I am called by my Soul to follow my path, yet it is not a duty.

I am called by my sub-conscious ego self to get my emotional needs met.

Duty is a need and a toleration.

I tolerate my duties because they meet my emotional needs.

I was born with a purpose and a mission.

My mission is not a duty, it is the fulfilment of a vision.

My duties were assigned to me after my birth.

My duties have been given to me by people who need me to meet their physical and emotional needs.

This is not part of my covenant.

Meeting my „Covenant“ is not the Call of Duty. God is not a Tax Collector.

212

“Fight the Good Fight”

Jun 03 2011

There is no such thing as a “Good Fight”.

A fight is an expression of active conflict.

Conflict is never good for myself.

All external conflict in my life is an expression of the inner conflict that I have not yet dealt with.

My inner conflict is always between the beliefs of my ego self and the Truth of my Divine Soul.

It is never between my Soul and my Self.

My Soul knows my Truth.

My ego Self is in conflict with my Soul when it is in conflict with the Truth.

Fighting the truth does not reveal the Truth.

In the presence of the Truth, fighting becomes obsolete.

Only the Truth can end my inner conflict.

When I find my Inner Peace, I find my Truth and the Source of my Power to live Life without conflict.

I am only ever fighting my Self. I can never win.

There is no Good in Fighting. It has no real purpose.

213

Satan

Jun 02 2011

Satan is not a figment of my imagination.

Satan is a projection of my sub-conscious mind.

It is my sub-conscious mind that creates Satan as a reality in my experience.

Satan is that mystical figure of evil that opposes the will of my sub-conscious ego self.

When my sub-conscious ego self is opposed, threatened or resisted, it creates a projection of satanic evil as the oppressor, the thwarter, and the resistance to what I believe that I want and need.

„Get behind me Satan“ means that I am aware that evil is just an expression of my own projected negative perspective reflecting back on to my self.

Once I am aware that all evil is just a projection into my reality of my sub-conscious fears and negative beliefs, then I know that fighting my fears just empowers Satan more.

Facing Satan disallows Satan.
Satan cannot face the Truth.
In the Presence of Truth, Satan cannot Be.
Facing my fears overcomes Satan.
Facing Satan overcomes my fear.
Loving Satan is a statement of my Acceptance of my Self.

214

Bemused

Jun 01 2011

When I am Bemused, I am confused and I am without clarity.
Without clarity I am bemused.
With clarity I am amused.
A Muse is a deity or Divine Being.

In a divine state of being, I am ever amused, and ever a Muse.

This relative world of dual reality is designed for my
amusement or my bemusement.

When lost and confused, I am resigned to my bemusement.

With clarity and direction my bemusement turns to my
amusement.

With amusement, I experience the pleasure and enjoyment of
life.

With bemusement, I suffer the trials and tribulations of life.

When bemused, I am off track and experiencing the problems
of physical life.

I am failing to see the opportunities for my growth that are
there to amuse me on my journey of spiritual development
through life.

215

Grace

May 31 2011

Grace means power.

My physical and my emotional power comes from what I eat.

What I eat raises or lowers my emotional energy.

We say "Grace" as a thank you for the food that we eat.

What I feel in gratitude for, I put into my future.

Food is an essential for life.

Food is a provision that is always provided.

Saying Grace is a recognition of that provision.

The hunter's prey yields to the grace of a successful hunter.

Natural foods are blessed by the sun's grace.

The vibration of my food determines the quality of its grace and nutritional ability.

Food that is grown and cooked with the love & grace of the gardener and chef are of the highest nutritional quality.

Grace is fundamental to life once I have the wisdom to use it gracefully.

216

Self Control

May 30 2011

Self Control requires discipline.

Someone else's discipline is not self control.

Discipline aligns me with authority.

Self Control is the 3rd way between „controlling others“ and „being controlled by others“.

Controlling another involves instilling my discipline into them so that they follow my authority.

It means getting them to do what I want.

Being controlled by another involves following their authority and conforming to their discipline by doing what they want.

Self Control is the absence of any controlling influence over either another or my Self.

When I try to control others, others will try to control me. This is the Law of Attraction.

The discipline of Self-control is the authority to be in control of my Self.

The only way to achieve true self-control and be in control of my Self is to relinquish control from my ego self to my True Self, my Soul.

My Soul never takes control of my Self.

It can only be in control of my Self once my Self consciously cedes control to my Soul.

When I give control of my Self over to my Soul, I become a True Disciple of my Soul and attain Self Control.

217

Guiding & Supporting

May 29 2011

Guiding & Supporting the client or coachee is the role of the Coach.

The role of the Life Coach is to guide and support the exploration, discovery and experience of life.

The Coach guides the development of the client.

The question is: “Whose plan or map are they using”?

The Coach supports the development of the client.

But: “Whose emotional energy are they using”?

When the Coach uses their own practical experience to guide the client, they are mentoring or consulting.

When the Coach uses their own emotional energy to support the client, they are counselling or caring.

When the Coach connects the client to the client’s own source of authority, they are being a Transformational Coach.

When the Coach connects the client to the client’s own source of emotional power, they are being a Transcendental Coach.

Guiding & supporting a client to fulfil their own vision, mission and purpose in their life requires the ability of the Coach to connect the Coachee to their own true source of power & authority, which accesses the client’s own True Values.

They become guided in the authority of their Truth and supported in the power of their Values.

218

Perpetual Motion

May 28 2011

Perpetual Motion is a fundamental property of Energy. Energy is perpetually in motion.

Energy is never at rest

Matter appears to be at rest relative to other matter.

This is a fundamental property of matter.

Matter in motion is measured as time, speed and distance.

Energy in motion is measured as Time, Space & Reality.

Time, Space & Reality are all in perpetual motion.

They never stand still for a moment.

When matter is in motion at any speed, over any time and for any distance, it creates entropy and experiences resistance.

Entropy is the nature of matter choosing to be its natural self. The nature of matter is to be at rest, not in motion.

Because the motion of matter is determined by a finite time, speed and distance, it cannot have infinite or perpetual motion.

Even our planet, sun and galaxy appears to have a finite time, speed and distance within our relative, three-dimensional universe.

No galaxy, sun or planet exists in perpetual motion, only the Energy from which they are created is infinite, eternal and perpetually in motion.

219

Levels of Hearing

May 27 2011

There are Three Levels of Hearing: Level One:

This is hearing what someone is consciously experiencing and is aware of in their present moment of existence.

It is hearing „where they want to be“ and the problems that they face in getting there.

It is clarifying their desires and aspirations for what they believe that they want to improve, develop and achieve.

Level Two:

This is hearing what someone sub-consciously believes about their world, based on their experience of the past.

It is hearing „where they are now“ and the challenges that they are facing in life.

It is feeling the emotional needs that are present, that have been created by their fears and their limiting beliefs.

It is hearing their perspective of their world view and the reasons for the resistance that they are encountering in their life.

Level Three:

This is hearing with conscious-awareness what someone really wants to do and who someone really wants to be in life.

It is hearing their vision, mission and purpose for their life and what it is that they truly value.

It is hearing their messages for their self that are the inspired revelations of „where they have chosen to be“ in life and the opportunities that are available for attaining that choice.

Enough of Victimhood

May 26 2011

My victimhood will become history when I declare that I have had Enough of Victimhood.

Until I have had enough of victimhood, I will experience too much victimhood in my life.

I will overcome victimhood in my life when I decide that, with regard to victimhood, enough is enough.

I will experience victimhood until I decide that I have experienced enough of victimhood and I decide that it is time to overcome victimhood.

To overcome being a victim of other people requires me to stop victimising other people in the belief that they are to blame for my victimhood.

I cannot change another person, yet when I change myself, others have to change in relationship to my Self.

Once others recognise that I have had enough of victimhood and I am no longer a victim they know that they can no longer victimise me.

It is impossible to victimise someone that is no longer a victim, although it is possible to victimise someone who is pretending to no longer be a victim.

Victimhood is caused by a victim mentality that believes in scarcity.

Not having enough of anything, including self-esteem, creates a victim mentality.

With a victim mentality, I have a scarcity mentality, I am a victim of my scarcity.

When I give up my scarcity mentality and know that I have enough of everything, I can no longer be a victim of my own false beliefs and fears.

221

Victims of Scarcity

May 25 2011

Victims of Scarcity do not have enough.

99% of the population of the world do not have enough of something.

80% of the world lives in poverty.

20% live in luxury.

Less than 1% have found the balance.

I cannot be a victim of scarcity and live in abundance.

I cannot be a victim of extravagance and live in abundance.

Most people rely on other people for their emotional power.

A high percentage are victims of other people needing their emotional energy.

Some are victims of other people taking their energy forcibly.

Most people in the modern world are short of both time and space.

They are victims of their obsessive life style and the pace of modern life.

The majority of the world's nations are in debt due to a perceived scarcity of money.

Even the well-off believe that they do not have enough money and are constantly pursuing more and more.

Half the world suffers from the symptoms of low self esteem. The other half have become victims of their own arrogance and self-importance.

Scarcity is pandemic in the modern capitalist world and was even more so in a communist society.

Victims of scarcity are victims of their own beliefs and perceptions.

222

Authority & Choice

May 24 2011

My Authority is my ability to make a Choice.

Choice is an authorised ability.

My ability to choose is authorised.

When my choice has my highest authority, it is empowered.

Without my highest authority, it will require my will power to achieve it. My highest authority is my Highest Self.

My Soul authorises my Self in alignment with my vision and my purpose. With my Soul's authority, my choice is inspired.

The choice of my Soul empowers and inspires my Self.

Power & Authority are inseparable from my Soul's perspective.

What is authorised by my Soul is empowered by my Soul.

What is chosen by my ego self is powered by my ego's will.

My ego is authorised to choose although it will not always make authorised choices.

The choice of my Self is only authorised when in alignment with my Soul's choice for my Self.

I can only attract what my ego wants with my Soul's agreement. My Soul's Agreement is my Vision & Purpose for my Life.

223

The Paradox of Choice

May 23 2011

The Paradox of Choice is that choice is a paradox.

I understand the paradox of choice when I know that my choice has already been chosen and that there is no choice to make other than to follow the choice that I have already made.

Without choice, there can be no paradox.

Without choice there is no alternative perspective that creates the paradox.

In a dual reality world, we all have choice.

It is the duality of this world that allows paradox.

Choice and paradox are a consequence of division and disunity.

The real paradox is that I have choice, yet I have already chosen.

I have a vision, mission and purpose for my life that I have already chosen.

My true choice for my life is contained within my vision for my life.

Following my vision is the only choice for me. It is my destiny.

It appears that I can choose not to follow my chosen path in life but this is an illusion.

My path is already chosen. I can follow it in awareness or without.

With awareness I accept my destiny.

Without awareness I tolerate my fate.

I will learn to tolerate an intolerable journey until I learn to Accept my destiny. I can choose my destiny as my fate or I can choose my fate to be my destiny.

224

Levels of Authority

May 22 2011

My Level of Authority is determined by who makes my choices for me:

Level One Authority is when I allow other people to decide for me. At level one I am highly influenced by what other people think when I am making a decision. I defer to the superior knowledge and authority of others when faced with an important decision. I believe that I am only entitled to what other people agree that I deserve. It is important to me that my choices are in alignment with what others are choosing for them and for me.

Level One Authority is driven by my humility and the need to be unselfish. It is the authority instilled in me by my society, my religion, my government, and my upbringing.

It is the choice of my Sub-conscious Self.

Level Two Authority is achieved when I decide that the best choice for myself is the choice that I decide myself is best for me. At level two, the opinions and beliefs of other people have very little influence on the decisions that I make for myself. I make choices based on my belief of how beneficial it will be for myself and what is ultimately in my own best interests.

Level Two Authority is driven by my selfish pride and arrogance and the need to be self-determined. It is the authority that is given to me by my sense of ego self.

It is the choice of my Conscious Self.

Level Three Authority is attained when I know that the choices that I make resonate within the core of my Being. They are an expression of my True Self and reflect the highest aspect of who I am. At level three, I know that what is beneficial for my Self is never detrimental to another. I know that whatever I choose for all others, I also choose for my Self. It is the authority that connects me to my true emotional power.

Level Three Authority is the attainment of True Selfishness. It is a gift to my Self from my Soul.

It is the choice of my Higher-conscious Self, my Soul.

225

Successful Contentment

May 21 2011

My greatest success in life is to be Content. When I am content, I succeed in having enough.

When I have enough of everything, I am content with life and I am experiencing abundance.

Life is abundant when I have enough.

A successful life is abundant in everything that I want.

When I have everything that I want, and want for nothing, I have Abundance and Successful Contentment.

I am content with my success when I attain abundance.

I will be successful when I am content.

When my success is based on my achievement, I will never be content.

Success through achievement is a fleeting experience.

With a need to succeed, I will never be content.

There will always be more and more that I need to achieve.

To be content with my achievement requires a continuous and never ending accomplishment of my goals successfully.

Successful Contentment is an attainment not an achievement.

226

Directive Coaching

May 20 2011

Directive Coaching is an oxymoron.

Coaching is never directive.

Managers and Directors set direction.

Coaches guide and support the client to clarify and strategise their own direction.

The direction that a Coach follows is always the direction of the development of the client.

Coaching is Developmental.

Mentoring is never directive, although it may be instructive, it is always developmental.

The purpose of Mentoring is to guide and support the client along a similar path to which the mentor has previously travelled.

It is never the mentor that chooses the path, always the client. It is always the client who chooses the mentor, never the mentor.

Being a Mentor requires the experience of where the client is going, whereas being a Coach does not.

Neither Coaching nor Mentoring can be used as tools of Directive Management.

Coaching is a collection of skills that are used within a Consultative style of Management.

227

Interrogation

May 19 2011

Interrogation is not a coaching skill.

It is a Control Drama.

Interrogation is the control drama of the Interrogator.

Interrogators ask questions that:

☒ Judge, blame & condemn

☒ Are critical, cynical, sarcastic and skeptical

☒ Deprive others of their authority

☒ Have a negative purpose and intent

☒ Seek to compete with another

☒ Are controlling and seek to find fault

Interrogation is how the Interrogator passively competes with another for their emotional energy.

Interrogators seek to confuse, lose and frustrate whoever they are questioning.

They probe with closed questions to get the answers that they require.

Coaches ask open questions that elicit a beneficial answer for the client.

A Coaching Question gives clarity, direction and presence, in order to guide and support the one who seeks their own answer.

228

The Golden Rule of Karmic Attraction

May 18 2011

The Golden Rule is Karma in action.

Karma in action is the Golden Rule being experienced.

“Whatever I do unto others will be experienced as others doing the same unto myself”.

That is my Karma.

Karma is the Golden Rule working in perfect alignment with the Law of Attraction.

Karma is „like energy“ being „drawn unto itself“.

All energy is naturally attractive.

Whatever energy I express, I will experience.

This is how I learn which energies are beneficial and which energies are detrimental to my path.

An effortless life is being in a state of continuous positive Karma.

Living an effortless life requires being an expression of balanced positive energy.

I will always experience the effects of the Golden Rule of Karmic Attraction.

The question is: Am I enjoying the experience as beneficial or not.

When my experience appears to be detrimental, I can choose a more attractive energy to express.

When I express positive energy, I experience positive energy. It is the Law of Attraction, the Golden Rule, my Karma, and my Destiny.

229

Purpose, Reason & Meaning

May 17 2011

The Purpose of Coaching is to guide and support the client to realise:

Where they are now

Where they choose to be

How they are going to get there

Their Reason for choosing a Coach is because:

They are frustrated because they are stuck where they are now

They have lost their direction and don't know where they are going

They are confused and don't know how to proceed
Without a clear picture of where I am now and where I want to be, I cannot formulate a strategy of how to get there.

The Meaning of Coaching, when Coaching means something, is realised when the client:

Gains Presence and focuses in the „now“.

Gains Direction and sees where they choose to be

☒ Gains Clarity and knows how they are going to get there

With Purpose, Reason and Meaning, the Coach connects the client to the authority of their direction, the power of their clarity and the ability of their presence, so that they are no longer lost, confused and frustrated.

230

Modelling the Model

May 16 2011 Edit This

Modelling is an essential Coaching skill.

Modelling is also an effective Leadership quality. Leading by example is effectively being a „Model“. A model is a good example.

A Coach is a good example of modelling.

Coaches require a Model to model. Training is modular.

Coaching is being a Modeller.

My Coaching Model is:

☒ Power + Authority = Ability

To be a Model for my model requires my connection to my own personal power and

authority.

My Ability to be an effective Coach is determined by my ability to connect my Self to my own personal power and authority, which determines my ability to guide and support my client to connect to their own power, authority and ability.

By modelling my own ability, I am enabled to Coach as my Model, my coaching model, with power and authority.

The Prime Attributes of Leadership

May 15 2011

Transparency

Transparency is a prime attribute of Leadership.

Leaders who are being transparent communicate a clear vision and a clear intention.

With transparency, followers have the clarity to see where everyone is going.

There is no hidden agenda and no one gets confused.

Accountability

Accountability is a prime attribute of Leadership.

Leaders who are accountable clarify their direction and their purpose.

With accountability, followers know where they are going and where the leader is coming from.

There is no deception and no one gets lost.

Wisdom

Wisdom is a prime attribute of Leadership. Leaders who are wise make beneficial choices.

With wisdom their presence is recognisable and followers know why they are being led this way.

There is no frustration, no anger and no intolerance, only unity.

Tools, Programmes & Resources

May 14 2011

A tool facilitates the effective completion of a task. Tools make tasks easier to perform.

Programmes set out the objectives, boundaries and parameters of a learning experience.

Resources are reference materials that assist the learning of knowledge. Instructors, trainers and teachers all use tools, programmes and resources in the

course of their instruction, training and education of those who are learning.

A student requires programmes and resources to assist their learning, whilst the teacher requires the necessary tools to facilitate their learning.

Tools, programmes and resources are essential for the training, instructing, teaching and education of students to gain knowledge and skills.

Coaching is the development of the potential of an individual person.

It is the development of a strategy for personal development and growth that is inherent within the individual.

Coaching requires the primary skills of Listening, Empowering, Strategising & Developing.

Tools, programmes and resources are essential to train a Coach and useful for a Coach who is in training.

Effective Coaching requires skills not tools, programmes or resources.

A Trainer, Teacher or Instructor qualifies as a Coach once their tools, programmes and resources are no longer required.

233

Guidance & Support

May 13 2011

Guidance & Support for a client are the two main objectives of a Life Coach. Guidance is a process of connecting the client to their own authority to make their own choices.

It is about formulating a map of where the client is now and where the client wants to be.

The Coach then supports the client to produce a strategy as to how they are going to get there.

Support is a process of connecting the client to their own personal emotional power and inner motivation.

When the Coach is connecting the client to someone else's map, they are not coaching the client. They are mentoring, consulting or giving advice.

When the Coach is supporting the client with their own emotional power and motivation, they will eventually burn out emotionally.

The process of guiding & supporting requires the application of particular coaching skills together with the wisdom to use them effectively, without getting in the way of the client or becoming part of the problem or drama.

The effectiveness of any Coaching Skill is relative to the personal attributes and attainments of the Coach who is using them.

Life Coaching is a process of guiding & supporting the client on their journey of personal self development.

This process is either enabled or limited by the degree and level of Self Development already attained by the Coach.

Coaching is always a journey of personal development for both the client and the coach.

234

Personal Ascension

May 12 2011

Personal Ascension is the transition of the Self from one dimension of reality to another level of consciousness.

The greater the evolution of an individual Soul, the higher the level of consciousness that is attained.

My Soul has currently attained the level of 2 dimensional consciousness that allows my experience of a 3 dimensional reality.

It is through the exploration and discovery of this 3 dimensional reality that my Soul may eventually ascend to a 3 dimensional consciousness that has mastered 3 dimensional reality.

Reality is multidimensional.

The eternal journey of my Soul is to explore experience and discover new dimensions of reality.

The incarnation of my Self into the life of a particular dimensional reality is essential to the process of spiritual development and growth.

It is not my Self that ascends. It is my Self that facilitates the experience that allows my Soul to ascend to a higher consciousness, plane of learning, and dimension of reality.

It is the work and service of my individuated Self that allows the attainment necessary for the Ascension of the Soul on its Eternal Journey.

235

Constructive Interference

May 11 2011

In physical terms, Constructive Interference is where the resistance of combining waves is magnified.

Destructive Interference is when combining waves are not in phase and cancel each other out.

In spiritual terms, interference is never constructive.

The wavelength of energy is determined by the frequency of its vibration.

The wave itself is created by the gender and polarity of the energy.

The alternating gender of a wave determines its peaks and troughs and the character of its male and female attributes.

The greater the amplitude of the wave, the greater the opposition between the male and female aspects of the energy.

The lesser the amplitude, the more balanced the energy becomes and the less duality between the male and the female genders.

It is the duality of the gender of the energy wave that creates the interference patterns.

Balanced genders live in harmony without interference.

From a spiritual perspective, harmony is constructive and interference is destructive when it is responsible for the battle between the sexes.

236

My Need to Know

May 10 2011

My Need to Know is created by my disconnection from my All-Knowingness. In my omniscient all-knowingness, I have no need to know because I am all-

knowing.

My need to know is driven by my need to feel safe & secure.

I believe that I am safe & secure when I know why everything is occurring.

I believe that knowledge allows myself the ability to protect myself from whatever life throws at me.

I believe that I need to understand evil so that I can fight evil and live a good life. My need to feel safe & secure drives my need to be in control.

When I am in control, I know what is happening, I am in control of what is happening and I feel safe & secure.

When I know that my Soul is All Knowing and that my Soul is in total control and that my Soul always protects my Self, then I know that my safety is assured and I no longer have any need to know.

I know everything that I need to know when I have faith in my Soul.

237

Fear of the Unknown

May 09 2011

I fear the unknown because the unknown creates my fear. An all-knowing Being is fearless.

Being all-knowing is omniscient.

I cannot be omniscient and fearful.

It is my state of unknowingness that defaults to fear.

Fear is the false reality of my limiting beliefs.

My beliefs are limited by my inability to be all knowingly omniscient.

I fear the state of not knowing.

It is this fear that drives me to explore, discover and experience my Truth.

If I were content with not knowing, I would have no fear.

Knowing that I don't know, and knowing that I don't need to know, is the pathway to fearlessness.

Knowing that all will be revealed on a need to know basis is all that I need to know.

Once I know this, I can embrace the unknown and overcome my Fear of the Unknown.

238

Alien Life-Force

May 08 2011

There is an Alien Life-Force.

To the spiritually unaware, an alien life-force would appear as little green men from

mars.

The life-force that is alien to the spiritually disconnected is their own life-force energy.

My Life-Force is my Higher Consciousness. My Higher Consciousness is my Soul.

My Soul is my life-force energy that provides my power and my authority to make life choices.

My life-force is my „lien“ or connection to my Soul.

When I feel my life-force within my Self, I feel my connection with my Soul.

A lien to their Soul is alien to most people.

Many people now believe that the the possibility of life-forms on other planets is probable.

What I believe to be possible and probable, eventually becomes my reality.

What makes aliens alien to my Self is my disconnection from my own True Reality and Spiritual Origins.

Everything, everywhere, is connected spiritually, even though it may appear disconnected physically.

239

Careers & Professions

May 07 2011

My Career is my journey through my working life.

When I career through life, life works.

My Profession is the type of work that I profess to do.

I have a life of work that is my career.

It may be in just one profession or it may involve my participation in many different professions.

During my career, I profess to having been a Hotelier, an Innkeeper, a Leisure Development Manager, a Consultant and a Life Coach.

My Soul is concerned with my career, not my profession.

The purpose of my working career is to give my Self the opportunity for Self Development.

This was the case and is the case both before and after I awakened to my spiritual path in life.

Who I profess to be professionally is of no apparent concern to my Soul.

Who I am actually being as I career through my working life is the sole concern of my Soul.

240

The Reality of Freedom

May 06 2011

Freedom is not real until it is created.

Reality is created through a process of thought, word and deed.

In reality, True Freedom requires „freedom of thought“, „freedom of speech“ and „freedom of action“.

My thoughts become my beliefs that become the behaviour of my actions.

What is real to me is the experience that my thoughts, my words and my actions have created for my Self to experience.

To experience freedom, I first have to create it.

To create freedom, I first have to define it.

To define freedom, I first have to realise what freedom means to me.

When I know what freedom means to me, I can then speak it.

When I speak of freedom and know it to be my Truth, I can then realise it.

When I realise my freedom, it becomes my reality and I can then experience it. When I can experience the freedom of my reality, I know the Reality of my Freedom.

241

Freedom of Action

May 05 2011

Few people believe in Freedom of Action.

Most people believe that being able to do whatever you choose, whenever you want,

should not be allowed.

To this end, every nation, society, religion, culture, creed and civilisation has made rules and laws governing what Man can and cannot do.

We are only free to do within our society what our society declares we are free to do.

We are only free to act with what the consensus of people, within our society, have deemed to be correct and lawful behaviour.

When we act in a way that is seen to be detrimental to others, our freedom to act is taken away.

Society believes that the only way that we can be free to act is to have our freedom to act limited by society.

Normal actions are allowed and abnormal actions are disallowed. Creativity is stifled when new actions have first to be vetted and approved.

Acting from personal truth is discouraged in favour of the belief in the right actions of a just society.

A just society does not allow freedom of action.

242

Freedom of Thought

May 04 2011

Speaking my Truth requires Freedom of Thought.

Most people are free to think whatever they choose, or so they think.

My ability to think is limited to my past experiences and my ability to remember them.

My ability to connect with my thoughts is not the same as my ability to think.

Thoughts that are a reflection of my Truth are not easy to connect to.

Intuitively inspired revelations are not thoughts that flow freely to many.

Few have learned to reconnect to their ability to reveal intuitively creative inspiration freely.

Intuitively inspired revelations express the truth of my creativity.

My Truth is free and allows my freedom, yet does not appear through the process of rational thinking.

Being free to think does not always allow freedom of thought or my thoughts to flow freely.

What restricts my freedom of thought and free flowing thoughts are my beliefs about my lack of freedom and my ability to think.

The lack of truth that exists in my life acts as a resistance and a restriction to any thought of freedom.

Freedom of thought arrives with every thought of freedom.

243

Freedom of Speech

May 03 2011

Freedom of Speech is not granted or inhibited by someone else. It is attained when my „Speech“ allows my „Freedom“.

When I am no longer a slave to what I say, I attain freedom of

speech.

When my speech expresses my freedom, I have freedom of speech.

When my speech expresses my limitations, I have lost my freedom of speech. Limitations are not my truth and they will limit my freedom.

Boundaries are not my truth and they will limit my freedom.

When I speak of my boundaries and my limitations, my speech is limiting my freedom.

When I believe that I have freedom of speech, I believe that I have been granted it and that I may lose it.

When I know that I have freedom of speech, I know that my speech always liberates me, because it is always an expression of my Truth.

I am always free to speak my Truth.

I can only speak my Truth once I know my Truth.

244

Creative Freedom

May 02 2011

We all have Creative Freedom.

Alas, we are not all free to use it.

Those that know they have creative freedom are free to use it.

Those that believe that there is a price to pay for it, restrict their ability to use it.

We are all free to create our own reality unless we choose not to.

We are all free to experience creative freedom, unless we choose not to.

I am free not to choose to be creative, if I so choose.

I am free to choose my freedom, as I am free to restrict my freedom, as much or as little as I choose to.

I am free of everything that I am not attached to.

My freedom comes with my Detachment.

My sensitivity to the world in which I live is the essence of my freedom. My Creative Freedom requires my Sensitive Detachment.

245

The Boundaries of my Box

May 01 2011

The Boundaries of my Box are the standards of behaviour that I expect and find acceptable from other people.

What I find as acceptable behaviour from other people is what I am prepared to tolerate from them and not be intolerant of.

Just because I tolerate other people's behaviour and I find it acceptable doesn't mean that I am outside of my box. It means that I am comfortable within the boundaries of my box.

To be unconditionally accepting of the behaviour of all others requires me to be outside of my box.

To be outside of my box, the boundaries that define the walls of my box are required to disappear.

My boundaries are required to become unlimited and boundless so that they are all encompassing of every situation and occurrence in life.

It is not about removing my boundaries so that I am vulnerable and unprotected, it is about expanding and extending my boundaries until they are no longer apparent and are able to accommodate whatever occurs in my life.

Once my boundaries are totally encompassing of everyone and everything in life, my box is no longer apparent and I am no longer imprisoned within it.

246

The Boundaries of Life Coaching

Apr 30 2011

A paradox of Life Coaching is that it guides and supports clients to both have strong boundaries and to become boundless and free.

When I live under the authority, choice and standards of someone else, I live within their boundaries and must tolerate their rules, principles and laws. I abdicate my freedom of choice to live within the domain of their ethical and moral standards.

When my boundaries are not my own, they belong to other people.

Life Coaching guides and supports me to define and assert my own standards of behaviour that become the boundaries that are the behaviour that is acceptable from other people.

With strong personal standards and boundaries that I own and endorse, I operate within my own authority and choice.

My purpose in life is Expansive Growth.

Life Coaching guides and supports me to extend my boundaries to ensure that they do not imprison me and take away my freedom.

The pursuit of personal freedom requires extensive boundaries that are all encompassing of others in life.

As I restrict others on their path, so others will restrict myself.

The strongest and most extensive boundary that I can have is to be totally and unconditionally accepting of all other people.

247

Work & Employment

Apr 29 2011

Work is the act of doing something useful.

When I do something useful, it works for me.

I work at life so that life works for me.

Work is a partnership between my Self & Life.

Life is a synonym for my Soul or God.

When my Self and my Soul are in partnership, life works effortlessly, expansively and creatively.

Employment is the act of being used by an employer.

It is the act of being useful to another by doing things for them.

When I do useful things for other people, I am being used by them and employed by them.

Employers use employees to make their life work in a useful way.

I can be employed for life as an employee of either my Self or another Self.

Alternatively I can work in partnership with my Soul.

The best choice for my Self is the choice that works for me, rather than the choice that works for someone else.

Being self-employed and doing the work of the ego self can be very hard work and require a lot of will power.

Being Soul-employed works for me as it is both inspiring and empowering.

248

Power & Money

Apr 28 2011

Many people believe that power requires money and therefore money provides power.

Greed is the need for more and more power, and has become synonymous with wanting more and more money.

Wanting more than enough of anything, including money, is gluttony. Wanting to be superior, or have more power than someone else, is greed.

We have confused personal power with having authority and influence over other people.

It is a commonly held belief that money is power and power is having influence over other people.

Greedy people need to be superior to others in order to influence and have power over them.

Greed is the falsely perceived power to make choices for other people, which people with money believe that they have the authority to do.

When money is a measure of our personal power, it is also a measure of our self worth.

Our self worth and confidence becomes dependent on our bank balance.

It is the scarcity mentality of the poor and impoverished that feeds the greed and the gluttony of the rich and powerful.

Once my emotional power is no longer sourced from my material wealth, others no longer have any authority to make my choices for me.

249

A Question of Leadership?

Apr 27 2011

Do I admire the qualities of a Leader because:

1. They are the values that as a follower, I need in a leader?
2. They are the attributes that as a follower, I am attracted to in a leader?
3. They are the ability of a leader to follow their own path in life? Am I a leader of people because:

1. I need to be?

2. I choose to be?

3. They follow my example? Is leadership about:

1. Where I am going?

2. What I am doing?

3. Who I am being?

4. Why I am a leader?

5. When I am a leader?

6. How I am a leader?

Or is it just a Question of Leadership?

250

The Creator & The Creation

Apr 26 2011

The Creator & the Creation are a duality of relative physical existence. Without one, the other cannot exist.

Every creation has a creator that creates every creation.

“Which came first: The creator or the creation”?

The answer is that both came first because one cannot exist without the other.

When I disconnect my Self from my Creator, I deny my participation in my Creation.

When I embrace my role as the Creator of my Self, I take responsibility for that which I have created.

When I see myself as a creation of the creator, I separate myself from the creator and call the creator God.

When I see my Self as the Creator of my own Creation, I connect my Self to the Divinity of both.

My Divinity exists beyond the duality of the creator and the creation.

Creativity is the essence and the purpose of my Beingness.

Being Creative connects the creator to the creation and the creation to the creator. Being Creative is the expression of a Creative Being.

251

A Good Thought

Apr 25 2011

A Good Thought is my Authority.

It is a positive mental state of Being.

A Good Thought is my Higher Consciousness in action. It only ever has good thoughts.

My Higher Consciousness is my Soul.

My Soul only ever has good thoughts.

A Good Thought is a Revelation.

A Revelation opens doors.

A Good Thought is a Message.

A Message is a sign post that offers direction.

A Good Thought is an Opportunity.
Opportunities have infinite possibility.
A Good Thought means Change.
Change offers expansive development & Growth.
A Good Thought comes with Light.
My Light illuminates the Truth of my Choice.
The Truth of my Choice is my Authority.
My Authority connects my Self to my Power.

252

A Good Feeling

Apr 24 2011

A Good Feeling is my power.
It is a positive emotional state of Being.
It is my emotional energy supply.
It is always a positive feeling.
A Good Feeling is my Soul communicating with my Self. It is my Soul saying: "get up and go".
A Good Feeling empowers me.
It fuels my endeavour and my intention.
A Good Feeling inspires me.
It is the frequency on which new thoughts are received. A Good Feeling motivates me.
It is a sign that all of my emotional needs are met.
A Good Feeling is my intuitive sense.
It is my inner guidance system in action.
A Good Feeling is an aspect of Love.
Love connects my Self to my Soul and to Life.

253

The Need for Approval

Apr 23 2011

Deep down, I intuitively know that I am perfect.
On the surface, I experience with my physical senses all the imperfection of life.

In my created reality, I disapprove of all the imperfection because I know that it is not really me.

The experience of my created reality re-inforces my disapproval of my Self.

My Self has created an imperfect reality and the disapproval of its own creation.

My reality is that the disapproval of myself has created the disapproval of my Self by myself.

In the disapproval of my Self, I believe that I need approval and I seek it from those closest to me who reflect that disapproval to me.

Their approval replaces the emotional energy that my disapproval depletes.

Sub-consciously, I know that I need approval and my behaviour is driven by that need for approval from the only place that I have ever received it – friends and relatives who have given me their approval in the past.

Once conscious of my need for approval, I can consciously choose my source of approval and learn to unconditionally give approval to my Self.

The only time that I do not need approval is the time when I already have it. The only way to have self-approval is to attain the state of Being Approving.

When I am Being unconditionally Approving of my Self, I am Being my Soul and life is Divine.

254

My Self & God

Apr 22 2011

My Self believes that I am disconnected from God.

My belief is created by the experience of being disconnected from God.

Being born into the physical world allows the experience of being disconnected from God.

It is only in my disconnection that I can come to know experientially who God is and who I am.

To experience being God, I first have to experience not being God.

The only way that I can experience not being who I really am is to be born into physical life.

It is in the separation from who I am that I am able to experience who I am by experiencing who I am not.

When I am not feeling my Self, I am in God's Presence.

When I am not feeling God's Presence, I am disconnected from God and just being my Self.

Just being my Self is selfish.

Being Truly Selfish is being my True Self, which is my Divine State of Being that reconnects me with God.

My Soul has no disconnection from God. I connect with God when being my Soul. My Soul is my True Self.

255

My Soul Is

Apr 21 2011

My Soul is my representative of God. My Soul is my representation of God. My Soul represents God. My Soul re-presents God to my Self. My Soul is God.

My Soul is a Supreme Entity.

My Soul is a Supreme Being.

My Soul is a supreme state of Being.

My Soul is omnipotent and all powerful. My Soul is omniscient and all knowing. My Soul is omnipresent and all present. My Soul is present in all that is.

My Soul presents all that is.

My Soul represents All That Is.

All That Is is God.

God is infinite potential.

My Soul is my potential.

My Potential is Infinite.

God is Eternal.

My Soul Is Eternal.

256

The Need to be Safe & Secure

Apr 20 2011

The Need to be Safe & Secure is created by the belief that I am at risk and in danger.

Believing that I am at risk and in danger depletes my emotional energy reserves.

The sub-conscious manager of my emotional energy reserves needs me to be safe & secure to stop the drain of emotional energy.

The negative state of being that is created by a negative belief is called fear.

I have a fear of being unsafe, unprotected and insecure from the risks and dangers that I believe to exist in my life.

When I am protected and cared for, I am not in danger and not at risk and my emotional energy is stable.

An unsafe and insecure existence confirms my need for a „white knight“ who is a protector and meets my need to feel safe and secure.

When I know that my White Knight is my Soul, I know that I am always protected on my journey through life.

I know that I am never at risk, never in danger and have no need to be safe & secure, because I am, I always have been and I always will be.

257

Human Instinct

Apr 19 2011

Human Instinct can be over-ridden by choice.

Animal behaviour is instinctive.

Humans have a choice between acting instinctively or responding reflectively.

We are taught from an early age to reflect on our options before making an intelligently informed choice.

An informed choice that is classed as intelligent requires learned information.

The greater our learning and the more information we have, the greater our ability to reflect and to respond intelligently to any situation.

The more rational we become in analysing our situation and making informed choices, the less instinctive our actions become.

We have reached a point in human evolution where instinctive behaviour only occurs in moments of extreme danger to life.

In a rational world of educated planning, „instinct“ has almost become „extinct“. We have lost our powers of Intuition that allow our lives to flow Instinctively. We have lost the Source of our Connection to our “Intuitive-Instinct” – our Soul.

258

Human Selection

Apr 18 2011

Human Selection is the ability of all Human Beings to have choice.

All Beings in human form on this planet Earth have unconditional choice. The only

conditions on choice are self-imposed.

This is a world of relative dual reality existence that specifically allows choice.

All Beings and Entities choose to incarnate here.

Life is not an accident. No-one visits Earth for a physical existence unless it is of their own choice.

Life on earth is designed for the Soul Purpose of having unconditional choice.

Life has evolved on Earth through the choices that Sentient Beings have made on Earth.

The Evolution of Man has reached the point where the continuance of Human Life on Earth is Man's choice.

The Quality of Life on Earth is the consequence of Human Selection.

Each individual and unique Human Being has the choice to select the quality of their life that they choose to live and to experience.

We have that choice individually and we make that choice individually, whether we are aware of that choice or not.

259

The Nature of Human Beings

Apr 17 2011

The Nature of Human Beings has evolved through „thought“ and „experience“. What I think becomes my reality and my reality becomes my experience.

My beliefs about reality determine my needs.

My physical and emotional needs determine my behaviour.

My behaviour becomes an expression of my „nature“.

Thought and choice are a human ability that is natural.

It is the nature of Human Beings to think, to reason and to choose.

Animals act instinctively.

Humans have the ability to choose to act instinctively, intuitively, responsively or reflectively.

We no longer rely on „Natural Selection“, we have developed the ability of „Human Selection“.

It is the Nature of Human Beings to be „Selective“.

260

Human Nature

Apr 16 2011

Human Nature is the product of human personality and human character.

It is the nature of a Human Being to have a personality and a character.

The nature of my personality is determined by my emotional needs.

The nature of my character is determined by my beliefs and my truths.

Human Nature is the sum total of the personality and character of some 6 billion human beings.

Human Beings have a unique, individual and personal nature.

Humans, unlike the beasts of the land, the birds of the air or the fish of the sea, do not have a natural behaviour; they have a chosen behaviour.

Apart from Humans, only certain apes and domesticated animals have so far developed the ability to express a limited personality and character.

The Nature of Human Beings is varied, diverse and complex.

The normal behaviour of Humans is determined by the beliefs of their nation, society, family, race, creed or religion.

There is nothing „natural“ about being Human.

261

Emotional Well-Being

Apr 15 2011

Emotional Well-Being is a measure of my ability to be Happy.

Happiness is emotional, being the sum total of my positive emotions.

It is therefore not rational.

My happiness is the result of my positive emotional experiences.

Happiness is seen to be a positive emotional experience.

It is a feeling that is caused by my state of being.

The more positive my emotional state of being, the happier I become and the more emotionally well I am being.

Emotional well-being is a measure of the positivity of my emotional state of being and how well I am being.

Emotional Unwellness, currently undefined by the medical profession, is a measure of the negativity of my emotional state of being.

The negativity of my emotional well-being is always caused by the negativity of my mental thoughts.

Emotional Well-Being is not a medical problem; it is a Life Coaching Opportunity.

262

Mental Imbalance

Apr 14 2011

Mental Imbalance is the norm in a relative world of duality.

We all suffer from some form of mental imbalance.

In a dual reality world it is normal to be out of balance.

Being out of balance means that my perspective is biased towards one extreme or other of what life has to offer.

My views and my perspectives need only be marginally in favour of one extreme or the other to put my Self out-of-balance mentally.

Mental Imbalance is created by the polarity and the gender of my choice that determines the intensity of my life.

A congruent life of harmonious effortlessness and flow is not normal in this world due to our mental imbalance.

My mental imbalance is created by the experiences, views, opinions, beliefs and convictions that I hold about life.

It is the total sum of my fears, anxieties and apprehensions that are caused by the sub-conscious limiting beliefs that I hold as my truth.

Mental imbalance determines my state of Emotional Well-being.

263

Mental Unwellness

Apr 13 2011

Mental Unwellness is diagnosed as the inability to be happy. My inability to be happy is diagnosed as a problem with my mind.

Mental Unwellness is the province of the Psychologist. Psychologists deal with a brain that is physically healthy but mentally unwell.

The only distinctions that the medical profession has between our mind and our brain are determined by whether we need a psychiatrist, a neurologist or a psychologist.

Psychology works on the principal that mental unwellness is created by unhappiness, which is a state of mind.

They believe that if they can change the state of our mind, they can make us happy.

To change our state of mind, they believe that they must change our personality and our character.

It is based on the belief that it is our personality or character disorder that makes us unhappy and therefore unwell.

264

Mental Illness

Apr 12 2011

Mental Illness is diagnosed as a mal-function of the brain causing a disorder in personality and behaviour.

It is thought to be the inability to function as a normal, rational human being due to a problem that is inherent within the brain circuitry.

Mental Illness is diagnosed by a Psychiatrist.

Due to a historical lack of success in past psychiatric treatments, the treatment of mental illness is being undertaken more and more by a Neurologist.

A neurologist studies the brain and nervous system to discover the areas that appear to be malfunctioning and to diagnose a treatment or operation to rectify or alleviate the problem.

Mental illness is seen to be a problem with the mind that is caused by a mal-function of the brain.

With no distinction between the Mind and the Brain, they are looking for an illness of the mind as being present in the brain.

Seeing no clear distinction between our mind and our brain may well turn out to be the greatest insanity of this modern age.

265

Why Choose a Life Coach?

Apr 11 2011

I choose a Life Coach because:

- Living an effortless life is often an effort
- Living a problem-free life is sometimes a problem
- Living a fear-less life is often full of fear
- Realising my individual, unique and exclusive Self, is not easy by myself

- My Vision for my life is often difficult to see
- My Purpose for my life often lacks clarity
- My Mission in life often frustrates me
- My direction in life is often getting me lost
- My authenticity, awareness and attitude are sometimes in question
- Creating my own reality is easier said than done
- I often cannot hear my messages myself
- I sometimes cannot see my opportunities myself
- I cannot always feel what is right for me
- Before I can Master Life, I first have to become a Student of Life
- My Life Coach connects my Self to my Inner Teacher

Apr 10 2011

Old Fashioned means fashioned in an age or time in the past.

My old fashioned values derive from the beliefs of my forefathers.

Old fashioned styles and trends were favoured by a previous generation.

Fashion is always changing and is a reflection of the present day.

What is popular today is in fashion and follows a trend of the consensus view.

Fashion changes as times change, people change and life changes.

Change is fundamental to life and is expressed through fashion.

Changing fashions are an indicator of how fast or slow life is changing.

Last years fashions are now old fashioned.

Last years cell-phone is ready for an up-grade to include this years gadgets, gimmicks and applications that are now fashionable.

My reality is fashioned by my thoughts and my beliefs.

I can choose to fashion a new innovative and continually changing personal reality, or I can choose the same old-fashioned ways of my previous generation of relatives.

Is my worldview old fashioned, or am I fashioning my own new reality through my own inspired revelations and vision for my life?

267

Attitude, Awareness, Authenticity

Apr 09 2011

Attitude is a measure of my ability to do.

Awareness is a measure of my power to be.

Authenticity is a measure of my authority to choose to have.

My authenticity determines my perspective.

My awareness determines my perception.

My attitude determines my intuitive instinct.

My attitude regulates my level of Mastery.

My awareness tunes my level of Purpose.

My authenticity modulates my level of Autonomy.

My degree of Ability to fulfil my Mission is dependent on my Attitude.

My degree of freedom to live my Vision with Authority is dependent on my Authenticity.

My degree of Awareness of my Purpose is dependent on my magnitude of Emotional Power.

The Awareness of my Power and the Authenticity of my Authority determine the Attitude, inclination and degree of my Ability in Life.

268

Personal Qualities

Apr 08 2011

Personal Qualities determine my Attraction.

My Personal Attraction determines my Quality of Leadership.

Leadership Qualities attract followers who are attracted to the personal qualities of the leader.

Personal qualities are the product of my personal attributes and attainments.

It is the quality of my personal attributes that I have attained that defines my Personal Qualities.

My quality of Human Beingness is determined by the quality of the emotional state that I am being and I attribute to my Self.

Who I am being, as a human, is determined by my emotional attributes and attainments.

The quality of my Beingness is personal to my Self.

It is a measure of the quality of Life that I have attained and attribute to myself. My Quality of Life is relative to the Personal Qualities that I express.

My Personal Qualities determine my Self-esteem, the true value of my life and my ability to live life with confidence.

269

Personal Attainments

Apr 07 2011

Attainments are the personal attributes that I have attained. Attaining a personal attribute is the ability to consciously be that attribute by choice.

An attainment means that I have attained a positive state of Being that is who I really am.

Attainments always have a positive polarity. Attaining a negative state of being is not an attainment.

I attain a higher state of being when I express a higher state of being as my default response to whatever is occurring in my life.

An attribute is the emotional state of my Beingness, whereas an attainment is my continued expression of that attribute in my life.

I attribute being emotional to my Self once I have attained the ability of emotional awareness.

The development of Personal Attributes and Attainments requires Emotional Intelligence, Rational Intelligence, and Emotional Awareness.

Personal Attainments determine my level of Self-confidence.

270

Personal Attributes

Apr 06 2011

Attributes are a state of being.

States of being are emotional.

Rationalising my emotional states of being defines my personal attributes.

An Attribute is the emotional state of being that I attribute to my Self in the present moment.

The emotional state that I am being, in the moment, determines my power. Attributes are therefore a measure of personal emotional power.

Understanding my own emotional power requires the awareness of my personal attributes.

Attributes, like emotions, can be either positive or negative.

A positive attribute expresses personal power.

A negative attribute expresses a lack of personal power.

I determine whether an attribute is positive or negative by whether it raises or lowers my emotional energy.

Personal Attributes express my level of self-worth.

271

The Quality of Esteem

Apr 05 2011

The Quality of Esteem is determined by how much worth it has and the confidence placed in it.

The quality of my esteem for another is a measure of how much I value them and I am able to confide in them.

The quality of my own self-esteem is determined by my self-worth and my self- confidence.

My Self-worth is a measure of my personal emotional power. It is determined by my personal attributes, which are an expression of my state of being. Who I am being determines

the attributes that I express and the level of self-worth that I have attained.

My self-confidence is a measure of my personal authority. It is determined by my personal attainments, which become a reflection of my confidence to make choices. The level of Truth that I have attained determines the depth of self-confidence that I project.

The quality of my self-esteem is a measure of my worth and my confidence.

My self-esteem is a reflection of the quality of my personal attributes and attainments.

272

3 Types of Truth

Apr 04 2011

There are 3 Types of Truth: 1. The Imagined Truth:

This is a distorted truth based on the images and memories of my past experiences that are stored in my sub-conscious mind. This truth is distorted by the false beliefs and fears that limit my application of the truth. The imagined truth is a reflection of how my self experienced life in the past.

2. The Apparent Truth:

This is the truth or reality that is apparent in each present moment to my conscious Self. It is what I am observing and experiencing right now and appears to be the truth. The apparent truth is the reality that I perceive in the present time.

3. The Actual Truth:

This is the reality that my Soul projects to my Self via my inspired revelations and my innovative thoughts. It is available for my development and growth and presents new opportunities to experience, explore and discover. The actual truth is the reality that my Soul sends for my Self to manifest and actualise as a creation of my future reality experience.

Truth is just a perspective of my conscious, sub-conscious or super-conscious Mind projected into the past, the present or the future.

My reality is created by the perspective of my own Mind, which becomes my belief and my Truth.

In a 3 dimensional relative world, there is no Absolute Truth.

273

Absolute Zero

Apr 03 2011

Absolute Zero is a theoretical measurement of a state of no vibration.

It is a measurement of heat, which is a measurement of no heat.

At -273° Centigrade or 0° Kelvin, science has declared that heat no longer exists.

However this is only theoretical because this temperature has never been experienced.

Without heat there is no vibration and without vibration there is no substance and without substance there is no matter.

Matter does not exist and cannot exist at Absolute Zero.

In the same way, matter cannot exist at the speed of light because at that speed it has infinite mass.

Infinite mass cannot exist in a state of matter, so at light speed matter ceases to exist as matter.

Absolute zero, like the speed of light, is a measurement of the boundaries that exist for physical matter in a dual reality world.

Matter is energy in a solid, liquid or gaseous form.

Energy is always in motion, it cannot be in a state of no energy with no vibration.

Absolute zero is a measure of the unmeasurable and a boundary of our physical existence.

274

Oneness & At Oneness

Apr 02 2011

Oneness means without division.

At Oneness means without separation.

Attaining a state of Oneness means overcoming the relative dual realities of physical & spiritual existence.

Being at Oneness is a state of being without separation from my Soul.

When I am at One with my Soul, my Soul knows no separation from my Self.

Oneness is the absolute realm from which everything has become manifest.

It is the All of Everything that is pure potential and as yet unmanifest.

Being at One with Oneness is not possible in this manifestation of dual reality.

Though it is possible to be at One with my Divinity by expressing it in this physical realm.

Oneness is the nothingness, the singularity, from which all originates.

Being at One allows my Self the ability to manifest everything from nothing and experience something of my choice.

Being at One with my Soul allows my attainment of Oneness with everything. At Oneness is a state of Being, Oneness just Is.

275

Prime Trialities

Apr 01 2011

Me, My Self & I are a Prime Triality.

„Me“ is conscious, „My Self“ is sub-conscious and „I“ am a super-conscious Being.

There is a physical Me, a spiritual Self, and a transient entity that is alternating between a physical and spiritual experience of who I am.

I am the Love, Light & Life of a Transient Entity.

I am the Time, Space & Reality of a Spiritual Being.

I am the Authority, Power & Ability of a Physical Human Being.

I live a spiritual existence in order to be, do and have whatever I choose.

Who I am Being is emotional, what I am doing is physical and what I have is mental.

I live a physical existence in order to experience, explore and discover whatever I have chosen.

I am a Transient Entity on a Journey of understanding my Prime Trialities to allow Me, my Self & I to flow effortlessly within a physical and spiritual existence, knowing that I have the ability of life to create my own reality as a physical, mental and emotional experience, when and wherever I choose.

276

Freedom to Choose

Mar 31 2011

My Reality defines the boundaries of my ability.

My Time allows my ability to make choices with authority.

My Space gives me the power to realise those choices.

Without space, I have no power to make the choices that will change my reality.

Without time, I have no authority to choose a new reality.

Within a space-time reality, I can create my own choices.

I have the power and the authority to create a new reality and change an old reality.

The greater my power and authority the greater my ability to extend the boundaries of my reality.

Without power or authority, I am limited to the reality that is being created by others.

Being free to choose the reality of everyone else is not the choice that I am free to make.

Freedom to Choose requires the Reality of my own Time & Space. Freedom to Choose requires the Ability of my own Power & Authority.

277

A Self-Cleansing Planet

Mar 30 2011

Polar axis Re-alignment creates a Self-Cleansing Planet. When the Earth's axis is displaced or re-aligned, the poles move to a new location on

the surface of the planet.

The result is a new Arctic & Antarctic Circle.

The Arctic & Antarctic Circles are significant because they both spend 6 months of each year without sunshine.

This is because of the tilt of the earth's spin relative to its orbit around the sun.

The speed at which a new polar region freezes and an old polar region thaws is dependent on the season of the year and whether the new and old poles are situated on land or over the sea.

An axis re-alignment will create many different scenarios dependent on where one is living relative to the new and old Polar Regions.

The immediate effects may be world-wide flooding, instantaneous freezing, with longer term environmental changes where deserts turn to tundra and rain forests turn to desert.

Whether the Polar Regions are over the land or the ocean, both over land or both over sea, will determine the resultant sea-level.

The direction of polar axis displacement determines which latitudes change their climate and which longitudes remain unaltered by climate.

Whether a great Flood occurs due to a rise in sea level depends on the locations of the new and previous polar placements.

Historically it has been the most evolved civilisations that inhabit the coastal regions of temperate climates that have perished due to this self-cleansing re-alignment of the earth's polar axis.

Thankfully it has been the civilisation that perished and not the races and species of creatures that inhabit our planet.

278

Polar Axis Alignment

Mar 29 2011

Polar Axis Alignment determines the position of the North and the South Pole. Every 40,000 years the axis on which the Earth spins re-aligns in a different position.

There is currently a belief that the North Pole has been situated in 4 different positions in the last 100,000 years:

☒ Prior to 90,000 BC it was positioned in the Yukon, Alaska.

☒ Between 50,000 and 90,000 BC off the coast of Northern Norway.

☒ Between 10,000 and 50,000 BC in Hudson Bay, North America.

☒ Since 10,000 BC in the middle of the Arctic Ocean, at what we call the North Pole today.

A Polar Axis Re-alignment moves both the North and the South Pole into a more temperate climate.

The result is a melting of some of the ice caps, which are then re-formed at the site of the new pole at either end of the Earth's axis.

As the magnetic field of the Earth is created by the Earth's spin and is tangential to the Earth's Axis, a Polar Axis Re-alignment results in a change in the Earth's magnetic field.

That is unless a change in the Earth's magnetic field creates a polar axis re- alignment.

As the Earth's magnetic field is relative to the Earth's electrical and gravitational fields, which is beyond current scientific understanding, polar axis re-alignment is not yet seen as being scientifically credible.

The Theory of Polar Axis Alignment will supercede the Theory of Earth Crust Displacement.

Mar 28 2011

It is currently believed that Ice Ages are caused by the elliptical path of the Earth around the Sun.

When the Earth is in a near circular orbit, we experience temperate climates and when the Earth's orbit reaches its greatest ellipse, we experience Ice Ages.

When this hypothesis was presented in the middle of the 19th century it was believed to be nonsense.

In the absence of any other theory it has gradually become accepted by the scientific community who are currently gathering the evidence to support the theory.

Earth Crust Displacement, as a theory of how ice ages occur with the shifting of the poles, is a new theory that is currently treated as nonsense by the modern scientific community.

A North & South Polar Axis that shifts position every 40,000 years answers many of the unanswered questions about our planet including the Atlantis Mystery, the Great Flood of Noah, the Pyramid Mystery and the instantaneous appearance of Agriculture.

Whereas a shifting of the Earth's Crust may be too much for modern scientists to accept, I believe that until we understand what causes the Earth to spin on its axis, we will not understand why the Earth's Magnetic Poles can shift quite effortlessly and instantaneously every 40,000 earth rotations of our Sun.

280

Saving the Planet

Mar 27 2011

Saving the Planet is unnecessary.

The planet is not in danger.

The planet Earth is a living organism with a life span of millions of earth years.

We are not destroying the planet.

However, in many ways we are making a mess of living on it.

What is in danger is the reality of life that we are creating on the planet.

Whether we are making it a better or a worse place to live is purely a matter of individual perspective.

Does technology improve our way of life, or is it detrimental?

Is an increasing population making the quality of life better or worse?

Human Beings appear to be incapable of saving the world from Human Beings.

Human Beings are the only threat that we face on this planet.

The planet Earth is quite capable of saving itself from anything that Man as a species can demand of it.

It takes only one small shift of the polar axis to cleanse everything that Man has created.

“As simple as a duster on a chalk board”

281

Conflict

Mar 26 2011

Conflict is inevitable in a dual reality world.

Duality is a reality of opposing aspects of extremes of energy.

Extremes of energy are in opposition and conflict.

The nature of a dual reality world is opposition and conflict.

The separation that creates choice also creates disharmony and conflict.

I either harmonise or conflict with everything that I encounter in this world, unless I am indifferent to it.

Whether I harmonise or conflict or become indifferent is a matter of my perspective. Conflict is created when one person's perspective is in opposition to that of another. The way to change from conflict to harmony is to change our perspective.

Harmony will only appear when perspectives are in agreement.

There is always a third way that overcomes the opposing perspectives that bring us into conflict with our Self and with others.

The way out of conflict is to overcome the duality of war & peace, harmony & disharmony, agreement & disagreement, and conflict & appeasement.

282

Promoting & Appreciating

Mar 25 2011

Promoting is growing in status and stature.

Promoting my Self is elevating my status to a position of recognition by others.

Promoting my business is getting the recognition of the status of my products and services to a potential consumer.

Promoting my products and services is getting a potential customer to recognise their value. It is called marketing.

Appreciating is growing in value and worth.

Whatever grows in value and worth appreciates.

I appreciate whatever grows in value and worth.

Other people appreciate in me those aspects of my self that have value and worth to them.

As my value and my worth appreciates, what I have to offer others appreciates in value and worth.

The purpose of self development is personal appreciation. As I appreciate myself, my Self appreciates and grows.

The level to which others appreciate me is directly relative to the level of my self worth and the degree to which I appreciate my Self.

Appreciating my Self is Attraction in Action.

The more that I value my Self, the more attractive I become to other people.

The less that other people value myself, the more that I will need to promote myself.

283

Like & Alike

Mar 24 2011

Like & Alike are not the same thing.

There is a difference between liking something and being like something.

Though I do tend to like that which I am like and that which is alike.

The opposite of like is dislike or hate.

The opposite of alike is unlike or different.

I do not hate everything that is different.

I like or dislike according to the polarity of my energy.

Anything I deem to have a positive polarity, I like and I want.

Anything with a negative polarity, I dislike, avoid and do not want.

I am like or unlike something according to its gender.

Objects of an opposing gender are unlike, but that does not mean I dislike them.

Objects of a similar gender are alike, but I don't necessarily want them.

Energies that are alike attract and are drawn unto each other.

Opposing genders of the same frequency are the same energy and attract each other.

Opposing polarities of the same wavelength repel each other, even though they are alike, they do not like being together.

284

Promoting & Attracting

Mar 23 2011

In a dual reality world of cause & effect, promoting is the cause and attracting is the effect.

When attraction is by promotion, they are the same energy and are seen as the same action.

Promoting is what I do to attract what I want.

Promotion is hierarchical.

I promote my Self to appear better and to be seen higher up the hierarchy.

The higher I appear to be, the more status I appear to have and the more attractive I appear to be.

Beyond the world of dual reality, attraction is a state of Being. It is not what I do that makes me attractive but who I am being.

By the Law of Attraction I always attract like energy to my own state of being, irrespective of how much I try to promote myself.

Being attractive and becoming more attractive is a state of appreciation and gratitude of what I already have.

Promoting my Self is a statement of being without what I think that I need.

Promoting my Self to being better than others by seeking a higher status than others is never attractive.

Promoting my Self puts myself before my Soul and disconnects me from my true source of Attraction.

285

Inner Dependence & Confidence

Mar 22 2011

My Inner Dependence allows my confidence. My Confidence allows my independence.

Independence and confidence are not the same but they rely on each other's presence to be.

I cannot be confident in someone else's authority.

That is arrogance.

I cannot be independent and rely on someone else's choice.

That is humbleness.

When I make choices from my own authority, I have both confidence and independence.

When I confide in my Self, I have confidence. When I depend on my Self, I have independence.

When I depend on the confidence of my Higher Self, I connect with my highest authority and put faith in my inner guidance.

Being exclusively-connected requires both inner confidence and inner dependence.

My intuitive sense of knowing connects my Self exclusively to my inner dependence and my outer confidence.

286

Extreme Tolerance

Mar 21 2011

Extreme Tolerance and Unconditional Love are not the same thing. Many parents believe that they love their children unconditionally.

Most parents who choose to love their children unconditionally exhibit extreme tolerance.

Extreme tolerance allows me to love my children under extreme conditions.

Many believe that they would continue to give their emotional energy to their children to the point where it extinguished their own life.

In actuality we are not capable of dying for our children by loving them enough to die for them.

Being willing to die for our children is an act of extreme tolerance, not unconditional love.

There is always a point where tolerance becomes an extreme toleration and is no longer tolerable.

The condition on which we love our children is that it is tolerable.

Unconditional love requires the attainment of Acceptance & Forgiveness, not extreme tolerance.

287

Energy is Attractive

Mar 20 2011

All Energy is Attractive.

Attraction is the fundamental nature of energy.

Energy naturally attracts energy of a like vibration.

Like vibrations of energy attract each other.

Like energy is drawn unto itself.

Energy seeks to re-unite with itself and become whole.

Wholeness, unity and oneness are the the natural states of being for all energy.

All energy originates from the One Source.

Vibrations of energy that are not alike are indifferent and not attractive.

All energy is attractive but only to energy of a similar or a like vibration.

A similar or like vibration has the same frequency and wavelength.

Energy of a similar wavelength and a different frequency, or with a similar frequency and a different wavelength, has a different vibration.

A similar or like vibration has the same gender, polarity and intensity.

It is the gender, polarity and intensity of an energy that determines whether it is attractive, repulsive or indifferent to another vibration of energy.

288

Energetic Attraction

Mar 19 2011

The Law of Attraction states that “Like energy is drawn unto itself”. Like energy means energy that is the same and alike. Energy that is not the same and not alike is either different or opposing. All energy is in motion; it is never static.

Static energy is an oxymoron.

The motion of energy is described by its vibration.

Its vibration is the product of its frequency and its wavelength.

Frequency and wavelength determine whether energy is alike or not.

Frequency has a choice of polarity and wavelength has a choice of gender.

Polarity and gender determine whether the energy is the same, alike, different or opposing.

Similar frequencies and wavelengths have the same vibration. Similar polarities and genders have the same intensity.

Similar vibrations and intensities are alike energy and attractive. They vibrate at a harmonious intensity.

Different frequencies and wavelengths have a different vibration and are unlike and indifferent to each other.

Opposing genders of the same wavelength are attracted to each other but opposing polarities of the same frequency will never flow together in peaceful harmony.

Energetic Attraction determines the make-up of our physical world, our relationship to our physical world and our relationships with other people in our physical world.

289

Supreme Indifference

Mar 18 2011

Supreme Indifference allows Life to just Be.

Indifference is a supreme state of Being.

The attitude of indifference is without polarity or gender.

I am supremely indifferent to the relative dualities of both the polarity and the gender of my emotional energy.

I experience no difference between the positive and the negative polarity of my experience. It is just so.

I experience no difference between the male and the female aspects of my character & personality. I have overcome the duality of my gender.

Supreme indifference recognises the supreme difference between all polar opposites of emotional energy that create dual realities in life and chooses neither extreme.

It is finally balanced at the fulcrum of life and has explored, discovered and is experiencing a 3rd way of being.

My third choice is always balanced, charge neutral and supremely indifferent to the opposing dualities of Life.

Supreme indifference has overcome the duality of relative existence and redeemed the true identity of my unity and oneness with my Self and my Soul.

290

Independent Confidence

Mar 17 2011

Independent Confidence allows me to flow effortlessly along my life path. Independence is the ability to live my own life and follow my own path in life. It is my dependence on my own inner Self for guidance and support.

With inner guidance and support, I am confident of an

effortless life. Confidence is my ability to confide in my inner Self.

Self-confidence comes from within.

Dependence on others for guidance and support is due to a lack of self-confidence.

Being independent requires confidence.

Being confident requires independence.

Independent confidence requires an exclusive connection to my inner source of independence and confidence.

My Soul is independent and confident. My Soul is independently confident.

When connected exclusively with my Soul, I recognise my independent Self and I know my own Self with confidence.

291

The Battle of Good & Evil

Mar 16 2011

The Battle of Good & Evil between god and the devil is waged in many religions. Good & evil or good and bad, seen as right or wrong, is a duality of positive and negative perspectives.

A positive perspective always sees the good whereas a negative perspective sees all that is bad or evil.

Everything in dual reality has a polarity, which allows it to have both a positive and a negative aspect.

Whatever has a polarity also has a gender, which allows it to be either a male or a female perspective.

Everything that is relative to this world exists in an energetic state of being male + positive; male - negative; female + positive; or female - negative.

Religion only appears to see the light and darkness of polarity and fails to see its gender.

The paradox of the 3 western religions is that they all produce a male dominated society that values positive female energy.

The female virtues of humility, poverty, kindness, caring, humbleness, meekness and patience are seen to be good whilst declaring the male sins of pride, envy, gluttony, lust, greed, wrath, and sloth to be evil, wrong and bad.

Sins are seen as the evil curses of the devil, whilst virtues have become a gracious blessing of god.

The battle between good and evil will be fought wherever there are people with conflicting perspectives who make personal judgments concerning what they consider to be right or wrong for other people.

292

Indifference

Mar 15 2011

Indifference is being charge neutral.

Indifference is without a positive liking or a negative dislike.

It is the balance between liking and disliking.

Similar is the balance between alike and unlike.

When I am similar yet indifferent, I know that we are all on a similar path yet we all have a different destiny.

My inner difference is my unique, individual and exclusive vision, mission and purpose for my life.

My in-difference allows my Self to follow my unique path and destiny in a unique way.

My indifference is balanced when I have sensitivity in my detachment.

When I am indifferent to what is occurring in my life, I am detached from the drama that is unfolding.

Indifference requires a non-attachment to other people, material possessions and the dramas playing out in life.

When all others are indifferent to my path, I encounter no resistance or interference.

My indifference allows me to let all others follow their own path in life, which in turn allows my Self to effortlessly follow my path in life.

293

Level Three Coaching

Mar 14 2011

Level Three Coaching communicates at the level of the Super-conscious Mind. It connects the Coachee with their Soul, True Identity or Real Self.

It is an Inter-developmental Relationship where the coach is at One with the Coachee.

It is about accessing the presence of the present moment of Now.

It is an intuitive exercise that assists the Coachee to feel, see and know who they really are.

It facilitates the clarification of the Coachee's own unique opportunities for life.

A Transformative Coach operates at level three.

It is about the Self Development of the client.

It helps them to see where they are now, where they want to be and how they are going to get there.

Level Three Coaching connects the Coachee to their own personal Vision, Mission and Purpose for their life, as well as identifying their True Values.

It allows the client to experience their own empowered inspiration and revelations. The core skill of the Coach is Listening.

The essential attribute of the Coach is their exclusive-connection to Life.

294

Level Two Coaching

Mar 13 2011

Level Two Coaching communicates at a Sub-conscious level of the Mind.

It is an Interdependent Relationship that requires an empathic and a compassionate

approach from the Coach.

It is about clearing past blockages and limitations.

It is an instinctive exercise that meets emotional needs and allows the creation of new beliefs and perspectives.

It challenges the client to own their own beliefs and connect with their own inner power.

A level two Coach is often called a Hypnotherapist, a Cognitive Behavioural Therapist or a Neuro-Linguistic Programmer.

A Therapist connects the client to their sub-conscious programming in order to facilitate the shifting of blockages.

They help the client to understand where they are now and how they got there.

Level two coaching is the cornerstone of Personal Development and is designed to assist the client to become self-actualised, self-motivated and to take responsibility for their own decision making.

The core skill of the Coach is Empowerment.

The essential attainments of the Coach are the attributes of Sensitivity & Detachment.

295

Level One Coaching

Mar 12 2011

Level One Coaching communicates at the level of the Conscious Mind.

It is a Dependent Relationship where the Coachee depends on the Coach to move

them forward.

It is about developing a better future based on the past experience of the Coach.

It is an intellectual exercise that is most beneficial for problem-solving.

Problem-solving is an essential pre-requisite to professional development.

A level one Coach is often called a Mentor.

A Mentor-Coach has prior knowledge and experience of the standards and the boundaries required for the Coachee to achieve their desired goals.

They can see a clear picture of where the client wants to be and how to get them there.

The Coachee will need motivation from the Coach to overcome any resistance to change.

The Coach's main skill is to strategise.

The essential attribute of the Coach is their rational and emotional intelligence.

296

Levels of Coaching

Mar 11 2011

Coaching is a connection of two minds in communication. The role of the Coach is to ask questions. The task of the Coachee is to find the answers.

The Levels of Coaching are determined by how, where, and when the Coachee accesses the answers. A level of coaching is determined by whether:

The client knows where they are now, knows where they want to be and knows how they are going to get there

It accesses the Conscious, Sub-Conscious or Super-Conscious Mind

It is a Dependent, an Inter-dependent or an Inter-developmental Relationship

It addresses the future, the past or the present moment of time

It is intellectual, instinctive or intuitive

It solves problems, meets challenges or explores opportunities

It utilises motivation, self-motivation or empowerment

It is mentoring based, treatment based or transformational

It is professional development, personal development or self-development

The Coach's level of Coaching is determined by their own personal skill of:

☒ Listening

☒ Empowering

☒ Strategising

And their own personal attributes of being:

☒ Emotionally Intelligent

☒ Sensitively Detached

☒ Exclusively Connected

A Coach is only able to Coach to the level of their own Personal Skills, Attributes, & Attainments.

297

Caused or Created

Mar 10 2011

Everything is Caused by Attraction.

Attraction is the action of like energy being drawn unto itself.

How energy interacts, attracts and repels, causes everything that occurs.

Energy interacts according to its state of being, which is determined by its wavelength, frequency and vibration.

How the wavelengths, frequencies and vibrations interact is determined by their gender, polarity and intensity.

Everything is Created by Thought.

Thought is the energy that perceives the effects of what is caused.

The perception of thought locks energy into a state of reality.

Thought gives energy substance.

What is „frozen“ into reality is seen as being created.

What is created becomes real and exists in physical reality.

Reality is created by the thought of its creator and becomes the effect of its cause, which is attraction.

The Creator is often mistaken for 1st Cause.

298

First Cause

Mar 09 2011

First Cause is the Law of Attraction.

The Law of Attraction causes whatever occurs.

Everything occurs because of attraction.

Without attraction, nothing would occur.

The absolute stillness of nothing has no attraction.

Absolutely nothing is Oneness.

Oneness has nothing to attract.

The divided state of „twoness“ or duality allows attraction to have action.

Before like energy can be drawn unto itself, it is required to be divided or separate. Every cause has an effect in the relative world of dual reality.

Without the cause of attraction there is no effect.

Without attraction there is no effect and without an effect there is no cause. Attraction is the process of 1st Cause.

299

The Energy of Consciousness

Mar 08 2011

The Energy of Consciousness is called Spirit.

Consciousness is the quality of Spiritual energy.

The quality of Spiritual energy is its vibration

The quality of its vibration is determined by its frequency and its wavelength. The frequency of Consciousness is called „Thought“.

The wavelength of Consciousness is called „Emotion“.

Every frequency of thought is carried on a wavelength of emotion. Thought energy is transmitted and received as „thinking“. Emotional energy is transmitted and received as „feeling“.

In a dual reality world, Consciousness is divided:

☒ Vibration is divided by frequency & wavelength

☒ Mind is divided by thinking & feeling

☒ Thought is a perspective & emotion is a perception

☒ Frequency is divided by positive & negative polarity

☒ Wavelength is divided by male & female gender

How the Energy of Consciousness divides determines the intensity of the vibration and the quality of an experience

called Life.

300

Vulnerable to Opportunity

Mar 07 2011

Victims are vulnerable to manipulation, persuasion and temptation.

We protect victims from their vulnerability, but it doesn't stop them being victims.

Victims are always vulnerable to their victimhood, no matter how much protection they are given.

When I suffer pain, I am vulnerable to pain & suffering, and I am being a victim of my pain & suffering.

When I no longer suffer with pain, I am no longer a victim of pain. "Pain is inevitable, suffering is optional".

When I see pain as an indicator of change and a message to hear, I no longer suffer the pain.

I am vulnerable to the pain, but immune from the suffering.

Being vulnerable to pain allows the opportunity of my development and my growth.

I am never a victim of opportunity.

I always value and appreciate my growth, never suffer from it.

Once I have overcome my being vulnerable to victimhood, I become Vulnerable to Opportunity.

I appreciate that being vulnerable to my opportunities to appreciate and grow, allows them to synchronistically appear.

301

Atmosphere

Mar 06 2011

Atmosphere is determined by the intensity of energy.

The Earth's atmosphere determines the intensity of the Earth's Emotional Energy.

The Earth's emotional energy is called the Weather.

The Earth's weather is continuously changing due to the fluctuating intensity of high and low pressure systems of energy that are called cyclones and anti-cyclones.

Cyclones and anti-cyclones denote the polarity of the energy as being either positive (beneficial) or negative (detrimental) to our experience of life on the planet.

The Earth's Atmosphere is the Earth's Aura, which has a changing vibration relative to its polarity and its intensity.

My aura is also an expression of my changing energetic vibration determined by the gender and the polarity of my emotional intensity.

My aura is an expression of the atmosphere that I emanate, as is everyone else's.

The atmosphere in a room is determined by the sum total of everyone's vibrational aura or mood.

My mood creates an atmosphere that decides „whether or not“.

The Earth's mood creates an atmosphere that decides the „weather“.

302

The Attraction of Gravity

Mar 05 2011

Gravity is the effect of the Law of Attraction in action. The Law of Attraction states that „Like Energy is drawn unto itself“. Like energy has the same vibration.

Like vibrations have a similar wavelength and frequency. Without matter, there would be no gravity and no-one to observe the effect of gravity, there would only be the attraction of energy.

Gravity appears to be the attraction of matter to matter. This is an illusion of physical reality.

Gravity is the attraction of energy to energy or one energetic state of being to a similar energetic state of being.

When the energetic state of being is physical, as opposed to emotional, we call the attraction gravity.

If similar atoms of matter were attracted to similar atoms of matter, there would be no such matter as „Air“.

There could be no compounds and no molecules, just a big lump of nitrogen, a big lump of oxygen and a big lump of hydrogen and little lumps of inert gases. There would be no water vapour and no carbon dioxide.

It is the gender, polarity and intensity of the energetic state of an atom that allows it to attract or repel another atom.

It is the gender, polarity and intensity of the energy within the air in our atmosphere that determines the state of our weather.

The intensity of wind and rain and high and low pressure is an effect of the gravity experienced on Earth and is due to the attraction or repulsion of the energetic state of the atmosphere around our planet.

Our weather is the constantly changing emotional state of our planet seen from an energetic perspective.

The Attraction of Gravity makes gravity very attractive. Without it, there would be no planet, no physical life and no attractive experience.

303

The Reality of Choice

Mar 04 2011

Choice is Real.

What we call the Real World is a world of dual reality.

Duality is real in this world.

Duality allows choice.

A world of opposing realities and extremes creates choice.

I can choose which extreme of any duality that I prefer to be my reality.

I can choose the intensity of my reality by how extreme that I choose it to be.

My reality is my choice.

I can also choose to live in someone else's reality, which is my choice and becomes my reality.

We are all born into someone else's reality. At birth we have no other choice. Independence is a process of learning to live in a reality of my own choice.

Consciously choosing my own reality requires me to take responsibility for the reality that I am choosing.

The Reality of Choice is that choice creates reality.

To choose a different reality, I am required to make a different choice. To create a new reality, I am required to make a new choice.

The Realities of Choice are infinite in their possibility.

304

Creators & Creations

Mar 03 2011

Creators & Creations are the consequence of a dual reality world of cause & effect.

Everything in a dual reality world is believed to be the effect of a cause.

Creations are an effect that is caused by a Creator.

We believe this even when we have experience of the creation without any knowledge of the creator.

Every day we experience the effect of living in the World of an unknown Creator. We call the creator God, yet God is unknown to many and unknowable to all others.

Theologians believe that God exists beyond the world of duality and cause & effect, yet still believe that God created their world.

In an Absolute Realm beyond duality, there is no distinction or differentiation between cause and effect.

In the Realm of God, God is both the Creator & the Creation.

Therefore to visit, inhabit and experience the Realm of God requires a perspective of Being both the Creator and the Creation.

It is only from within our relative world of dual reality that God and God's Creation are seen as separate entities.

We already live in God's Creation, we are here to realise who the Creator is. The question is: "Am I creating a Divine Creation or not"?

"Am I at One with my Creative Ability or separated from it".

305

Goal-Setting & Problem-Solving

Mar 02 2011

Managers generally have no distinction between Goal-Setting & Problem- Solving.

The goal of all managers is to solve problems.

Managers are trained to solve problems.

Problem solving is a key management skill.

A manager who cannot solve problems cannot manage a business effectively.

A business that has many unsolved problems will be chaotic and on the verge of a disaster.

Managers fail to see opportunities when they are busy solving problems. That is why they need Directors.

Problem-solving is a Management Skill.

Goal attainment requires the skills of a Coach.

The purpose of goal-setting is to awaken to new opportunities.

Goal-setting facilitates the development of the individual and of the business.

It is for the personal development of an individual, the professional development of the business or the personal professional development of an individual in the business.

It is how the individual, the business, or both, will develop and improve. Goal-setting answers the question: "Where do I want to be"?

A Coach is then required to facilitate the questions: "Where am I now"? & "How am I going to get to where I want to be"?

When problem-solving is the goal that is set, very little personal or professional development is attained.

306

Curses

Mar 01 2011

Curses are detrimental beliefs.

I am cursed with beliefs that do not serve me.

Any belief that is not good for me is a curse.

I can only be cursed by another's beliefs when I believe them to be true.

What I believe to be true will either bless me or curse me.

Accepting another's belief as my truth and as a detrimental truth to myself, is a curse. It is not the belief that is blessed or cursed but my perspective of that belief. Extremely detrimental beliefs are called fears.

We are all cursed by our own fears.

My fears are a curse because they limit my ideal reality.

Blessings and curses are a duality of my perspective.

It is my perspective alone that decides whether any situation is a blessing or a curse.

Any curse can be lifted, just by changing my mind, my perspective and my limiting belief.

307

Trialism

Feb 28 2011

Trialism is the choice to follow a Third Way.

Relativists believe that everything in life has an opposing energy or dual reality called

a duality.

Moralists believe that everything in life is either good or bad, right or wrong, positive or negative.

Moralists put people on trial to judge their guilt or innocence.

Relativists believe that nothing is inherently good or bad, it is just a matter of personal perspective.

Relativists believe that guilt & innocence are just opposing views created by a moralist perspective.

Trialists do not believe that they are on trial for their life.

They see life as a series of trials, tests, challenges or opportunities to be experienced and explored.

They believe that beyond every duality is a triality or third way that is waiting to be discovered.

The Triality or Third Choice is the balance between the two extremes of the same energy.

Trialism or living the Third Way brings Life into balance, equanimity & harmony in accord with One's True Essence.

308

Being Invulnerable

Feb 27 2011

When following my opportunities in life, I am Invulnerable.

When empowered with inspiration, I am Being Invulnerable. I am invulnerable when I am following my true path.

With faith in my True Self, I am protected.

I never suffer from my opportunities in life, only my problems. It is the opportunities in my life that allow me to be invulnerable.

When I overcome victimhood, I have no need of protection because I know that I am protected.

To be safe and secure, I have to know that I am always safe when taking my opportunities in life.

I am vulnerable only to seeing my path as a problem rather than an opportunity.

When I know that I am problem-free and fully protected, I am vulnerable only to my invulnerability.

Being Invulnerable requires the acceptance of my vulnerability.

309

Being Vulnerable

Feb 26 2011

When Being Vulnerable is being susceptible to pain and suffering, I believe that I need protection in order to be safe.

I believe that in order to be safe, I need to be protected from my vulnerability.

When I need protection from my vulnerability, I am seen as weak, meek and helpless.

When others see me as vulnerable, they believe that I will be manipulated, persuaded and tempted by others to my detriment and therefore must be protected for my own good.

I am vulnerable to the beliefs of well-meaning people who see me as vulnerable.

Being vulnerable has a gender opposite of being strong, assertive and resistant.

It has a polarity opposite of being safe, secure and protected.

Being invulnerable is not seen as an option in our dual reality world and therefore exists only in the fiction of our superheroes.

Once I discover my Inner Vulnerability and connect to my Invulnerability, I am able to break out of the protective cage of my programmed beliefs and become vulnerable to my invulnerability.

Once I surrender and become vulnerable to my opportunities in life, I know that I am fully protected and securely on my chosen path.

310

Personal Development & Self Development

Feb 25 2011

Personal Development & Self Development are not the same thing. Personal Development starts with becoming problem free.

Solving problems never developed anyone. It just allows one to tolerate a situation until the problem returns.

Being problem-free allows me to undertake life as a challenge.

Personal Development is a Life Challenge and as I succeed in my life challenges and learn my life lessons, I develop personally on my individual and unique path in life.

Learning my lessons and succeeding in my challenges allows me to develop my Self.

Developing my Self is the process of seeing whatever is occurring in my life as an opportunity.

Accepting Life as the opportunity to learn and grow is the basis of Self Development.

Self Development requires my awakening to and awareness of my Life's Path and my Destiny that is the Journey of my Soul.

Personal Development is a challenge. Self Development is an opportunity. No Development is a problem.

311

The Quality of Leadership

Feb 24 2011

The Quality of Leadership is a measure of individual self-esteem. The higher the esteem, the greater the quality of leadership.

My quality of leadership is determined by my quota of self-confidence combined with my quanta of self-worth.

It is about how much I confide in my Self and how much I value my Self. Followers follow leaders whom they hold in high esteem.

People with high self-esteem do not need to follow other people. People with low self-esteem need an example of high self-esteem to follow. With high self-esteem, I follow my own path in life and I lead my own life. I have no need of followers to endorse my quality of leadership.

Leaders have a vision to follow and a vision that leads them. High self-esteem is essential to the realisation of my vision for life.

Realising my vision and fulfilling my purpose builds self-esteem and attracts the esteem of others.

People follow people who have a vision and people who have a purpose.

Without a clear vision, a clear direction and a clear purpose, there are no followers and the leadership has no quality.

Esteem is the product of my confidence and worth.

Disciples follow the example of leaders who are confident in their value to those who follow their lead.

312

Leadership Skills

Feb 23 2011

Leadership Skills are an oxymoron.

Managers have skills.

Leaders have Qualities.

Managers utilise skills to use people to follow their directive.

The skill of management is using people effectively.

The skills of management allow people to be used effectively.

Leadership qualities attract followers.

The quality of leadership determines the magnitude of the attraction and the size of the following.

Without followers, there are no leaders.

Managers do.

Leaders just are.

Leadership Qualities are states of Being not skills.

The quality of my emotional state of Being determines the quality of my leadership potential.

People who follow the example of what I am doing are trainees.

Those who follow the example of who I am Being are disciples.

A trainer leads by example, which makes them a trainer, not a leader.

The qualities of leadership are „modeled“ and coached.

The skills of management are trained, instructed and taught.

The only skill that leaders have is the skill to manipulate and to assert their authority over others, which is how they manage and use their followers effectively.

313

The Problem with Tolerations

Feb 22 2011

The Problem with Tolerations is that they are a problem. The problem with problems is that they are a toleration.

A problem is by definition something that I do not want and I am therefore tolerating it.

I only want a problem so that I can successfully find a solution to it.

Unfortunately there is no successful solution to a problem because a problem will always be a potential toleration.

A solution is just a way of tolerating the existence of what I do not want.

The problem may have appeared to be re-solved yet the toleration still exists.

I am able to tolerate the solution until the problem returns.

A solution allows me to tolerate the problem, which means the toleration and therefore the problem still exists as a potential within my reality.

The only way to get rid of all my tolerations is to become problem free. I become problem-free by getting rid of all my tolerations.

Once free of all my tolerations and problems, I become unconditionally Accepting of Life.

314

Energy is not Real

Feb 21 2011

Energy is not Real, but it does have the potential to create reality. Energy is Potential Reality.

Without Energy, reality has no potential.

Without Reality, potential has no energy.

Without Potential, energy has no reality.

The Potential of Energy creates Reality.

The Potential of Energy is the product of its Magnitude and its Force.

The Magnitude of Energy is its Energetic Mass (M).

The Force of Energy is its Energetic Speed (C²)

The Potential of Energy (E) is equal to its mass and its speed (E=MC²).

The magnitude of energy creates a Space of Love.

The force of energy creates a Time of Light.

When love & light combine in space-time, energy has the potential to create the Reality of Life.

It is not energy that is real but the reality that is created from the energy of love & light, in space-time, called life.

We all possess the potential energy to create reality, individually and collectively. That real potential is an energy

that is within everyone.

That energy is only realised once we all realise our own potential.

315

Work Ethic

Feb 20 2011

I have been taught that work is ethical.

A Work Ethic confirms that work is ethical and beneficial.

An ethic is a belief.

A work ethic is the belief, of our society, that work is ethical and beneficial.

The rulers of our society have deemed work to be ethical.

However the rulers of our society do not work.

They have deemed it ethical for workers to work, for rulers to rule and for governors to govern.

It is ethical for rulers to rule and governors to govern and for rulers to govern and governors to rule, but not to work.

Rulers and governors believe that work is good for other people.

Workers however know differently.

Working meets my physical and emotional needs.

Not working for others allows me to follow my path and do what I truly value.

When my work has true value, it is no longer employment and I have no need of other people's ethics.

When work is right for me, it has true value for me and it is ethical. My work ethic is to follow my own path and to be of service to others.

316

A Licence to Kill

Feb 19 2011

In our civilised society, we require a Licence to Kill.

Pest Controllers require a licence to kill insects and rodents.

Abattoirs require a licence to kill farm animals for market.

Vets require a licence to kill animals who are suffering.

Fishermen require a licence to kill fish for food.

Gamekeepers require a licence to kill game birds for sport.

Game Wardens require a licence to kill for conservation reasons.

Soldiers require a licence to kill in defence of the Realm.

Policemen require a licence to kill for public safety and protection.

Executioners require a licence to kill in the execution of legal justice.

Secret Service Agents require a licence to kill for national security.

Doctors & Nurses have no such licence yet.

There is currently a debate as to whether they should be given a licence to kill for the purpose of euthanasia.

Our modern civilised society has made killing legal, as long as it is licenced.

This is a society that believes that killing is morally wrong and lives by the commandment: “Thou shall not kill”.

The real question is: “Who grants the licenses”.

317

Life Coaching for Personal Self Development

Feb 18 2011

Life Coaching is the means of achieving Personal Self Development. The Personal Development Industry is driven by Self Development Books.

Books for Personal Development are mostly about the Self Development of the Author.

They may be helpful for Personal Development but are useless for Self Development. Self Development requires a connection to one’s true authority – One’s Soul.

Without a clear connection to one’s own Soul, a Life Coach is essential for Self Development.

The role of the Life Coach is to guide and to support the individual in their Personal Self Development.

The Role of the Life Coach is to facilitate the connection of the client to their own path and their own Soul.

Without a connection to our own path, we all end up following someone else’s path.

Following someone else’s path may assist my Personal Development but it will impede my Self Development.

Personal Development can be learned from books, whereas Self Development requires a Life Coach.

318

Self Development

Feb 17 2011

Self Development is my growth as a Spiritual Entity or Self.

My Self is the physical incarnation of my Spiritual Entity.

My Self is my physical consciousness that is conscious of the physical world.

My Spiritual Entity is my Soul that is my super-conscious Self.

The role and the purpose of the physical Self is the growth and the development of my spiritual Self.

My super-conscious spiritual Self is my Soul.

Unawakened to my spiritual origins, I have no distinction between my personal development and my self-development.

Personal Development is about my personal growth as a person and a physical entity. Self Development is about my personal growth as a Spiritual Being.

My Soul cannot develop and grow without my Self.

As my Self develops in the physical, my Soul develops in the spiritual.

Self Development is Soul Development, once I view life from the perspective of my Soul.

This is exactly what Self Development is: "Learning to see life from the perspective of the Soul".

319

Personal Development

Feb 16 2011

Personal Development is my growth as a Human Being. It is about my growth as an individual person.

The development of my Self as a person is determined by my personality and my character.

It is the development of my role as a Human Being.

How well I play the role of being human is determined by my personality and my character.

My personality is determined by my emotional needs.

I develop my personality according to my emotional needs and in order to get my emotional needs met.

My character is determined by my mental beliefs.

I develop my character as I develop my own opinions, beliefs and convictions.

As I develop my personality and my character, I develop as a person and as a Human Being.

As I consciously meet my emotional needs and challenge and change my limiting beliefs, I gradually discover my True Identity.

Personal Development may be achieved consciously, as a part of my destiny, or it may happen sub-consciously as my fate.

I am continually developing as a person throughout my life.

The question is: "Am I consciously choosing my own Personal Path of Development or not?"

The Science of Being Less Miserable

Feb 15 2011

The Science of Being Less Miserable is called Psychology. The aim of psychologists is to make people happier.

It has taken a century of psycho-analysis to discover that you cannot make other people happy.

All that psychologists can hope to do is to make people less miserable. The antidote to misery is fun & pleasure.

Unfortunately fun & pleasure are not a gateway to Happiness, just a pathway to being less miserable.

Fun & pleasure are a treatment for misery. Unfortunately, when the fun is over the misery returns.

Laughter and tears are not signs of happiness but the effect of releasing stuck negative emotional energy.

It is my negative emotional energy that creates my own misery.

My misery will return as long as the negative belief that is creating the negative emotion still resides within my sub-conscious mind.

My True Happiness lies beyond my fears, my limiting beliefs and my unmet emotional needs.

321

Super Power

Feb 14 2011

Being a Super Power is a metaphor for any country that has superior authority over all other countries.

America is seen as a Super Power because it maintains a superior authority over the rest of the world.

It seeks to maintain authority over other nations in order to remain the Land of the Free.

To maintain its freedom, America believes that it requires the obedience of all other nations to its authority.

It is a commonly held belief that we can only enjoy our own freedom by enslaving all others to our choice.

This is born out of a confusion between power & authority and power & money.

Believing that power comes from money results in buying influence over other nations with commercial wealth and political aid.

Any country that is not prepared to appease the superior authority and monetary power of a Super Power is controlled by military force.

Military force has been used throughout history by nations wishing to exert their authority over other nations in the pursuit of becoming a Super Power.

The only True Authority & Super Power is that of the Soul.

322

Satisfaction & Contentment

Feb 13 2011

Satisfaction & disappointment are a duality.

They are opposing perspectives of my level of contentment with what I have chosen.

Satisfaction or disappointment is the result of my choice.

Whether I want what I have chosen or not, determines whether I am satisfied or I am disappointed.

When my choice meets my expectation, I am satisfied.
If my choice falls short of my expectation, I am disappointed.

The more options that are available for me to choose, the greater is my expectation of satisfaction and the greater is the potential for my disappointment.

The more options that I have, the more difficult it is to be happy with what I choose.

The more choice that I have, the higher my expectation becomes and the greater becomes the possibility of my disappointment.

Contentment is the 3rd Way between satisfaction and disappointment.

The path to Contentment is without Expectation.

Expectation is a future desire based on a past belief.

Expectation always lies in the future, whereas Contentment can only be experienced in each present moment.

I cannot be content in a state of expectation and I will not be satisfied unless my expectations are met exactly.

Satisfaction is dependent on expectation being achieved.
Contentment is attained once expectation has been overcome.

323

Autonomy, Mastery, Purpose

Feb 12 2011

Autonomy, Mastery and Purpose are the new buzz words in empowered businesses.

Enlightened organisations are discovering the distinction between motivation and empowerment.

They are discovering that motivation using the traditional „carrot & stick“ does not work for 21st century employees.

Incentives and rewards actually disempower creative workers.

Motivation still works for manual tasks in a Directive Culture but is counter - productive in organisations that require innovation, invention, inspiration, insight, imagination and creativity.

An empowered workforce requires:

☒ Autonomy: - The authority to make their own choices

☒ Purpose: - The power to value their own input

☒ Mastery: - The ability to be self-directed and aligned with one's true values

Autonomy, Mastery & Purpose have overtaken the old buzz words for success that were Prudence, Fortitude & Temperance.

Personal Power, Authority & Ability still reign supreme.

324

Being A Teacher

Feb 11 2011

Being a Teacher is not teaching others.

Teaching others is what teachers purport to do.

Being a Teacher is a state of Being not an act of teaching.

The act of teaching is carried out by one who is acting as a teacher.

Being a Teacher is the 3rd Way between the duality of Master & Student.

Teaching people by giving them knowledge may overcome their ignorance but it will never connect them to their own True Path.

The master who has the knowledge may teach it to the student who is ignorant of that knowledge, but that is just making the student a slave of that master's knowledge.

Knowledge of One's Own Path is innate. It cannot be taught by another.

Being a Teacher is being connected to one's own innate wisdom and instinctive intuition.

The Teacher is the one who has learned their own path in life.

In the presence of a True Teacher, all are inspired and empowered to learn and to follow their own path in life.

325

Being A Healer

Feb 10 2011

Being a Healer is not healing people.

Healing people is what healers purport to do.

Being a Healer is a state of being not an act of healing.

The act of healing is done by one who is acting as a healer.

Being a Healer is the 3rd way between the duality of being an activist and being a pacifist.

Curing people's ailments, by waging war on their illness, is not healing them.

Curing someone's dis-ease, by connecting them to the peace and quiet they need, is not healing them.

The activism of an intimidating bully or war-monger is not a disease to be cured, it is a state of being to be healed.

The pacifism of a poor me victim or peacemaker is not a cure-all, it is a state of being to be healed.

Being a Healer is being someone who has healed their own personal attributes and attained a state of Beingness that is Divine.

In the presence of a Healer, others are able to heal their Self. No-one can give me a state of being Healed.

It is a state of Being that I am required to attain my Self.

326

My Staff of Life

Feb 09 2011

The Staff is a symbol of Authority.

It is a symbol of my authority to choose.

The authority for my life is mine to choose.

My Staff of Life is my authority to choose my Life.

The choice that I make for my life is how I exercise my authority.

I can use my staff of life as a „hook“ to rescue other people.

I can use my staff of life as a „crook“ to dominate them.

I can use my staff of life as a „sceptre“ to show my sovereignty and my superiority. I can use my staff of life as a „walking stick“ to support my safe passage.

I can use my staff of life as a „crutch“ to show my infirmity.

I can use my staff of life as a „wand“ to perform magic or create miracles.

Or I can use my staff of life as a symbol of my „Personal Foundation“ to show the strength of my personal identity.

327

Normal & Natural

Feb 08 2011

Following my fate is Normal behaviour. Following my destiny is Natural behaviour. Fate & destiny are not the same thing. It is my destiny to be my natural Self.

It is my fate to be normal, which is like everyone else.

Being normal is conforming to what everyone else believes and how everyone else behaves.

Being natural is being how nature intended me to be. Being as Nature intends is being in the Image of God. My True Nature is Divine.

My normal behaviour is often less than divine.

What comes naturally is instinctive and intuitive. Normal behaviour has been taught to me by others.

It is my nature to be unique and individual.

I am normal when I act and behave like everyone else. It is normal not to be natural.

It is natural not to be normal.

328

Semantics

Feb 07 2011

Semantics is the study of meaning.

Being Semantic is giving meaning to words.

Giving meaning to words defines the reality of the one giving the meaning.

What a word denotes gives it meaning and defines a perspective of reality.

Defining our individual perspective of reality allows us to communicate it to another via the meaning or the semantics of our chosen words.

When a word is semantic it is meaningful. Without semantics words have no meaning.

Words without meaning have no definition and bear no resemblance to a perceived reality.

Semantics help Man to see who Man is.

When we see another with clarity, we understand their reality and how they semantically define their reality with the meaning of their words.

Students of Semantics use words with meaning. They mean what they say.

They have a clear Meaning for their Life.

329

Types of Coaches

Feb 06 2011

A Life Coach guides and supports the Personal Development of their client.

A Spiritual Life Coach guides and supports the Spiritual Growth of their client.

An Executive Coach guides and supports the Personal Professional Development of a Business Executive.

A Leadership Coach guides and supports Managers to become Team Leaders.

A Corporate Coach guides and supports the Professional Development of their client.

A Mentor/Coach both advises and gives advice on the Professional Development of their client.

A Coaching Supervisor facilitates the Professional Development of the Coach, which ensures the professional development of the client.

A Mentor uses coaching skills and their own experience to advise newcomers, novices and trainees to follow a preferred path in their career or profession.

A Career Coach guides and supports their clients on their career path.

A Relationship Coach counsels couples in the improvement of their relationship. An NLP Practitioner uses coaching skills in their therapy practice.

There are many Types of Coaches but they all have one thing in common: They all guide and support their clients to develop and grow as people and individuals along the client's own unique and exclusive path.

Coaching is always driven by the client and that makes it distinct from therapy, training or teaching, which is practitioner driven.

330

Values & True Values

Feb 05 2011

A Value is the positive aspect of a negative need.

A value is part of the duality of needs & values.

A True Value has no duality, no polarity and no negative aspect.

I am inspired and empowered to live my True Values.

I am driven to get my emotional needs met.

My emotional needs motivate me. It is the motivation that I value.

When I am busy getting my needs met, I have neither the time nor the space to do what I truly love to do.

When life is negative and serious, I need some fun because life is serious and has no fun.

I am driven by my need for fun and I value the fun that I have.

Yet my fun is not serious and I am stuck in a drama alternating between the misery of no fun and my need for seriousness in life.

Overcoming the dualities of serious & fun and fun & misery allows me to experience the pure Joy of Life that I Truly Value, when I am experiencing some serious fun that is a True Value for me.

Needs & Values

Feb 04 2011

A Value is the measure of the positivity of an emotional experience.

The more positive the emotion, the more value is experienced.

A Need is the absence of a positive experience.

Needing something, whether it is physical or emotional, is a negative experience. Needs & Values are a paradox.

When I have what I need, I value it, I see its value and call it a value.

When I am without what I believe that I need, I need it and see it as a need.

The difference between a need and a value is my perspective of whether I believe that I have it or not.

When life is miserable, I need some fun.

Fun is an emotional need, being miserable is not.

When life is fun, I am having fun and I value the fun that I am having.

The more fun that I am having the more fun life appears to be and the more value that I am experiencing from life.

The more serious life becomes, the more I need some fun and the more I value fun. When I am having fun it is a value not a need.

When I am miserable, fun has greater value because it becomes a need.

The more that I need something, the greater the value that I attach to it.

The more of something that I have, the less that I need it, and the more its value depreciates.

332

Being Out of the Box

Feb 03 2011

Being Out of the Box requires an understanding of what constitutes the box. The „box“ is a 3 dimensional reality created by 2 dimensional thinking.

Not to be confused with a television „box“, which is a 3 dimensional reality projected onto a 2 dimensional screen.

The 2 dimensional thinking that creates my box is called relative duality, which has opposing dual realities that are relative to each other.

Two dimensional thinking puts me here or there, now or then in the past or the future and always gives me a choice that is either right or wrong, good or bad, and positive or negative for myself.

The two opposing realities that allow my choice are the two dimensions of my thinking that create the box in which I am imprisoned.

The illusion of this three dimensional world is that it appears to have 3 physical dimensions although our mental process of thinking only defines the boundaries of two dimensions of reality.

Two dimensional reality always allows choice, even when one option is to not choose.

To be outside of my box requires my three dimensional thinking that creates a four dimensional reality.

Being out of the box requires me to overcome the dual reality existence of three dimensional physical life.

The third choice allows a 3rd Way and opens the portal from the 3rd to the 4th Dimension of Reality.

Once I realise that I have created my own box, I am able to take a new perspective of my box from the outside.

Being out of the box requires detachment from the beliefs that created the box.

333

Self-Deception

Feb 02 2011

Self-Deception is believing my personal truth to be true. When I believe my reality to be true, I am deceiving myself. My reality is real, but it is not true.

Self-deception is created by the perspective of the ego self. The ego self believes that the reality it is experiencing is true. Yet reality is personal to each individual.

Personal reality is just that, personal to each individual person.

It is neither true nor false, just a personal reality created by the individual and experienced as real.

The deception is the belief that my personal reality is true for everyone. Self deception is believing that I did not create my own reality.

It is believing that I just happened to be born into this reality along with everyone else.

When I believe that there is just one reality and I am at the fate of that reality, then I put myself in a box with all others who share this same belief.

When I believe that I create my own reality, I step out of that box in which everyone has become a victim of their own circumstances and beliefs.

I cannot create my own reality from within the boundaries of that box, I am required to attain a new perspective from outside of the box.

Thinking „outside of the box“ is the antidote to Self Deception.

334

Action & Behaviour

Feb 01 2011

My Action is how I am acting. It is what I am doing.

My Behaviour is how I am Being. It is the state of being that I have.

I can undertake the same action with a different behaviour and I can adopt the same behaviour for different actions.

My behaviour is determined by my emotional state of being.

My actions are the result of my mental beliefs.

Both my action and my behaviour result in a physical experience.

Two different people can undertake the same action yet their behaviour, as determined by their emotional mood, will determine whether it is judged as good or bad.

Completing an action from a negative perspective, created by a negative belief, will create a judgment of bad and detrimental behaviour.

Completing an action from a positive perspective, created by a positive belief, will create a judgment of good and beneficial behaviour.

Whether behaviour is seen as good or bad is a judgment of the observer.

An action of itself is neither right nor wrong.

It is the positive or negative behaviour of the observer that judges it to be so.

335

Transcending & Transforming

Jan 31 2011

Transcending the ego is attaining the perspective of the Soul.
Transforming the ego is attaining the attributes of the Soul.

When transcending and transforming are in opposition, I will get lost and confused in the duality.

From the perspective of the Soul there is just the ego sense of Self.

The Soul never perceives its Self to be separate from its Soul.

From the perspective of the disconnected Self, there is just the ego Self.

From the perspective of an awakened Self, there is a super-ego that holds its vision, mission and purpose for this life-time.

The ego self has a choice to make:

1. Transcend the ego and return to the Oneness of All that Is
2. Transform the ego to re-connect with the Oneness of All that Is
3. Transcendentally transform one's Self to become at One with one's Soul
The Third Way is to attain the attributes of the Soul and to bring „Heaven to Earth“ by living as a Divine being in this relative world of dual reality life.

336

Religious Faith

Jan 30 2011

Religious Faith is an oxymoron.

Religion is following the teaching of the Faith of another.

Jesus had Faith in his own path not the path of another.

Jesus had no religion, he renounced his jewish faith.

Those who have Faith in their own path do not trust the teachings of religious leaders.

Faith is the act of following one's own path.

When I am faithfully following my own path, I am full of Faith.

When I am inclusively following the path of a religion, I trust that the teachings will show me the way.

Following a religious path requires trust not Faith.

Following my own Spiritual Path requires Faith not trust.

Faith and trust are not the same thing.

Mistrusting the path of another is not the same as being unfaithful to my own path. When I become unfaithful to my religious path, I will find my True Spiritual Path.

337

Faith & Trust

Jan 29 2011

I have Faith in my own True Self.

My True Self is always faithful.

I have trust in other people who do what I want them to do.

I cannot trust my Soul.

My Soul never does what my ego wants.

I have Faith in my Soul to deliver exactly what is right for my Self.

I cannot trust that my ego's desires will be delivered. I need will power to manifest them.

I have Faith that my Soul's desire will always be present.

I trust my ego self to want what I believe is good for my ego self.

I trust other people to choose what is exactly right for them.

I have Faith that my Soul knows my path in life and presents opportunities for my Self to follow that path in every moment of time.

When I do not trust my Faith, I have no Faith and no path to follow.

When faith & trust have no distinction, I have no Faith and I have no alternative but put my trust and my faith in others.

338

My Frame of Mind

Jan 28 2011

My Frame of Mind determines my mood.

My mood determines my frame of mind.

My frame of mind is my rational perspective of my current reality.

My mood is my emotional perception of my current reality.

My frame of mind is what I think about what is occurring in my reality. It is my attitude.

My mood is what I feel about what is occurring in my reality. It is my inclination. My reality is determined by my thoughts and my feelings.

My frame of mind determines what I am thinking.

My mood determines how I am feeling.

My frame of mind can have a male perspective or a female perspective. My mood can have a positive perception or a negative perception.

When I am being emotionally rational and my rationale is emotional, my frame of mind is in balance and harmony with my mood.

I become conscious that the frequency of my thought is in harmony with the wavelength of my emotion, which allows my vibration to be centred and balanced.

339

The Pathway to My Heart

Jan 27 2011

In this relative world of dual reality, everything is divided.

Consciousness is divided into thought and emotion.

The frequency of thought is separate from the wavelength of emotion.

My Soul, in absolute reality, transmits a pure vibration of spiritual energy.

My Self, in relative duality, receives a frequency of thought and a wavelength of emotion.

This allows my Self to be in two minds, which allows choice.

Thought enters the mind in my head.

Emotion enters the mind in my solar plexus.

Becoming balanced and centred requires my two minds to become One.

When my thoughts and my emotions are balanced and in harmony, I re-connect with my Soul.

My Soul is the Mind in my Heart.

It is at the Core of my Beingness.

Overcoming duality is the Pathway to my Heart and the Mind of my Soul.

340

The I Am Presence

Jan 26 2011

The I Am Presence is God.

God is the Presence that I am.

The presence that I am is my Soul.

My Soul is the I am Presence.

My Self is me being present.

When my Self is not present, it is focused in the past or the future.

When my self is not present, it has no presence.

When I am not present, I am not the I Am Presence.

When I am present in the moment, I connect with my I Am Presence.

When the I Am Presence is who I am, my state of Being is Divine.

When I am being Divine, I connect with my I Am presence.

My I Am Presence is an Energy Aura that I emanate when in the presence of who I Am.

In the absence of my presence, God is absent and just a figment of my imagination.

341

Playing God & Being God

Jan 25 2011

Playing God is a drama.

Playing God is playing the role that we think that God is playing.

It is a reality where God creates everything that occurs in life.

When I play God I create what is occurring to other people in my life.

I assume responsibility for what happens in the lives of people over whom I have influence.

This drama requires a state of judgment, greed, wrath, pride and many other sinful attributes.

Being God is a state of Beingness that is Divine.

Divine states of Being are attained by overcoming the sins and virtues of physical life.

Being God is attained with the creation of my own personal reality and by taking responsibility for the reality that I am creating.

Living in someone else's reality is not divine.

Being God is taking responsibility for creating my own reality.

Playing God is taking responsibility for creating other people's reality. God doesn't play God.

God just Is.

342

The Presence of Present Presents

Jan 24 2011

Life presents opportunities.

Life opportunities are gifts.

Life gifts are presents.

Life presents are gifts of opportunity.

Life presents gifts of opportunity. Opportunities represent the gift of life. Opportunities in life present a gift. Opportunities in life are given in the present. The present moment is a gift.

The present moment reveals an opportunity. The present moment has presence. Presence is a gift.

Presence allows my opportunity to appear. Presence is present in each moment.

Life presents presents in the present moment. Presence allows the presents to be present.

343

Holy Wars

Jan 23 2011

Holy Wars are an oxymoron.

War is a drama of the duality of conflict and appeasement.

War is the consequence of one nation failing to please the greed of another.

Holy means whole and balanced.

Holy is without duality.

War is never holy.

All wars are unholy wars between unbalanced nations.

Holy wars are fought between different religions because of differing religious views.

God does not fight wars.

God does not take sides.

God is not for or against anything or anyone.

Godness is a state of being balanced, whole and holy.

In a state of Godness or Goodness, war is not possible, because a state of Oneness exists with all things.

Oneness is Holy, war is not.

344

The Need to Know

Jan 22 2011

The Need to Know is the need to be informed.

When I am informed, I know what I am doing, I am connected to my inner guidance

and my highest authority.

My mission on Earth is on a „Need to Know“ basis.

In regular communication with „mission control“, I am kept informed, moment by moment, of everything that I need to know.

When my communication with my guiding authority is disconnected, I develop a need to know and a need to be kept informed because I don't know what to do and I have no idea why I am here.

My need to know is a lack of information that is the result of my lack of direction.

My emotional need to know is created by my lack of emotional energy when I am uninformed.

When uninformed, I am not in form, I have no information, I suffer the disorder of disinformation, bad guidance and poor discernment that is created by my limiting beliefs and my fears.

Knowing allows me to be continually empowered and inspired.

When I know, I have met my need to know and no longer have a need to know because I know.

Intuition meets my need to know, not knowledge.

345

Non-Violent Communication

Jan 21 2011

Non-Violent Communication is a sharing of positive emotional energy.

It is not the words that are exchanged but the emotional energy on which the words are conveyed that is either positive or negative.

When I communicate with another where we both enjoy positive emotional energy, the communication has equanimity and our sharing of emotional energy is in balance.

When my communication with another is conveyed on an emotional wavelength with a negative frequency, it is potentially violent.

When my negative communication is received in a negative way, the emotional energy short circuits, presses someone's button, and results in a violent explosion of emotional energy.

The degree of negativity of the communication is directly relative to the violent reaction that it produces.

When the receiver of my negative emotion is emotionally positive, they are able to tolerate and endure my negativity in a non-violent and passive way.

Tolerating the negativity of another always leads eventually to intolerance and violent reaction, because of the lack of equability and equality in the energy exchange.

The only truly acceptable form of communication is the equanimity of being in neither violent nor non-violent communication with another.

With Sensitive-Detachment my communication is always charge neutral and violates no-one.

346

Ideology

Jan 20 2011

My Ideology is my view of my Ideal world.

What I consider to be my ideal world is my idea, my world view, and my ideology.

Most people do not have their own ideology.

They see ideology as the view of politicians or world leaders.

Their idea is to follow the ideology of their chosen political leader based on their nationality, religion, culture or creed.

Following any chosen political leader never leads to the experience of an ideal world, just the experience of someone else's ideal world.

Political Ideology is an oxymoron.

Ideology is a personal view of one's own ideal world.

My Ideology is the basis for my creation of my own reality.

Creating my own reality without my own ideology, or my own view of my ideal reality, is like building a house without a set of detailed plans.

My world view requires my vision of my ideal world in order to become an ideological reality.

Without my vision of my ideal reality, I am fated to experience the ideologies of others, which is never ideal for me.

Living my Ideology is my destiny.

347

This & That

Jan 19 2011

Reality is either this or that.

Either this is real; or that is real; or this & that are real; or this & that are unreal. All possibilities exist.

With possibility I have choice.

I have a choice between this & that.

Without choice there is no this or that, just this.

Just this has no choice.

Just this has no reality.

This or that creates a space between.

Space is a creation of the choice between this & that.

Without this & that there is no Space.

I can choose this, or that, or the space between.

The Space between creates the Reality of Time.

Time is the distance between this and that relative to my speed.

This & that created time, speed and distance.

Without this & that there is no time, no speed and no distance.

There is no Time, no Space, and no Reality.

This & That are essential to a Space-Time-Reality.

348

The Need to be of Service

Jan 18 2011

The Need to be of Service is the need to care for others, the need to be kind & generous and the need to be needed.

These needs are what are needed emotionally by the one being of service to another. My service to another is conditional on my emotional need being met.

I need to be of service when my emotional energy is low. Helping other people raises my energy emotionally.

How can I truly help other people when my emotional energy is low?

How can I be of service when I am motivated to get my needs met and driven by my need for emotional power?

Needing to be of service is a state of being disempowered and disconnected from my true source of power.

I am driven not by love but my emotional need for love from the one I am in service to.

Being of Service to others has True Value.

It is only possible to be of service to others when I am inspired, empowered and connected to my True Source of Power.

I can only truly be of service to others once I no longer need to be of service to others.

When in service to my Soul, I connect to my true source of emotional power that allows me to be of service to all others.

349

Irresistible Flow

Jan 17 2011

Irresistible Flow has no resistance.

Flowing without resistance is irresistible.

The nature of the Universe is effortless flow.

Limiting beliefs cause resistance and limit flow.

Negative thinking resists the flow of Life.

Fears and false beliefs act like boulders in the river of life.

They cause eddies, whirlpools and rapids in a stream that flows effortlessly back to its source.

When I am flowing with life-force energy, life becomes irresistible and attractive. Being attractive makes me irresistible.

Being irresistibly attractive allows me to flow through life without resistance. The resistance that I encounter in my life is the result of my own creation.

I manifest everything that I resist in my life and all of the resistance that I encounter in my life.

I do not have to create irresistible flow, just connect with it.

350

No Expectation

Jan 16 2011

No Expectation is not the same as expecting nothing.

Expecting nothing is an expectation of nothing occurring or turning up.

Expecting nothing is focusing on nothing turning up

When nothing different turns up, everything stays the same.

Everything staying the same is not only unnatural but relatively impossible because the nature of the universe is change.

Expecting nothing to change is unrealistic.

No Expectation is the Acceptance of whatever turns up.

It is knowing that everything is continuous change and that something will always turn up even though I have no expectation of what it will be.

Focusing on nothing turning up usually results in that becoming the reality.

Having no expectation and allowing whatever will occur to occur, allows opportunities for change to be realised.

Having no expectation speeds up my opportunities by removing my resistance to change.

Acceptance is the Expectation of change with No Expectation of what it will be. Expectation is the toleration of what I have in the hope of getting what I really want.

351

Seasonal Affective Disorder

Jan 15 2011

Seasonal Affective Disorder is SAD.

For the season to effectively disorder my life is very sad.

Suffering from S.A.D. is being a victim of the weather conditions or the time of year.

Being a victim Of the weather is being a victim of my beliefs about the weather.

S.A.D. is a disorder of my emotional energy created by my belief system.

It is blaming the weather or the time of the year for my emotional energy being low.

Believing that my emotional energy is dependent on the season of the year will effectively disorder my emotional energy system.

My depleted emotional energy is created by my beliefs not the time of the year. Limiting beliefs deplete my emotional energy because they are not based on Truth. Limiting beliefs are called limiting beliefs because they limit my Self in some way. The limited authority to choose always limits the power to be & do whatever I choose.

When I know that my source of emotional energy comes from within, I need never be S.A.D. again.

352

Giving at Cause & Effect

Jan 14 2011

Giving at Cause & Effect is conditional giving.

Cause & Effect is a duality.

It is the consequence of living in a relative dual reality world.

Whatever is caused has an effect.

When giving is a cause, receiving is the effect.

When receiving is the cause, giving is the effect.

We do not have to control the duality as it is an automatic function of the universe to balance the books.

We do not have to keep a tab of what we give out and receive back because it always balances out eventually.

It is governed by the Law of Attraction, which states that: „Like energy is drawn unto itself“.

Giving and receiving are the same energy seen from opposing perspectives.

This creates the Golden Rule:

“What we give unto others, we will receive in return in like measure”.

Therefore as Jesus commanded: “Do unto others as you would have them do unto you”.

Giving and receiving may appear to be unbalanced due to the factor of „time“. Sometimes it appears that the universe is taking an eternity to balance the books.

Giving at cause & effect is conditional because the emotional energy with which we give and receive creates the conditions under which we give and receive.

353

Giving at Cause

Jan 13 2011

Giving at Cause is unconditional giving.

Whatever is given at cause is returned unconditionally.

Ist Cause is unconditionally giving.

Unconditional giving allows expansive growth.

Whatever is required to facilitate expansion and growth is available without condition.

The only condition on my receiving unconditional giving is the acceptance of my personal development and growth.

Unconditional giving is not available for negative purposes.

Unconditional giving allows unconditional development and growth.

I am able to give at cause when my giving is empowered and inspired.

When I am inspired and empowered to give unconditionally, my reserves are never depleted.

When I am motivated to give for personal reward with a personal agenda, my reserves will be depleted.

Giving at Cause comes from a mentality of abundance and has no limitation.

354

Intolerance is an Unsolved Problem

Jan 12 2011

A toleration is a problem.

When I have a solution to a problem, I can tolerate the problem.

When I cannot find a solution to a problem it is intolerable.

A problem is an opportunity that has been missed.

When I cannot see the opportunity in life, it presents as a problem.

I do not tolerate opportunities, I accept them with gratitude and appreciation.

Without gratitude and appreciation for life, I will encounter problems.

The problems that have no apparent solution will become intolerable.

As life becomes more problematic, it becomes more intolerable.

As life descends into the chaos of having too many problems, it becomes more and more intolerable.

When life presents my Self with a disaster, I have found the limits of my tolerance and my intolerance and my life has become unacceptable.

An intolerable disaster is the inevitable result of having too many unsolved problems.

355

Anger is an Unmet Need

Jan 11 2011

Anger is an Unmet Need.

Anger is an intense need for emotional energy.

It is an emotional energy void that needs to be filled.

It is the ego's inability to meet the required demand for emotional energy due to what is currently occurring.

When I need more emotional energy than I currently have available, I start to get angry.

The higher my demand for emotional energy, the greater the emotional need and the greater the potential for anger.

Anger is caused by an emotional need that is created by a false or limiting belief.

I react to what I believe to be true.

I react with anger based on my belief about the truth.

When what is occurring has no demand on my energy emotionally, I am not attached to the outcome and I have no need to get angry.

When what is occurring in my present reality needs more emotional energy to tolerate than I have available, I will react with anger.

The antidote to anger is „Detachment“.

It is my attachment to physical life that creates my emotional needs and my anger.

356

Miracles are Logical

Jan 10 2011

Miracles and logic appear to be polar opposites but they are not. The opposite of a miracle is an everyday ordinary event.

Natural everyday events are considered rational and follow the known laws of science.

Miracles are classed as unnatural or supernatural events but they can still be logical even though they are not rational.

They are logical because they follow a formula. Miracles follow the formula for Energetic Attraction.

Formulae are logical and because miracles follow a formula they are by definition logical.

All miracles conform to the law of attraction.

Everything in the Universe conforms to the Law of Attraction, even miracles, because Attraction is the law and it is immutable.

The formula for the Law of Attraction is $c + b = a$; where „a“ is whole and „b and c“ are the polar or gender opposites of that whole.

The Law of Attraction is logical, it is also responsible for causing all and every miracle that has ever occurred.

When we learn the Law of Attraction, miracles start to become everyday events.

357

Problem-Solving

Jan 09 2011

Problem-Solving is an acknowledgement that the universe sends me problems to solve.

When I believe that the universe sends me problems to solve then I will see whatever occurs in my life as problematical.

I can view everything that occurs in my life as a problem if I so choose.

I can look at problems as a positive opportunity to solve them. Problems are never an opportunity for personal development and self growth. When I see an opportunity for development and growth it is never a problem. Opportunities for personal gain do not need a solution.

When I see the opportunity in everything that occurs in my life, I know that life is full of opportunity and I know that the universe sends me nothing but opportunities.

When I accept everything that occurs in my life as a gift of the opportunity for growth, I am problem-free.

The solution to all my problems is to not have problems. Problem-solving then becomes a lost art that I choose to remain lost. However, I have to master the art before I can lose it.

358

Solving Other People's Problems

Jan 08 2011

Solving other people's problems is neither beneficial for them nor beneficial for myself in the long term.

Solving other people's problems:

- Disempowers them
- Focuses on their problems
- Pulls you into the drama
- Intensifies the problem
- Always results in their problem returning

☒ Never satisfies them

☒ Takes our mind away from our own problems

☒ Takes us out of our present moment

☒ Is about what I need emotionally rather than what the other person needs materially

By the Law of Attraction I create in my reality what I focus my attention on. Solving other people's problems creates a problematic reality for my Self.

It creates a co-dependency on them to meet my need to be needed and for me to meet their need to be looked after.

Solving other people's problems denies them the opportunity for development and growth.

When I see other people's problems as their opportunity for growth, I will stop solving their problems for them and help them to see their opportunities instead.

Helping others to see their opportunities in life helps me to see my opportunities in life.

359

A New Path

Jan 07 2011

Life (my Soul) is always presenting my Self with a New Path. A new path is always present, although I may have to „open a door“ to see it clearly.

Trapped within the boundaries of my own reality (or someone else's), new pathways are not obvious.

Inundated with the problems and the chaos of modern life, I am unable to see any opportunities for a new path in my life.

My Soul is not inspired to follow the same old path for the duration of a life-time.

Change is inevitable and effortless once I accept effortless change and allow life to change effortlessly.

It is no effort for my Soul to send my Self opportunities for expansive growth. The effort of choosing a new path is created entirely by my ego Self.

Any resistance to a new path that emerges in my life depletes the degree of effortlessness that is inherent within the opportunity that is presented.

Allowing a new path to emerge will allow a new path to emerge. A new path in my life is my destiny. Treading an old path is my fate.

360

The Opportunity of Life

Jan 06 2011

Life is an Opportunity to live.

It can also be a problem to solve; a lesson to learn; or a disaster to survive.

Whether I see life as an opportunity to survive; an opportunity to solve life's problems; or an opportunity to learn life's lessons is down to my own personal perspective of life.

My perspective of life is the manifestation of my own personal beliefs about life.

The Opportunity of Life is to see life not as a problem to solve, a lesson to learn or an experience to survive, but as an opportunity to live.

Life is only an opportunity once I can see the opportunity in my life.

Only when I can see the opportunity of my life can I attain fulfilment from my mission in life.

Only when I can feel the opportunity of my life can I experience what I truly value as my purpose in life.

Only when I know the opportunity of my life can I live the vision for my life.

Only when I intuitively know, feel and see the vision, purpose and mission of my life can I take the opportunity of my life to fulfil it.

The vision, mission and purpose for my life is the opportunity of my Life.

The Opportunity of Life is to fulfil one's individual, unique and exclusive path in life.

361

Motive & Purpose

Jan 05 2011

Motive and Purpose are not the same thing. I am motivated to achieve my motives.

I am empowered to fulfil my purpose.

My motives have an agenda.

My purpose has an intention.

My motives are designed to meet my emotional needs.

My purpose aligns me with my true values.

My motive for doing anything is to meet an emotional need.

My emotional needs create my motives.

My emotional needs are my motive for doing what I do.

I am motivated to meet my emotional needs.

My purpose for doing anything is to be an expression of who I really am.

I am empowered to be who I really am.

When I am being my authentic Self, I am empowered.

When I am not being my true authentic Self, I will need motivating and I will need a motive to motivate me.

I need to be motivated to get my emotional needs met because they provide my power when I am disconnected from my true purpose and my authentic Self – my Soul.

362

Autonomy, Mastery & Purpose

Jan 04 2011

Autonomy is being self-directed.

Mastery is getting better at what I do.

Purpose is my reason for being here.

With autonomy, I have attained the authority of making my own choices. With purpose, I have the power to fulfil those choices.

With mastery, I have the ability to expand and grow from my choices. Autonomy, Mastery & Purpose are all True Values. True Values are empowered and authorised. True Values are in alignment with my vision for my life.

When I am empowered to do what I truly value to do, no motivation is required. With autonomy, I have what I choose to have.

With mastery, I do what I choose to do.

With purpose, I am being who I choose to be.

363

Appreciating my Self

Jan 03 2011

Appreciation means growth.

As I grow, I appreciate and I appreciate my Self.

My Soul appreciates my Self because it is through the endeavours of my Self that my Soul appreciates and grows.

As my Self grows my Soul appreciates.

As I grow, I appreciate my Self and I appreciate my Soul.

As I appreciate my Soul, my Soul grows and appreciates.

The appreciation is mutual in the experience of mutual growth.

Mutual growth and appreciation is the essence of the growth and appreciation of my Self and my Soul in unison.

In my disconnection from my Soul, I cease to grow and my Soul is unable to grow without my Self.

When I am stuck and not growing, I lose my emotional power and will need appreciation to boost my confidence and self esteem.

In my disconnection from my Soul's appreciation, I will need the appreciation of others just to remain static and still.

In my stillness, I will appreciate the guidance and the support of my Soul in getting my Self back on track, growing and appreciating.

Appreciating my Self is the path to spiritual development and growth.

364

God & Sex

Jan 02 2011

God is the unity of two Souls.

Sex is the unity of two bodies, two Selves.

When god is spiritual and sex is physical, they become a duality of sex & love.

Love is seen as the personification of God and sex is seen as the personification of Man, the beast.

The confusion between sex & love has re-enforced the belief in god & the devil.

When physical sex between two bodies unites with spiritual love between two Souls, intimacy is attained.

Sex without love is just a physical act.

Love without sex is just an emotional need.

On a spiritual level, all Souls are unconditionally in oneness, holy communion, togetherness, harmony and intimacy.

It is the conditions of physical life and our separation from our Soul and God that makes sex possible.

It is those same conditions that allow Intimacy to be attained in this physical realm. The choice is as always, ours.

365

Belief & Faith

Jan 01 2011

Belief is driven by experience of Self or experience of others. We believe whatever we experience to be true or whatever we have been told by our

peer group to be true.

Belief in religion is conforming to the accepted beliefs and morals of a particular religion.

Belief in science is conforming to the accepted beliefs and laws of a particular science.

Belief in philosophy is conforming to the accepted beliefs and ethics of a particular philosophy.

We accept the beliefs of others whose reality is closest to our own experiences of life. We believe in our beliefs because we believe them to be true.

We trust our beliefs but trust and faith are not the same thing. Faith is following an intuitive path.

I am faithful to what I know to be my truth.

I am faithful to the feelings of my positive emotions.

I am faithful to the inspired revelations that I can see to be in alignment with my vision for life.

My Faith is an intuitive sense of Beingness that connects my Self with my Soul. My beliefs are true for myself.

My Faith is the Truth of my Soul.

When I am faithful to my Soul, I am full of my Soul's Faith.