

*Keith Collins*

**GENUINE  
FAKE**



**WATCH  
&  
SUNGLASSES**



*The Inner Coach  
Book Of Spiritual  
Distinctions*



# Distinctions

A Distinction is the difference between two similar things.

We perform with distinction when our performance is different to everyone else's and therefore unique.

When two words have the same meaning then they have no distinction.

When we see two words as distinct from each other, we give them both clarity and meaning.

We clarify and give words distinction by defining their unique meaning.

We do not need different words to describe the same thing.

All words have a distinct meaning, which makes them separate in purpose from all other words.

Having a similar meaning is distinct from having the same meaning.

Similar words or synonyms are the same but different, once we realise and define the distinction between them.

People are similar to words. We are all the same but all different once we find our unique, exclusive and individual Vision for Life, we find our Distinction.

# Distinction & Duality

A Distinction is the difference between two similar words or concepts.

A distinction defines what makes one reality distinct from another reality.

I define my reality with definitions that define the contrast that exists within my reality.

Without contrast, and a distinct contrast that has clarity, I have no distinction, just sameness.

A Duality contains two opposing ideas, thoughts or choices.

It is a dual or divided reality. It is a reality that is divided by two opposing perspectives of the same energy - two different thoughts about the same thing.

Unless it is the same energy, it cannot be divided and therefore cannot be a duality.

A distinction defines the difference between two different energies, thoughts or ideas.

A duality defines the two opposing extremes of the same energy.

A duality creates a dichotomy, a distinction clarifies it.

A Distinction clarifies two different things that appear to be the same e.g. greed and gluttony appear to be the same thing until their definitions give them distinction.

A Duality confuses the same thing by its appearance as being different e.g. greed and pleasing (arrogance and humbleness) appear to be different until we realise that they are opposing perspectives of the same energy.

It becomes apparent that a distinction and a duality are not in themselves a duality once their distinction has been clarified by their definition.

## **Abilities & Skills**

Skills & Abilities are not the same.

A skill is the ability to carry out a task.

The more skill that I have the better I am able to carry out the task.

A skill is a learned ability but it is not a natural ability.

We all have the ability to learn but this is not a skill, it is an innate ability.

Ability requires both Power & Authority, not skill.

I can have all the skill in the world but without both my power and my authority I will not be able to use that skill effectively.

Ability may be learned or it may be natural.

Natural ability is my connection to the power and authority of my true nature.

Skills have to be learnt.

My ability is learning to master my power and my authority.

My skill is being able to use the ability of my power and authority skilfully.

## **Absolute & Relative**

Our Self resides in the realm of the Relative.

Our Soul resides in the realm of the Absolute.

Our Soul has absolute choice but in the realm of the absolute there is no potential to experience, explore and discover different realities because everything is Oneness.

The Soul can only know itself through its Self that resides in the relative world of choice.

Our Soul can only exercise its choice through its Self. Without the Self there is no distinction between Souls.

So the Soul chooses to experience Life through its Self, and its Self through Life, in the physical world of relative dual reality.

For the Soul and the Self to be truly divided in reality, relative to each other, they are required to have separate choice.

Unless the Soul gives to its Self total independent choice, it cannot enter the realm of dual reality, because it would remain in the singularity of absolute choice.

In relative duality, the Soul retains absolute choice and the Self is confronted with relative choice.

In absolute reality the Self is either limited to the choice of the Soul or limited by the choice of the Self.

To be free of the Soul is to be limited by Life.

To be free in Life is to be guided by the Soul.

When we share in our Life, the power, authority and potential ability of our Soul, we are free to choose our Soul's choice.

The choice of our Soul is freedom, it will never limit us.

In Absolute Reality, everything just flows.

In relative dual reality, life ebbs & flows.

Well-Being is flowing without resistance. As Divine Flow has no resistance it is experienced as Well-Being in this relative physical world.

We cannot live in the Absolute World down here in the relative world. We just make relative and absolute a duality.

We can live a Life of relative Well-Being, but not until we have experienced being un-well.

To experience unwellness, illness, disease and disorder, we just have to swim against the tide of Wellness. Most people manage this without difficulty.

To experience Wellness, we are required to swim against the tide of un-wellness by changing our direction of flow consciously.

We have to discern what we want - what makes us well, from what we don't want – what makes us unwell.

The problem is that Life, like the tide, ebbs and flows because we are in a world of duality.

We therefore have to change our perspective depending on whether life is ebbing or flowing.

Well-Being is the absence of resistance. When we learn to never flow against the tide of life, we will always flow with Life, which is Being Well.

When we overcome the relative duality of ebb and flow, Life will absolutely Flow.

In the Realm of Relative Reality there is always choice.

Choice allows personal perspective, which allows personal reality to exist.

The reality of the relative world is that everything is separated from everything else by Time & Space, and everything has a duality which it is in opposition to.

Life opposes death, good opposes bad, light opposes darkness, hot opposes cold, hard opposes soft, male opposes female, positive opposes negative etc. etc. etc.

The purpose of relative reality is a context of contrast and comparison in order to choose an ideal reality.

In the Realm of the Absolute there is no choice, no opposition, no contrast and no individuality.

Without choice and individuality there is just Oneness and this Oneness is Absolute.

In the realm of the absolute where everything is absolute, there is no change, no difference, no growth, no expansion. Everything just is, which is perfect but not ideal.

The Realm of the Relative is the gateway to my Ideal World.



The purpose of this relative world is to allow me to attain the ability to personally create my version of my Ideal World.

## **Abundance & Enough**

We will never have enough to satisfy our ego's desire.

We will either have too little or too much; not enough or more than enough; miserable scarcity or extravagant gluttony.

We will only be content when we choose our Soul's Choice.

With the authority of our Soul's Choice, we will always have enough.

What our Soul knows to be enough, is Abundance.

Abundance is infinite, unlimited and boundless, which is enough for anyone and enough for everyone.

When our abundance is in opposition as a duality of scarcity, it will be an extravagance that is never enough.

We know that we have enough when we are content.

Contentment is the feeling of having enough, the feeling of always having had enough, and the feeling of forever being able to have enough.

# Abundance & Scarcity

A scarcity mentality believes that scarcity and abundance are a duality.

An Abundance mentality knows that there is no scarcity when we have absolutely enough.

When scarcity and abundance exist as a duality they are opposing ends of the same duality and one cannot exist without the other.

A scarcity mentality creates a world where there are haves and have-nots, who are either rich or poor and live in luxury or poverty.

A scarcity mentality believes, through the experience that it creates, that resources are limited and there is not enough for everyone in a world where extravagance is waste.

A scarcity mentality believes that those who live in luxurious extravagance do so at the expense of those who live in the misery of poverty, and that charity is the only way to equalise the system.

A scarcity mentality has no distinction between gluttony, extravagance and abundance. All three have more than enough of something or everything.

Gluttony means wanting more than enough. Extravagance is having more than enough. Scarcity and poverty are not having enough.

When we understand and define what is enough, we will be in a state of Abundance. We will be abundantly in that state of being content with having enough of everything we want and need.

Mother Theresa lived in Abundance because she had everything she wanted and needed, even though she lived amongst the scarcity and poverty of India's lower class poor. She never had more than she wanted or needed, and therefore, the luxury and extravagant gluttony of more than enough were never her experience.

This does not mean that we have to limit what we want or need. Indeed to limit what we want or can have creates the scarcity mentality that wants and needs because it believes that it does not have enough of what is limited.

Abundance is a state of Being without wanting or needing. We only experience an Abundant Life once we have enough of everything we want and need.

Plenty of anything creates Abundance only when it provides us with enough. When plenty of anything is more than enough of what we need or want it becomes a luxurious extravagance and a state of gluttony.

How much we have of anything is irrelevant. It is our perspective with regard to whether it is enough or not that creates scarcity or Abundance.

## **Acceptance & Being Accepting**

Acceptance is attaining the attribute of being Accepting.

Being Accepting is not the same as doing accepting.

Accepting is what I do when I receive something.

It may be given by another or it may just occur in my presence.

I always have choice.

When I receive something with gratitude and appreciation, I get the opportunity that is present and I receive it acceptingly.

I am being accepting of what is occurring.

When I receive something that I think I do not want it is a problem, which I accept as a problem and I am accepting the problem.

Accepting the problem is what I am doing, being tolerant is who I am being.



I am tolerating the problem that is occurring because all problems are a toleration.

When I endure a problem, I am being tolerant, I am not being Accepting.

When I accept a problem, I have not attained acceptance.

Attaining Acceptance requires me to be problem-free and tolerating nothing.

I attain Acceptance when I am being Accepting of whatever occurs in my Life because I see it as an opportunity for growth and I accept that opportunity for my Self.

The distinction is not between Being Accepting and Acceptance, one is the attribute that allows the attainment, but between doing accepting and Being Accepting.

When there is a distinction between what I am doing and who I am being, I am out of alignment with my Soul.

## **Acceptance & Forgiveness**

Forgiveness is given by the Soul.

Acceptance is received by the Self.

Acceptance & Forgiveness are both given by the Soul and received by the Self.

The Self accepts whatever is forgiven by the Soul.

The Soul forgives whatever is accepted by the Self.

Acceptance & Forgiveness are:

- The same energy seen from opposing perspectives
- An act of giving and receiving between the Soul and the Self
- Without judgment, blame or conviction.
- Without any toleration of unacceptable behaviour
- Aspects of unconditional Love
- The same Attribute to an enlightened Being
- The choice of the Soul and the Self to be in perfect harmony
- The Self following the Path of its Soul
- Knowing who we are and why we are here

Forgiveness of the Self by the Self, requires the Self to be unconditionally Approving, Allowing & Accepting.

Forgiveness is Accepting whatever turns up and is occurring; Approving of whoever we are Being; and Allowing Abundance to manifest and materialise in our Life.

# Accepting & Receiving

Receiving is the effect of our giving at cause. When we cause to give, we always receive an effect.

When we give at cause and effect, we control the giving and therefore we pre-determine the receiving. The giving, whether conscious or not, is conditional on the effect of receiving, and we control and limit the conditions.

When we give unconditionally, we allow the Universe to give unconditionally to us.

When we control the effect of our giving, we attempt to control the universe and limit its effect.

Giving unconditionally allows the Universal Law of Attraction to be unconditional.

Accepting is the unconditional giving of our Self to our Soul.

Accepting is the unconditional receiving, in a positive perspective, of whatever our Soul decides that we shall experience.

Accepting overcomes the duality of giving and receiving, so that we accept 'In Gratitude' whatever occurs for us in that moment of time.

Acceptance is by definition unconditional, because conditional acceptance is a toleration and eventually any conditions we impose will become intollerable.

When we receive a negative experience, it is because we have given a negative experience to another.

When we receive a positive experience, we have allowed another to experience the same.

When we accept every experience, we have overcome the duality of positive and negative judgement.

## **Accident or Design**

Science believes that the universe that we inhabit is the result of a quantum fluctuation that allowed everything that we see and everything that we are, to be created from nothing in an accident of uncertainty.

Religion believes that the universe and everything in the universe including our selves was created by the design of an intelligence that is called God, and that nothing is accidental and everything is occurring as a result of God's Will.

Science believes in the nature of uncertainty.

Religion believes in the certainty of God's Will.

Science believes in Chaos Theory.

Religion believes in God's Holy Order.



I believe that science & religion, certainty & uncertainty, chaos & order, are all dualities relative to physical life.

I believe that accidents are the perspective of a victim and a fatalist.

Accidents only happen to people who believe in fate and believe that they are affected by a reality that is not of their choosing.

I am not an Accident of God.

Nothing happens by accident. Everything that occurs in my reality is there because at some level of consciousness, I have chosen it and I have attracted it with my thoughts.

If I have not consciously chosen something in my reality then I have chosen it at the level of either my sub-conscious Self or at the level of my super-conscious Soul.

Everything is the result of Consciousness choosing.

My Life has not happened by accident and my Life has not happened by my conscious design. Yet I do have a Super-Conscious Vision, Mission and Purpose for my Life.

# Accidental & On Purpose

Accidental & On Purpose are a duality.

What I do not do on purpose, I call accidental.

When I live life on purpose, there are no accidents.

People who know their purpose, live life on purpose.

People who are unaware that they have a purpose, believe in accidents.

Unawakened Souls believe that life was created by accident.

Where life is created by accident, it has no purpose.

People without a personal purpose believe that the purpose of life is to evolve because life evolves by accident.

They call this the survival of the fittest and believe that unfit people have accidents.

They believe the purpose of life is to survive in order to be the fittest and propagate one's genes to further the evolution of our species.

However the evolution of our species has no perceived purpose, other than to evolve.

Apparently, accidents endanger life, make us unfit, stop us propagating our genes, but are none-the-less still part of the evolutionary process.

Unless that is, we know that accidents are just a negative perspective of what is occurring in our life and our inability to remain on-track in the fulfilment of our life purpose.

The purpose of an accident is to wake one up to one's purpose, on purpose.

My Soul has been waking me up to my purpose for some time.

Since I have realised this, I have encountered no accidents in my life.

My Soul is accidentally on purpose, reminding me of my path.

When following my path on purpose, there are no accidents. Everything is perfect.

## **Accreditation & Qualification**

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.

## **Actors & Players**

Actors take their play seriously.

Players play because it is fun.

Actors follow the script of the Playwright.

Players determine their own experience.

Actors adopt the personality of their character.

Players allow their true identity a free rein.

Actors need the acclaim of their audience.

Players truly value the experience to perform.

Actors act because it is the work that they do.

Players play because they are playful beings.

Actors express their dramatic emotion.

Players express their love of life.

Actors feel the drama of their fiction.

Players know the fiction of a drama.

I can choose to act in a play or play with my action.

Life can be a re-play or a re-action.

I can be a Player or an Actor.

## **Action & Behaviour**

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 a behaviour is seen as good or bad is a judgment of the observer.

An action of itself is neither right or wrong.

It is the positive or negative behaviour of the observer that judges it to be so.

# Activist & Pacifist

Neither a Pacifist nor an Activist has attained Peace.

Both Pacifists and Activists are seekers of Peace.

They both believe that their Peace is dependent on the actions or non-actions of other people.

Activists actively seek Peace, often by aggressive and violent means.

Pacifists passively seek Peace by what they believe to be non-aggressive and peaceful means.

There is no difference between a passive Activist and an active Pacifist. They are the same thing.

The only difference between an active Activist and a passive Pacifist is how they seek Peace.

The Nobel Peace Prize is rarely awarded to One who has found Peace, mostly it is to those who have most actively or passively fought for Peace.

Peace is a state of Being that is attained when our Inner World is no longer in turmoil.

When we find our own Peace of Mind within, Peace becomes a reflection in our Outer World also.



# Actors & Playwrights

Playwrights write their own script.

They are the creators of their own plays.

They determine the reality that will play out in their own life.

They know what is real and what is an illusion.

They observe life with sensitive detachment.

Actors follow the script.

It is not their script.

They just act out the drama that someone else has created.

The best actors play their part with great conviction.

Even when they ad lib and enhance their role, they are still fully immersed in the plot.

Actors believe in the reality of their play.

Playwrights re-create the experience of their own reality.

# Addiction & Gluttony

Gluttony is wanting more than enough!

Addiction is not being able to get enough!

To the addict, the more they get, the more they need, and the more they want.

The substance or content that we cannot get enough of is not in itself addictive. We become addicted when the substance we are taking is a substitute for what we cannot get enough of. What is in scarcity is Love, which is the energy of our Power.

Without enough power, we need a power fix and turn to 'addictive substances' as a substitute energy.

The gluttony of addiction will always hold us in scarcity, as the two are a duality of the same energy, and therefore inseparable.

Common addictions include: sugar; alcohol; tobacco; prescription drugs; adrenaline; caffeine; as well as sex and of course money and work.

The cause of all addiction is low self-worth. Low self-worth is our loss of power, which creates an emotional need and requires a substitute energy to replace it.

Low self-worth is low emotional power and is the effect of not being who we really are and doing what we truly value.

When true value is missing in our life, we become emotionally needy and need a false fix to meet our needs that we eventually become addicted to.

A healthy life requires balance and order, which requires power and authority. Without authority, we lose our power and our order becomes routine, our routine becomes habit, our habits become addictive, and our addictions become obsessions.

To overcome our obsessions we are required to face our addictions. To face our addictions we are required to break the habit and to break the habit we are required to change the routine. Routine is the order of the false authority of our subconscious beliefs combined with the emotional demands of our needs.

When we observe the authority of the Soul, we will find the power of our True Self Worth in the Heart of our Being.

## **Adherent & Coherent**

I am Adherent when I follow my own path.

Following my own path, I attain adherence.

I am Coherent when I align with my Soul's authority.

Following my own path, I attain coherence.

Coherence means hearing my messages.

Adherence means following the direction of those messages of direction.

It is sticking to my covenant with my Soul.

I cannot follow what I cannot hear.

My adherence requires my coherence.

My coherence allows me to understand my Self as my Soul overseeing my Self.

I understand my Soul with coherence.

My Soul oversees my Self with coherence.

My Self follows my Soul with adherence.

My Soul always adheres to my path.

Adherence with my Soul allows my co-hearance of my path.

Adhere means 'to hear' by being present 'at here'.

Cohere means to 'hear together' by being 'here together'.

# Adjectives & Being Adjective

Adjectives describe objects.

Being Adjective describes an experience that I am the subject of. It is how I relate to a particular experience in my life.

My relationship to Life is emotive. Life flows through my Self.

My emotional state of being describes my relationship to each experience of my life that I am subjected to.

My emotional state of being is how I am adjectively experiencing Life.

Being adjective describes my emotional state of being.

I describe my emotions with an adjective and I experience my emotions adjectively.

Being adjective is an adjective state of being that describes the subject of my experience – Me.

The subject of my experience is always my Self.

The objective of my experience is to learn and grow.

The adjective of my experience is my emotional response. It is who I (the subject) are being whilst carrying out the objective.

Ontology is the study of adjectivity.



My purpose in life is to be Adjective through my subjectivity (what I have) and my objectivity (what I am doing).

## Advice & Advising

Advising is a Coaching skill.

Giving Advice is not.

As a Life Coach, I advise people to always make their own choices and to follow their own path.

Ad-vise means 'to see'.

A Coach guides others to see the best direction for their life path.

When I advise another of what I would choose, I am doing just that, advising them of what I would choose. I am modeling, mentoring or encouraging another to see a different path.

As a Coach, I never give advice on what I believe another should do. This is not coaching it is consulting.

I consult another for advice and I seek a Coach for guidance.

Ad-vice means 'to vice'.

Giving advice is telling someone what to do.

Telling someone what to do is arrogance. Therefore taking advice is an act of humbleness.

Giving advice is directing someone along my path rather than advising someone on their path.

When I do not understand the distinction, I may need to indemnify my Self against the consequences of my advice.

I always advise others to never give advice.

Be advised by another, yet never take their advice.

## **Aesthetic & Anesthetic**

An Aesthetic experience is felt with emotion in a beneficial way.

The positive emotion most associated with aesthetics today is Beauty.

Aesthetics is not the study of beauty, but the study of positive emotional feelings.

The aesthetic value of an item is proportional to the positive emotion that it evokes within an individual.

Anaesthetic means experienced with the absence of feeling or emotion.

Modern surgery is conducted under anesthetic conditions.

The patient given an anesthetic has no emotional feeling and therefore no pain.

The surgeon administering the anesthetic has suppressed their emotional feelings in order to treat the patient in a rationally focused way.

The surgeon is sub-consciously anesthetised, whereas the patient's anesthesia is either conscious or unconscious.

Surgery with anesthetic is not an experience of Beauty.

## **Affluence & Influence**

Affluence is the power of money.

The more money that I have the more affluent I am.

Affluence is the ability to purchase what I need emotionally.

Affluent people believe that they are able to buy whatever they need to keep them happy.

Affluence is a measure of riches not a measure of wealth.

Money can't buy happiness, it can only stop you being miserable for a while.

Influence is the authority of status.

The more status that I have, the more influence I have.

Status is my authority to assert my influence over other people.

People in authority influence others with their status.

Influential people realise that their authority doesn't come from their status and what really influences other people is their affluence.

Those who have no true authority need the power of money to maintain their influence over other people.

Those who express their true power have the greatest influence on other people.

## **Alike & Like**

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.



# Allowing & Promoting

On my Spiritual path in Life as an awakened Soul, I always have a choice.

I have a choice between promoting my Self to where my ego wants me to be and allowing what my Soul wants for my Self to arrive.

Unawakened to the path of my Soul, I will choose to promote my Self to obtain everything that I believe that I want and need.

The more I promote my self in Life, the more power and influence I have over other people and the easier it becomes to obtain what I want and need.

Awakened to the path of my Soul, I know that every provision for my journey has already been made. Everything is already provided. I do not have to promote myself as I am already there. I do not want or need anything because I already have it once I allow it to manifest in to my reality.

I no longer require or choose power and influence over others once I learn to connect to my True Source of Power & Authority.

When I no longer choose to have power and influence over others, I no longer need to promote myself up the hierarchies of life.

When I allow my Self to follow my Path, I allow my Self to connect to my Power, my Authority, my Ability, and my Provision.

## Allowing & Resisting

Both anger (impatience) and patience will resist my state of being Allowing.

I cannot manifest or create what my ego is resisting and disallowing.

Patience and impatience block the Law of Attraction because they are both unattractive states of being.

When I am being impatient, I am focusing on what I want and do not have.

Focusing on what I do not have brings more of what I do not have and I will become more and more impatient with what is not turning up.

When I am being patient, I am waiting for what I believe I do not already have to arrive and I am still focusing on what I do not yet have.

In either case I am disallowing its arrival with the belief that I do not yet have it as it has not yet arrived.

When I know that it already exists and that it has already arrived, I can receive it by changing my mind and my perspective and therefore my state of being.

I then attain vibrational resonance with what I am realising and manifesting.

It will materialise when I can see that it is already here.

When I realise that it is already here, it becomes real in my reality and I can see it, feel it and know it to be so.

When I stop being patient and stop being impatient, I become allowing and all my resistance disappears.

Allowing is a state of being, not an action to be taken.

Taking action to get what I want is an affirmation that I do not have it and resists my allowing it to manifest.

Positive and negative thoughts are not created by emotion. Positive and negative emotion is created by our beliefs.

Spirit becomes emotion by the action of the interference of our thoughts. Spirit just is and just flows. Spiritual energy in motion becomes e-motion at the point of our interaction with it. We interact with spirit by way of our thoughts.

Spirit does not create the thought. It is the thought that creates the emotion. Spirit just is.

Emotion is the power of our thought directed by the authority of our beliefs. The polarity or direction of our beliefs defines our authority over the power of our emotions.

How we interact with spirit is defined by the power and authority that we have over our emotions. This is our ability or our response-ability for our emotions that is called our emotional intelligence.

Our response-ability is dependent on our reason-ability, which is our ability to be consciously-aware of the reason for our beliefs and purpose of our intent.

The polarity or direction of the emotion that we are feeling is determined by our choice to either allow it to flow through us and flow with it, or to resist its flow and flow against it.

An allowing spirit creates a positive polarity and a resisting spirit creates a negative polarity. When we allow spirit to flow through us, we feel the Divine Love of our Source.

When we resist the flow of Divine Love, we face a challenge and an opportunity to examine our beliefs, which are the authority to make our choices. When we resist spirit with a negative belief, we experience a negative emotional state of Being.

To experience a positive emotional state of Being requires us to challenge and shift all limiting beliefs that create emotional needs and physical dramas in our life.

# Alter Ego & Ego

My Ego is my sense of self. It is who I believe myself to be.

My Alter Ego is my alternative ego, a different perspective of my Self.

I have 3 perspectives of my Self and 3 perspectives of life.

I have therefore, two alternative perspectives of who I am and two alter egos.

A subjective sense of self is an ego that sees my Self as good from a positive perspective.

An objective sense of self is an ego that sees the bad aspects of my Self from a negative perspective.

An adjective sense of self is an ego that sees my Self as Being only Good from a Divine perspective.

Being Good is Divine and sees only the Goodness attributable to my Self, to others and to all of Life.

Being good or bad is a duality of a relative dual reality world and will alter my ego's perspective dependent on which extreme that I am perceiving life to be from.

My ego, my alter ego or from an alternative ego.



# Angels & Demons

Demon literally translates as 'of my Self'.

My disconnected Self is not Divine.

This relative world of dual reality disconnects me from my Divine Self – my Soul.

My Soul is Divine, my Self is 'of me'.

My Demons are my programmed beliefs about life.

All Demons are inner demons that I have projected into my outer reality.

It is my inner beliefs that allow demons to exist in my external world.

It is my belief about demons that allows other people or other things to demonise me.

A demon is a false belief or fear that creates a negative resistance in my experience of reality.

I cannot fight my demons and win. The more I fight my demons, the more power I give to them.

When I become conscious of a demon or a limiting belief, I can change my belief from a negative demon to a positive angel and allow my life to flow beneficially and effortlessly.

Demons are a curse and angels are a blessing.

Angels are little messengers or messages of inspired revelation that come as thoughts to change my negative perspective and give me clarity and direction in life.

## Anger & Patience

Patience is learning to wait. It is the ability to wait for whatever we believe that we do not have, without getting angry.

When we get angry and lose our patience, we are demonstrating our impatience or our lack of ability to wait any longer, for what we believe that we do not have.

The more that we believe that we do not have something; the more we create that as our reality; the longer we will have to wait; and the more patience we will need.

Anger and patience are a duality similar to wrath and meekness and are one of the seven mortal sins and virtues.

They are in essence the same energy with differing polarities and, therefore, the more angry we get the more patience we will need.

The need for patience is often called self-control and the more patient we become the more latent anger we store up in our psyche. Patience is in fact unexpressed anger.

We are taught to express patience and suppress impatience, by not getting angry.

Managing anger or impatience by suppressing it means that eventually it will manifest in to the physical as an illness or a dis-ease. We effectively become a patient of our patience.

To break the patience-impatience cycle and dilemma requires a third way of responding, which is the fulfilment of our 'service'.

Once we are being 'served' or fulfilled with our service, we are receiving everything that we ask for and we are waiting for nothing.

We are 'in service' and being 'serviced' once we are waiting 'on' our knowing that every thing that we have asked is already being delivered.

When we are filled full of the fulfilment of knowing that we have everything that we ask for, patience and anger are no longer required. We are waiting for nothing, and waiting on everything arriving.

Without patience, impatience or anger, fulfilment is guaranteed.

God's Promise is to give us everything that we ask, even before we have asked. Our promise is to ask and to become fulfilled.

# Angry & Mad

Anger is a violent reaction to losing our emotional power or believing that our emotional power is under threat and about to be taken from us.

Anger is driven by an unconscious belief that our power is derived from what we need emotionally.

Once we know that our power comes from being who we really are, we no longer need to react in anger, because this is not who we really are.

Angry people are seen as the villains of society when in fact they are the victims of society's false beliefs about power.

Our society believes that power comes from knowledge, status and financial wealth. Logical thinking then assumes that anger is created through ignorance, low self-esteem and lack of money.

Rational thinking people believe anger to be a reaction created by the inability to control one's emotions. Managing anger therefore became a pre-requisite of the rationally intelligent, upper ruling class and wealthy aristocracy.

Anger is being mad due to a lack of emotional power.

Insanity is being mad due to a lack of rational authority.

Sanity is conforming to the normal authority that our society approves of as being acceptable.

We are certified mad or insane when we do not conform to the rules, etiquette, beliefs, ethics, morals, standards and laws of our society created by the authority of its ruling classes. That is of course unless one has status, wealth and intelligence, in which case madness is renamed as eccentricity.

## **Anticipation & Cipation**

I am being in Cipation when I'm flowing freely in alignment with my true choice and authority.

It is being in the flow, in the gap, in the now and in the zone.

Anti-Cipation is following the authority of or being in alignment with the choice of someone else.

Flowing in alignment with another is always against my own natural flow of life and will deplete my sense of space.

Anticipation is the consideration of something before its proper time in natural order.

When I am anticipating something arriving in the future, I am not focused in the present moment of time and therefore out of alignment with my true choice for that moment of now.



Anticipation is living my future reality in my present moment of time.

Emancipation is setting my Self free from the authority and choice of another, whether it be from slavery, subjection, dependence or any other controlling influence in my life.

Emancipation is the shift from being attached to the power and authority (emotional needs & beliefs) of others, to becoming connected to my own True Power & Authority – My Soul.

Recipation is my recipe for a successful life.

## **Anticipation & Expectation**

Expectation is my belief that what I do not have right now will turn up in the future.

Focusing on my expectation will not bring me what I expect. It will bring me what I am focusing on, my expectation in the future.

My expectation will always end with disappointment when it is not in alignment with my Soul's choice.

When what I believe will turn up in the future is a 'knowing' then it is my Soul's choice, I know it is my Soul's choice, and

there can be no disappointment. I don't expect it to arrive, I know it will arrive.

Anticipation is the positive feeling of what I know will occur in the future.

A positive feeling is my Soul intuitively telling me that this is a good growth experience and a positive outcome.

Anticipation is the feeling of emotionally resonating with my Soul's choice.

When I resonate at the level of my Soul's desires, I have the power to manifest them.

Expectation has a duality called disappointment.

Anticipation has no duality. It is an emotional sign of imminent arrival.

Expectation requires patience and tolerance, anticipation has gratitude and appreciation.

## **Apathy & Sympathy**

Sympathy, being sympathetic or being in sympathy with means:

“Resonating with the same female negative energy as another”.

Apathy, being apathetic or being without sympathy means:  
“Resonating with the opposing male negative energy to another”.

When we are being attached, inclusive and irrational, we are being in sympathy with another.

When we are being insensitive, disconnected and unemotional, we are being apathetic to another.

The state of being apathetic is seen as being uncompassionate when it is actually being unsympathetic.

The state of being in sympathy is often mistaken for compassion and wanting to alleviate the suffering of another.

Wanting to alleviate the suffering of another is the consequence of resonating with the victimhood of another.

This never alleviates suffering but increases the suffering for both people who are resonating in sympathy for each other's victimhood.

Compassion is sharing our passion with another. Our passion is always a positive contribution, not a sharing of our negative energy.

We have negative sympathy for another but positive empathy with another when we are being compassionate.

# Apocalypse & Armageddon

An Apocalypse is a revelation or a 'lifting of the veil'.

Armageddon is the 'final battle between good and evil'.

Apocalypse and Armageddon are often confused, possibly because it will take an almighty lifting of the veil before the final battle between good and evil is fought.

The 'Veil' is the illusion of duality that exists in this physical world.

When the illusion of duality is lifted, I will overcome this relative dual reality existence.

When I overcome the duality of good and evil, I will fight my last battle and lift the veil that creates the illusion of relative dual reality existence.

I will then understand that fighting evil creates evil and strengthens the power of evil.

Good & bad (evil) are just opposing perspectives of the same energy. They are a duality. When I focus on one, the other becomes stronger in opposition to it.

Once I remember that good & evil are the same energy, I know that I battle in vain and the battle can never be won.

The final battle of good and evil will be declared with the understanding and acceptance of what is, not victory.

Armageddon is just one milestone on my Apocalyptic Journey of Revelation that is my Life Path and my Destiny.

An unawakened Soul that is lost and confused within the realms of relative dual reality may well see their Armageddon as a victory of light and good and an Apocalypse as an evil disaster created by the darkness.

## Apostles & Disciples

A Disciple is a follower, a student and a learner.

An Apostle is a leader and a messenger. One who goes forth with a message.

The message of the Christian Apostles was the Gospel of Jesus, which as leaders of the new christian church they took to the people.

What the Apostles were teaching was their version of the 'Good News' of Jesus.

What the Disciples were learning as students of Jesus that makes them Disciples rather than Apostles is the real message that Jesus heralded.

The Gospel of Jesus, the good news that Jesus as a Messiah shared is that: "You too can Be like me".

Jesus lead by example of who he Is, and the Disciples followed his example.

Jesus was guiding and supporting his Disciples to learn to Be like him, to follow their own path and fulfil their own mission in life.

Jesus never directed his Disciples to do anything other than to learn to hear their own messages (the ears to hear) and follow their personal vision for life (the eyes to see).

Jesus knew that the unawakened could not hear his message.

Without the eyes to see and the ears to hear, even the Disciples could only listen to his Parables and stay confused and lost.

## **Appeasement & Conflict**

Appeasement is a false peace that denies or avoids conflict.

Conflict is the absence of peace.

Whenever we have opposing dual realities, we will experience conflict.



This dual reality world is ideally constructed in order to experience all possible aspects of conflicting, opposing realities.

Whenever two aspects of our Beingness are in opposition there is the potential for conflict within our self.

A peacemaker has mastered the art of appeasement.

Managing conflict through appeasement results in a passive conflict or a 'cold war'.

A cold war is still a war and opponents are still in conflict.

The greater the conflicting views, the greater the need for appeasement and compromise.

When conflict is avoided, it just lays passively dormant waiting for the opportunity to express itself in a 'hot war' that seeks to annihilate the conflict that has not been confronted.

Once we confront our opposing views, we overcome the need for both conflict and appeasement.

## **Appeasement & Vanity**

Vanity is seeing one's self as being perfect.

Appeasement is tolerating one's self as being imperfect.

Vanity is the need for false self-esteem based on the belief that perfect, good looking people are lovable and imperfect or ugly people are unloved.

When we learn to love our self, we are learning to appease all the imperfections that our ego self represents.

Once we have learned to love or appease our imperfections, it becomes easier to love or appease the imperfections of others.

Our path is not to accept the personality and character of our individual imperfections.

Our path is to approve the attributes of our Soul as a reflection in our Self. (We accept what we do, we approve of who we are being.)

It is our path to become who we really are, our true Identity, not to tolerate through appeasement who we are not.

Vanity is seeing our perfection as acceptable.

Appeasement is seeing our imperfection as acceptable.

Approving of who we really are is a feeling of the highest emotion that we can attain.

We attain the approval of our Soul when we attain the attributes of our Soul, instead of being a reflection of the character and the personality of our vain and appeasing Self.

# Appointments & Plans

An Appointment is where I want to be in the future.

It is an intention to meet.

A Plan is how I am going to get there.

It is what I intend to discuss at the meeting.

Not all meetings are planning meetings and not all appointments are planned.

When appointments are part of a plan, they become an expectation that can become a disappointment.

The Divine Plan is expansive growth.

It is not planned.

It is my Destiny.

I can plan for my plan to be divine and tolerate my fate or I can allow the divine plan to unfold and accept my destiny.

My appointment with destiny is not planned.

Planning to be divine can lead to disappointment.

Allowing my appointments to be met is the best plan.

It is my intention to embrace my destiny with every divine appointment.

What makes the divine plan divine is that I have no need to plan it my Self.

## Appreciated & Appreciating

Being Appreciated is an emotional need.

I need to be appreciated by other people for what I do for them or for what I give to them.

When other people appreciate what I do for them, they meet my need for emotional energy.

When other people do not appreciate what I do for them, it drains my emotional energy and demotivates me.

Being appreciated motivates me to do more things for other people.

Being Appreciating is a Divine Attribute.

When I am appreciating who I am Being, who I am appreciating (my emotional state of being), appreciates and grows.

When I am appreciating what I have in the present moment, what I currently have grows and appreciates in the future.

When I am appreciating of what I am doing, the benefits of what I am doing grow and appreciate for me.

When I am Being Appreciating, I am growing, and when I am growing, I am appreciating who I am growing into, and who I am growing into appreciates and grows.

Being Appreciating of others allows others to appreciate me.

When others appreciate me, I have no need to be appreciated, because I am.

When I know that I am appreciated, I have the power to be appreciating of my Self.

My Soul is always in Appreciation of its Self.

## **Appreciating & Promoting**

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.

## **Appreciation & Gratitude**

Gratitude & Appreciation are both essential tools for creating my chosen reality.



When the focus of my thoughts is carried on the emotion of either gratitude or appreciation, it carries those thoughts into my future.

Failing to be in gratitude for what I have, diminishes my focus and depreciates what I have.

It is often said that: “We do not appreciate what we have until we lose it”.

The way I eliminate something from my reality is to not give it another thought.

Being in appreciation for something acknowledges the expansive growth that has been attained by or with that something.

When I appreciate what I have in my present, it appreciates, expands and grows in my future.

What I am in gratitude for, repeats itself in my future. I maintain what I have with gratitude.

What I am in appreciation of, grows, expands and appreciates in my future.

I appreciate what I have when I appreciate what I have.

# Appreciation & Interest

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.

## **Aspiration & Inspiration**

Inspiration is our highest emotional power.

Aspiration is our highest thought of mental authority.

Our aspirations require inspiration in order to manifest as our reality.

When our aspirations come from the will of our ego self rather than the authority of our higher Self or Soul, we will lack inspiration and require motivation instead.

We are motivated to aspire to the height of our ego self's desire.

We are empowered with inspiration, when following the aspiration of our Soul.

Our Soul inspires our Self to become like our Soul.

Our Self aspires to become the image or likeness of our Soul.

“Aspiration without Inspiration will result in perspiration”

We cannot inspire others to follow our authority. We can only aspire to connect others to their own inspired authority.

I aspire to the heights of my ego's desire & I aspire to succeed in physical life.

A 'spire' is the peak of Man's physical achievement in the 'cathedral of life'.

Whatever is without the 'breath of life' will require aspiring.

Whatever is with the 'Breath of Life' is Inspirational.

Inspiration enables empowered action.

I am inspired to become the highest expression of my Self.

I am inspired with a magnitude of emotional power.

Inspiration is the 'Breath of Life' that comes from the core of my Being.

Inspiration is my Soul breathing life into my Self.

Aspiration is the will power and determination I require to succeed in my material goals.

Inspiration is a Divine Attainment that ensures an effortless journey on my unrestricted Path through Life.

# Attached & Connected

We are spiritually connected to souls of our own Monadic Group.

We are emotionally attached to people who meet our emotional needs.

Our spiritual connection to another is eternal.

Our emotional attachment is a drama that we are acting out in this life-time.

Attachments are due to magnetic attraction.

Connectedness is Pure Attraction.

All souls are connected at the Soul level.

Souls of the same Monad or Monadic Group are most similar, most alike and most attractive to each other.

When a member of our own soul group comes into our life for the first time, it is as though we have known them for all eternity – which we have.

Attachments will align us with our fate.

Being spiritually connected is our destiny.

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.

## **Attainments & Attributes**

Attainments are perspectives of TRUTH.

Attributes are perceptions of LOVE.

Attainments are our highest mental beliefs.

Attributes are our most positive state of emotionally Being.

Attainments are what we are here to do.

Attributes define who we are.

Attainments allow us our authority.

Attributes approve of our power.

We attain our highest force of authority through our thoughts.

We attribute our greatest magnitude of power via our emotions.

Attainments are our mental capacity (IQ).

Attributes are our emotional competence (EQ).

We attain perspective through revelation.

We attribute perception to inspiration.

Attainments are tools of manifestation.

Attributes are aspects of realisation.

Attributes and attainments answer the questions: “Who am I” and “Why am I here”?

Attributes and attainments are the power and authority that form the foundation of our personal creative ability.

An Attribute is a state of Being that we are experiencing in a particular moment of time.

An attribute is a gift that we express to the world, in the present moment of time.

An Attribute is a particular state of being that is attributed to us in the present moment.

An Attainment is an aspect of our True Identity that we have achieved or attained by and through our own experience.

The paradox of Attributes & Attainments is that we have to be them to do them, and we have to do them to be them.

We have to attain the attribute in order for the attainment to be attributed to us.

We attain our Attainments by Being the Attributes that are attributed to us.

Acceptance is the attainment of Being Accepting.

Accepting is the attribute of attaining Acceptance.

When what we are doing is who we are being, we have attained an attribute of our Divinity.

When I am being Accepting whilst accepting what is given, then I have attained Acceptance.

## **Attainments & Standards**

A Standard is a level of behaviour that has been achieved and is regularly expressed.

An Attainment is a level of Being that has been attained and can be consciously chosen.

I act or react according to my standards of behaviour. My standards are the level of behaviour that I find acceptable.

Who I am being whilst I am doing what I am doing is determined by my level of attainment.

The emotional state of being that I have attained will determine my power to choose how or what I do and the standard to which I do it.

The higher my level of attainment, the more power I have to consciously choose what I want to occur and how I choose to respond to that which is occurring.

My standards are a 'have to'. They are the standard to which I believe that I have to aspire.

With the attainment of sufficient power, I have the ability to choose my actions and my responses in each and every moment. I no longer have to conform to any standard.

## **Attraction & Magnetism**

Magnetism has a fixed polarity. It is created when all the atoms in an element spin in the same direction – they become magnetic.

Polarity means direction. Polarity becomes evident when energy flows through elements in the same direction – as with electricity through a copper wire or magnetism through an iron bar.

Magnetism and electricity are the same force (energy) acting tangentially to each other. This means that when we turn the energy flow at a ninety degree angle, magnetism becomes electricity and vice versa.

Magnetism has polarity, whereas Attraction is undivided by polarity – it is neither positive nor negative. Attraction is whole and has Integrity.

The Law of Attraction states that “Like is drawn unto its self”. With magnetism opposites appear to attract.

The belief that opposite magnetic poles attract is an illusion of perspective. In reality a north / south alignment of polarity aligns with a north / south alignment, but repels a south / north alignment, which has an opposing polarity alignment.

Alignment and polarity are an illusion of perspective. When we change our perspective, we change our alignment and we change our polarity.

Polarity is created by direction. Direction of spin creates a positive or a negative magnetic polarity relative to our perspective. When we change our perspective – look from the opposite direction - the direction of spin appears to reverse. Thus a clockwise spin seen from the north will become an anti-clockwise spin seen from the south, even though the direction of spin has not changed.

Attraction is neutral, which means that it has no polarity. It just is a Divine Perspective.

## **Attraction & Promotion**

I promote my business to attract new customers.

I promote myself to become more attractive.

I promote my business to attract new customers, so that my business can make more money.

I promote myself to become more attractive and in so doing attract more attractive people.

I promote my business through a process called Sales & Marketing.

I promote my Self through a process of Personal Spiritual Development & Growth.

I get confused when I promote my Self in Business.

Promoting my Self in Business may meet my emotional needs and make me friends (business acquaintances) and through my network of friends, I may gain more custom, but it will never make myself more attractive.

When I am promoting myself in business (networking), I am just advertising myself as part of my business, which may or may not appear attractive to potential clients.

I Attract with my Heart and I Promote with my head.

Our super-conscious Soul communicates through our heart, from the core of our Being.

Our sub-conscious Id communicates from our programmed memory.

When we choose from our ego, we will encounter resistance from our Id.



When we choose from our heart, we will be inspired and empowered.

When we promote, we will require motivation.

When we attract, we are empowered.

We attract with Divine Power and Authority.

We promote with the authority of our ego and the power of our will.

To promote, we take positive action and to attract, we allow positive outcomes.

To promote, we are required to produce results.

To attract, we are required to accept the results.

## **Attracting & Promoting**

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 myself is a statement of being without what I think that I need.

Promoting myself 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.

# Attractive & Magnetic

Pure Energy is Attractive.

Pure Energy is Attractive to similar pure Energy.

Divided energy is magnetic.

Divided energy is magnetically attracted to become whole, undivided and pure.

Pure Attractive Energy is undivided by wavelength, frequency or vibration.

Energy is differentiated by its wavelength and frequency. Its combination of wavelength and frequency determines its vibration.

Opposing wavelengths of the same frequency are magnetically attracted to each other.

Opposing wavelengths are the same wavelength viewed from opposing perspectives.

Space appears to give frequency a direction. Opposing directions and frequencies are just a perspective of Time.

A pure unopposed frequency will combine with a pure unopposed wavelength to create a pure vibration of Energy that is whole and Divinely Attractive.

Like is drawn unto itself by the Law of Attraction.

Opposites attract each other magnetically.

# Authenticity & Credibility

Authenticity is a measure of believability and trustworthiness.

What I believe to be authentic, I believe to be genuine and I trust it.

I mistrust whatever I believe to be false or ingenuous.

My authenticity is a measure of my authority.

Authentic authority is believable and able to be trusted.

Other people have confidence in my authenticity.

Credibility is a measure of my power to elicit trust & believability.

What I believe to be credible does not disempower me in any way.

I am empowered by my own credibility and the credibility of others.

My credibility is a measure of my emotional power.

Credible emotional power has great value & worth.

My ability to be authentic & credible determines my authority & power to beneficially influence others.

# Authenticity & Integrity

Authenticity is choosing with Authority.

Integrity is being in my Power.

When my authenticity is authentic, it comes from my true authority.

When my integrity is in integrity, it connects me to my true power.

My authenticity is authentic when it is in alignment with my Soul.

When my authority is in alignment with my Soul, I connect to my true power.

When I connect to my true power, I am in integrity.

Authentic means: “In alignment with my Book of Life”, of which I am the Author.

Integrity means whole and undivided.

My ego Self may have the dignity of conforming to the standards of my personal beliefs and principles, but I will only be in integrity when I am undivided from my authentic state of Being.

My dignity is a matter of my personality and character.

My Authenticity & Integrity are my True Identity, who I really am.

# Authority & Choice

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.

## **Authority & Influence**

We do not have authority to make choices for other people.

We can only influence the choices made by other people when they give their authority away to us.

We all have choice. This is the authority of the self to choose and our authority to choose for our Self.

We all have the potential ability to make our own choices and we realise our potential through making choices.

Freedom of choice is our authority to choose and is our Divine Right. It is God-given.

What limits our ability to choose is the influence of other people, especially other influential people.

We are influenced from birth by the choices that other people make.

Other people seek authority over us, so that they can influence our decision making.

When we take away another's authority to choose for themselves, we take away their power.

When we give away our authority to the influence of another, we deny our Self our True Power.

Without power, whatever authority we follow, we can never fulfil our potential ability.

Our Potential Ability is the product of our own personal Power and Authority that is accessed by connecting exclusively to the 'Influence' that is available from our Inner Coach.

## **Authority & Power**

We all have the authority to be divine, but few have the power.

We all have choice. Choice is our Divine Right, and with choice, we have Authority. We all have the authority to choose.

The only thing that limits our choice is not knowing what to choose.

Not knowing what we want limits our choice and takes away our authority.

No authority equals no power.

When we exercise our Divine Authority, we automatically connect to our Divine Power.

Divine Authority is the choice of our Soul and the Power of our Soul is Love.

Our Soul has infinite love for Life and infinite Power. The Soul is Omnipotent.

With infinite Love and eternal Light, the Soul has continuous Life in both physical and spiritual form.

When we make the choice of our Soul, we are empowered with the Divine Power of Love.

When we make the choice of our Self, we will have to rely on will power. which has no Divine Authority.

When we feel positive emotion, we are empowered to choose and we are connected to our authority.

With power and authority, we are enabled to choose.

When we feel negative emotion, we are empowered to choose but are without the authority to choose. Our authority is being undermined by a false belief or an emotional need that is offering resistance to our ability to choose.

When we make a shift and change our perspective by challenging a belief or meeting a need, we regain the authority to choose.

When we feel no emotion in either a positive or a negative way, we have the authority but no power. Making this choice will result in much effort being required and we will need an external form of motivation to achieve it. Without our emotional power, we are not empowered with this choice and without third party assistance, we will almost certainly fail to achieve our objective.

Emotion is our guide-line for choice. Positive emotion makes choosing easy. Negative emotion is our guide to what we are required to work on in our self before our choice can be perceived as positive. Negative emotion is the resistance of our 'shadow' self that is our creation of a false conviction, belief or programme.

Our emotions offer us a 'life-line' towards our destiny. Our belief system gives us the 'dead-lines' of our fate.

When we have both the emotional power and the mental authority, learning the physical ability is effortless and enjoyable.

When either our power or our authority is missing, we will invoke 'Murphy's Law' and what can go wrong, will go wrong and what we don't want to happen will occur.

From a positive perspective, negative emotion is perceived to be a challenging opportunity for expansive, personal, spiritual growth and development.

# Bad or Good

Good is a positive belief or judgment about something we want or choose. We choose what we want because we believe it is good for us.

Bad is a negative belief or judgment about what we don't want or choose to have. We choose not to want or have something that we believe is bad for us.

Good and bad are a judgment based on our positive or negative beliefs that are based on our perspective of any given situation.

Nothing is inherently good or bad for us. Whether we want something or not is a matter of our positive or negative perspective in that moment of time.

What was good for us in the past may become bad for us in the future, based on the situation and the perspective that determines our belief.

When we change our perspective, we change our belief and we may make a different discernment based on our new perspective or situation.

The ability to choose allows us the ability to change our mind and therefore our perspective.

A good situation or circumstance is seen from a positive perspective. A change in situation or circumstance will change

our perspective from being positively good to becoming positively bad or vice versa.

Bad situations are seen as evil and evil is a situation that is seen as bad. It is seen as an external force that creates bad situations, circumstances and occurrences.

There is no malignant force for evil, only our choice of perspective.

## **Balance or Growth**

My ego self seeks balance and harmony.

My Soul seeks expansive growth.

My Soul knows that it can only grow expansively by being out of balance with its Self.

My ego self seeks balance in all things so as to come into harmony with my Soul.

My Soul is always in balance as there is no duality in which to become unbalanced.

My Soul is always in harmony with my Self.

It is through my Self being out of balance and therefore not in harmony with my Soul that allows the greatest expansive growth of my Soul.



The challenge for my Self is to be out of balance with Life, whilst remaining in harmony with my Soul.

My Journey by necessity will take me out of balance so that My Soul grows with my expansion, as I then harmonise with my expanded Soul, I bring my Self back into Balance.

I cannot overcome the dual reality of physical life unless I have first experienced both extremes of the contrasting duality.

My Soul cannot experience the perfection of my balance and harmony until I have found the harmony and balance for my Self.

## **Bargain & Negotiate**

To Bargain is to get the best deal for oneself.

When I have the best deal for my self, I have a bargain.

Bargaining, by definition, is a selfish action. I am getting the best deal for me.

Getting the best deal for me is about winning the sales contest and being the best trader, which is greed.

Driving a hard bargain is asserting one's authority over another, which is arrogance.

Needing to get the cheapest deal at a bargain price, or make the most profit, is driven by a scarcity mentality.

Bargaining 'bars gaining' because it involves the sins of pride, gluttony, greed and arrogance.

To Negotiate is to get the best deal for both parties or all parties in a transaction.

The best deal for me is the deal that my Soul deals for me.

My Soul is Truly Selfish, will always negotiate the best deal for both parties and all concerned, and will never negotiate a bargain.

My Soul always negotiates resistance and entropy effortlessly.

I fail to negotiate successfully without the co-operation and agreement of all concerned parties.

## **Behaviour & Motivation**

My behaviour is determined by my beliefs.

I am motivated by my emotional needs.

When I am not motivated by what I need emotionally, I will have to use will power to succeed in my goals.

Without clearly defined goals, my behaviour will default to my habits and routines.

My habits, routines and addictions will inhibit innovative behaviour and my ability to set new goals.

When my goals are not aligned with my emotional needs, I will need external motivation to achieve them.

As my behaviour is driven by my beliefs, which also create my emotional needs, I will rarely have sufficient emotional power to do what I truly value.

My behaviour determines my character.

My emotional needs determine my personality.

My True Values are an expression of my True Identity.

When aligned with my True Authority and doing what I Truly Value, my behaviour becomes empowered and inspired and no motivation is necessary.

## **Being & Doing**

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.

## **Being God & Playing God**

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.

# Being Good & Doing Good

Being Good & Doing Good are not the same thing.

Being Good is vibrating with an emotional state of being that is good for me.

A state of being that is good for me resonates with my higher Self and my true identity.

Being Good has no duality of being bad.

In absolute reality it is not possible to be bad.

Doing Good is an act of doing what I believe is good for other people.

I can never know with certainty what is good for other people, only for my Self.

Doing good for other people can always be seen as bad from a different perspective.

My Soul is interested in my Self being Good, not doing good.

Being Good is an expression of my appreciation & growth.

Doing good is an emotional need.



# Belief & Faith

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.

Faith is knowing what I want that is right for me to guide me on my path.

Belief is thinking with the knowledge of experience of our self and others, in order to choose the best solution to a problem.

Our beliefs determine our behaviour. We take action according to what we believe the outcome will be.

When we believe that an outcome will be favourable, we act accordingly. We avoid taking action when we believe that the outcome may be unfavourable.

Our beliefs create uncertainty and the existence of chance and risk. Chance creates luck and luck or bad luck becomes our fate.

Our beliefs create our fate and therefore our beliefs become our fate.

Our thoughts draw unto us the experience of our focus. Therefore what we believe to be true becomes our reality and our reality endorses our beliefs about what is real.

Faith is knowing that I have a chosen path in life.

Faith is knowing that all possible paths exist and all realities are possible.

Faith is knowing that reality is not fixed and constant but fluid and expansive, and it is knowing that we follow our destiny with effortless flow, balance, harmony and equability.

When we Know that everything is possible then miracles not only become a reality but become our way of living a miraculous life with faith.

## **Beliefs & Deductions**

Neither Beliefs nor Deductions are Thoughts.

Accessing beliefs from my sub-conscious mind and consciously making deductions are both forms of rational thinking, but they are not thoughts.

My sub-conscious beliefs are what I have been told to be true or what I have personally experienced to be so.

My beliefs are my truths that create my reality, which is what I believe to be real and true.

My deductions are what adds up for me in the future based on my knowledge of what occurred in the past.

I deduce what is best for me in the future based on what has happened to me in the past.

When my deductions of what will occur in the future actually occur, they confirm my beliefs about the past.

When my deductions prove to be false and they do not materialise, they force me to re-evaluate my beliefs.

The fact that reality is continuous and sequential allows me to accurately deduce the best possible outcome for my Self.

The future is consequential and a direct manifestation of my beliefs and my deductions. What I think to be real continually manifests as my reality.

Thoughts create a new reality. Thinking by deduction in line with my beliefs maintains my existing reality. It reproduces my past reality into my future.

## **Beloved & Devoted**

Devoted means following the authority of another.

I am devoted to the one who gives me confidence and direction.

My Devotion to the authority and path of my Soul will empower me.

My devotion to the path of another will disempower me and I will need their power to motivate me.

Self-devotion is following the will of my ego self, which is vanity and will be in vain.

Being devoted to another is not a good strategy.

Beloved means connected to my emotional power.

I am beloved by the one who values me with clarity.

I am beloved by my Soul.

My Soul is my connection to my emotional power.

When I am beloved with another who is also beloved, we are both connected to the emotional power of our Souls.

Two beloved empowered Souls share their love with a compassion that expands and grows exponentially.

Two devoted followers need their leader to motivate them as their emotional power is divided between them and is diluted in a contractive way.

# Benign & Malignant

Malignant means mis-aligned or badly aligned.

When I am badly aligned, I am not aligned with the Truth and my Soul.

The truth is that this is bad for me when it is not what I want.

When mis-aligned and not guided on my path, I am not spiritually growing.

For an awakened Soul, this is not good.

Benign means beneficial, kindly and good for my Self.

What I experience as beneficial and good is what I want.

My spiritual path in life is the way of a kindly Soul. It is the Path of Goodness.

My spiritual path is the expansive growth of my spiritual energy – my Consciousness, which is always Kindly and Benign.

Cancer is a symptom of chaotic growth at a cellular level, which I experience to be malignant.

It is the chaos of too much dis-order and an external sign of my internal disconnection from my Truth.

Cancer is never Benign. My Soul is never Malignant.



# Better & Bigger

Bigger & Better are not the same thing.

Bigger is not always better. It is often less simple.

In my life, simpler is usually better.

A simpler life is simply better than a complicated life.

As opportunities appear to get bigger and bigger, so do the challenges and the problems.

Bigger problems are not better than smaller problems.

Opportunities for growth do not come in different sizes.

They are just opportunities for growth.

Growth is about being good enough, not big enough.

Big opportunities offer the same potential for growth as smaller opportunities.

Big opportunities have a higher potential to become problematic than small opportunities.

I am required to discern what is big enough before I can experience what is good enough for me.

# Beware & Be Aware

I Beware what I fear.

To Be Aware is to respect.

I have respect for Life when I am aware of the potential of my Life.

I have respect for gravity when I am aware of its potential to keep me grounded.

I do not fear gravity, I fear my inability to resist falling off a cliff. I beware standing at a cliff edge.

I have respect for fire when I am aware of its potential to cook my food and keep me warm.

I do not fear fire. I fear my inability to be safe from fire. I beware of getting burned.

I have respect for wild animals when I am aware of their potential to enjoy life.

I do not fear wild animals. I fear their irrational behaviour that may harm me. I beware being attacked by an animal that I believe to be wild.

When I become Aware of what I Beware and fear, I have the awareness to change my consciousness and own a better belief about my life.

I Beware my limiting beliefs until I become Aware of my Truth.

## **Bind & Bond**

A Bond is a Spiritual Connection.

A Bind is an emotional attachment.

My spiritual connection empowers my Self with a True Value.

My emotional attachment motivates me to get my needs met.

I am bonded by the sensitivity of my spiritual connection.

I am bound by the inclusivity of my emotional attachments.

Sharing a bond is an inter-developmental relationship.

Sharing a co-dependent need can be a bind.

I am bound to a binding marital contract.

My spiritual partnership is a personal bond.

Being bound by my word is a limitation and creates my boundaries, which are a bind.

Being bonded by my truth is inspiring, revealing & empowering in its expansiveness.

## Blessings & Curses

What I consider a virtue & good, I see as a blessing.

What I consider a sin & bad, I see as a curse.

Our experience of the dualities of good & bad, sins & virtues, blessings & curses, has led us to create a duality of god & the devil.

The devil is responsible for creating everything in our life that curses us, and god is credited with creating everything in our life that blesses us.

Because what is seen from one person's perspective as a curse can be seen from another person's perspective as a blessing, proves the reality that god and the devil are the same energy or persona perceived in either a positive or a negative way.

The devil is seen as a negative perspective of the truth, whereas god is seen in a positive light.

The belief that "One man's meat is another man's poison" endorses the fact that in our experience, we all create our own

individual, unique and exclusive reality. We receive neither blessings nor curses from God, only our own free will and choice, which includes the ability to choose to believe that blessings and curses are an act of god and the devil.

When an experience is positive it meets an emotional need, raises our energy, and is a blessing but when an experience is negative it creates an emotional need, drains our energy, and is a curse.

Blessings and curses are a drama that either raise or lower our emotional energy. They are the effect of our belief, not the action of someone else, though when we are affected by other people's actions, we may see them as blessing or cursing us.

When in a state of being detached, I know that other people's actions are neither a blessing nor a curse, just other people's actions.

Sensitive people feel the effects of other people's action because they are neither contained nor insensitive to what others are doing.

Detached people who are insensitive will deny that blessings and curses exist because they have no awareness of how other people affect them emotionally.

Sensitive people with attachments to other people will become a victim of other people's blessings and curses, because they have no defence against either.

With sensitive-detachment we become transparent to the emotional actions of others and immune to their blessings and curses.

Without sensitive-detachment, blessings and curses will have a positive or negative effect on our path, and will be seen as good or bad depending on our perspective.

## **Bothering & Caring**

Can I be bothered to care?

When I have the patience, I care.

When I am impatient, I am bothered.

A patient carer tends my needs.

A bothered carer tolerates my needs.

My needs are a bother and a toleration to an impatient carer.

A carer who can't be bothered, doesn't apparently care.

A carer who isn't bothered, apparently doesn't care.

A carer who is bothered, is apparently not patient enough.

Bothering the patient is not a caring thing to do.

A villain bothers a victim.



A hero cares for a victim and bothers a villain.

Heroes need patience, villains are angry, victims need care.

## Boundaries & Customs

Customs are the standards of acceptable behaviour by a particular society.

Boundaries are the standards of acceptable behaviour expected from people outside that society.

We put up boundaries to ensure that other people conform to our standards of behaviour.

We put up physical boundaries to ensure that people who do not conform to our acceptable behaviour are excluded from our society.

We employ Customs & Excise to police our boundaries and borders to keep out foreign, unwanted aliens who do not exercise our customs.

As we cross the boundaries of our territory and visit a different society we encounter different customs.

“When in Rome” means to accept the customs of the society within whose land we are visiting.

When we eliminate boundaries, we no longer need customs, and people become free.

When we eliminate customs, we no longer need boundaries because our customs are our boundaries.

The boundaries that we impose upon our self to keep us safe, will eventually keep us secure within a prison of our own making, as is currently the custom of 'civilised' society.

## Bravery & Courage

Following our fate requires bravery and courage.

Enduring the pain and suffering of our fate will require much bravery and courage.

When we follow our fate, pain and suffering are inevitable.

Pain and suffering are the inevitable consequence of our journey through a world of relative opposing opposites, which includes suffering both pain and pleasure.

We require the false power of courage when following the orders, authority and choices of another without question.

We require bravery, which is the false authority that we give our self, when being motivated by the power of other people.

When we awaken to our Destiny, and forgo our fate, bravery and courage are no longer required.

When we follow our own True Authority, we have the wisdom of knowing our own path, and no courage is required.

When we are connected to our own True Power, we aspire to be empowered with our own inspiration, and no bravery is required.

Bravery and courage are used to overcome fear by suppressing negative thoughts and emotions.

When we follow the Way of Love, there is no fear, there are no limiting beliefs and only Pure Emotion is experienced.

“Pain and pleasure are inevitable, suffering is optional”.

## **Breaking-up or Breaking-down**

When something breaks down it stops working effectively.

When something breaks up it stops being unified.

When a relationship breaks down it effectively stops working for one or both partners. The partnership is no longer meeting the needs or intended purpose for one or both partners.

Broken relationships can be mended. Co-dependent relationships may benefit from the services of a trained mediator, such as a coach or counsellor, who will overhaul the relationship and get it working again.

When a relationship becomes irretrievably broken-down, it leads to divorce or permanent separation and the marriage is broken-up legally and finally.

In an inter-developmental partnership, a break-down is seen from a different perspective as time required in temporary separation for both partners to review their vision and purpose.

The break-down is seen as a temporary break-up for their mutual benefit. They both know that their partnership is 100% secure and time apart is necessary for the individual healing process of both partners.

It is not that the interdevelopmental partnership has stopped working effectively but that the relationship is working too efficiently to expose the work that is required to be confronted. Too many lessons and shifts presenting them self at one time can put an individual or both partners into chaos.

A temporary separation of soul-mates may be essential to uncover any unhealthy attachments and to work through any unmet emotional needs and uncover any fears or false beliefs that exist sub-consciously hidden from view whilst the partners are united.

A temporary break-up or separation is beneficial and preferential to a break-down that leads to a permanent break-up and divorce.

## **Business & Laziness**

Business & Laziness are a duality.

Business is driven by the belief that laziness is a sin.

Busy people believe laziness to be a sin and busy-ness to be a virtue.

The traditional deadly sin is sloth, not laziness.

Laziness is being still or idle.

Sloth is the state of not following one's personal path of development & growth.

Business for most people means following someone else's business development path.

Busy business people are busy making sure that their followers are following their direction and not being idle or following their own direction.

Business people use/employ employees in useful employment to produce & improve profit.

Business loves profit and abhors laziness.

It does not tolerate its employees following their own path and doing their own thing.

Sloth is the sin of all diligent business people who wish to keep their business on track and in alignment with their own personal vision for its success.

Business, the state of being busy ensures that neither sloth nor laziness are ever tolerated.

I do not need to be busy following my own path.

In reality, I am usually too busy to follow my own path.

I cannot follow my own path by being lazy.

I can flow effortlessly along my own path of personal development when I am still and hear my inspired revelations and messages of direction.

## Careers & Professions

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.

## **Caring & Kindness**

Kindness is being like someone else. We are their kind of people and they are our kind of people, because we are alike.

Kin like each other, share what they have and like the same things, because they are the same kind of people.

We care about people that we like. People that we do not like, we do not care for.

The duty of care is an obligation to look after our own kin and our own kind. It is born out of the belief that when we look after our own kind, our own kind will look after us.

Kindness is often confused with generosity. Our kind is very giving to our kind, because we give generously to those who care for us and care about us.

We believe that the more that we give, the more that we get back, when we give generously to our kind of people.

We believe a generous kind of person to be kind and generous.

We care for people who meet our emotional needs because they are kind and our kind of people.

The kind of people who meet our emotional needs are deemed to be caring and are considered to be friendly and our friend.

Uncaring people are unfriendly and not like us. They are unkind, untrustworthy and we do not care about them because we do not need them emotionally.

# Certainty & Uncertainty

Uncertainty is knowing that we do not know.

Knowing is a certainty. It is without doubt.

Embracing uncertainty is not embracing doubt. It is embracing our knowing that we do not know.

In the absence of knowing, we require faith.

When we know with knowledge, we have a certainty that has overcome doubt.

When we know with Knowing, we have faith because our certainty of knowing has overcome our uncertainty of not knowing.

When we truly know, we know that the only certainty is that uncertainty exists.

Without uncertainty there would be no challenge to Life.

Without uncertainty there is no positive or negative choice.

Without choice and uncertainty, there is no opportunity for growth.

Without opportunity for growth there is no purpose for Life.

Certainty & Uncertainty are a duality of polar opposites.

They are opposing directions on my journey through life.

When I am certain of my uncertainty, my uncertainty becomes certain.

When I am uncertain of my certainty, my certainty becomes uncertain.

Either way, I get lost, confused and very frustrated.

Whatever has both certainty & uncertainty in my life is divine for me.

Choosing between a duality is never a good idea.

My providence is certain to be provided but how, what & when is uncertain.

My authenticity is certainly in my Beingness, but who, why & where is uncertain.

My Vision is certain and clear even though its attainment is uncertain.

My True Values are certain even when my ability to experience them is uncertain.

The only thing that is truly certain is that my choice makes uncertainty certain.

# Chaos & Order

We create order in our life to avoid our problems becoming chaotic.

We believe that an orderly life is problem free because a chaotic life is full of problems.

Chaos is an accumulation of too many unresolved problems.

Order does not solve problems, it systemises them.

When our life follows the same order, we create the same reality, and only create problems that we know that we can solve.

Order does not avoid problems, it creates solvable problems.

Whether we choose order or chaos, we still encounter problems.

The difference between order and chaos is the number and magnitude of the problems that we are currently faced with.

Effortless flow in life has no order and no chaos. Life just flows without resistance encountering orderly-chaos and chaotic-order.

A problem-free life, without chaos, lies in the direction of our challenges and opportunities, that are beyond the safety, security, and order of our 'comfort-zone'.

# Character & Personality

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.



# Charge & Force

Force & Charge are not the same thing.

Force is a measure of the frequency of pure energy.

In absolute reality, pure energy is undivided and is neither strong nor weak.

In relative duality, energy can have a choice of charge, which is either strong or weak, or any strength in between.

Particles are classified as having a charge with either a strong or a weak force when there is no distinction between force & charge.

Charge is the measure of the force or frequency of polarised energy.

Energy that is divided by frequency has a charge with either a positive or a negative polarity.

Energy that is divided by wavelength has a charge with either a male or a female gender.

A male or female charge is measured as a cost to the purity of the whole.

Force may be experienced in three different ways; as the charge of its polarity, the cost of its gender, or the expense of its intensity.

# Choice & Feeling

Feeling & Choice are the two 'Abilities' of a relative duality world.

They are the Prime Duality of Life.

Feeling is my ability to process emotion.

Emotion is the wavelength of my Consciousness.

Choice is my ability to process thought.

Thought is the frequency of my Consciousness.

Feeling is emotional and choice is mental.

I am a mental and an emotional Being in physical form. This is my Spiritual Reality.

My feelings are centred in my Heart.

My choice is centred in my Mind.

The Heart of my Mind and the mind at my heart is my Soul.

My Soul knows no duality without the experience of my Self.

My feelings determine my Power.

My choice determines my Authority.

Authority + Power = Ability. The ability to feel and to choose.

This is the formula for overcoming a Dual Reality Life.

Feel the choice and choose with feeling.

## Choice & Option

When an option is a choice, there is no distinction.

One option is not a choice.

Two options are required to have one choice.

With only one option, I have no choice. There is nothing to choose between.

Having only one option is a deception and a false reality.

There is always more than one option.

We always have choice.

We live in a world of contrast, choice, options and infinite possibilities.

When I believe that I have no choice, I am deceiving myself and denying or ignoring my other options.

Two options are a dilemma, which means I will have difficulty choosing between the two.

With 3 options, I am 'at choice'.

I can only be at choice once I have clearly identified three distinct options.

With 3 options, my choice is clear and has distinction.

With multiple options, I will be confused.

When I reduce my options down to three, I can then choose with clarity.

My best choice is always my 3rd option.

## Choosing & Wanting

Wanting is a belief that something is good for us. Not wanting is a belief that something is bad for us. We can want or not want something we have and something we do not have.

Wanting something we already have is ownership. Wanting something we do not have is desire. Desiring ownership is wanting to possess something which we may see as either good or bad.

Choosing is attracting something to us by the action of our thoughts. We discern our path of travel and direct our journey in life as we move towards the subject of our thoughts.

The object of our thoughts becomes the subject of our experience. We choose, or are subjected to, the experiences that we attract by our thoughts.

Whatever we focus our thoughts on becomes our choice of experience, whether it is positive or negative, good or bad, wanted or not.

When we don't give something another thought, it leaves our sphere of experience, as we no longer attract it.

Thoughts of being, doing or having eventually become our experience and become our choices. It is the act of thinking that makes us at choice.

Choice does not discern between right and wrong that is wanting and not wanting. Wanting and choosing are not the same thing.

Similarly, not wanting is not the same as not choosing. There is no such thing as no choice – we all have choice, whether we choose it or not.

When we say: “I have no choice” we mean that we will get something whether we want it or not. Whereas we always get the subject of our thoughts, whether we want it or not, this doesn't mean we have no choice. It means we have not chosen consciously with awareness of the Law of Attraction.

Having no choice is a belief created by our belief that we do not create our own reality. When we believe that we do not

create our own reality then that becomes our reality, and we choose what others create for us, whether we want it or not – and that is our fate.

Our Ego Self always chooses to have whatever it wants.

The Ego wants what it believes that it does not already have.

When the Ego chooses what it does not already have, it gets more of what it does not already have, and will continue to want it.

When the Ego chooses not to have what it already has, it hasn't yet seen the gift of what it has and why it has it.

All Life experiences are sent by the Soul as an opportunity for growth. Once we have accepted the gift of learning there is no reason for us to choose it again or for the Soul to want the Self to experience it again unless it chooses to. We do not need to give it another thought.

What we do not want and find unacceptable to receive, our Soul will continue to choose for our Self. Until we face our fears they will continue to show up and our limiting beliefs will continue to limit our growth.

When we focus on what we do not want in our life, we put more of it into our future.

When we choose to have what we already have, we put more of what we have into our future.

When we consciously want what we have, we are in gratitude for what we have and are choosing more of the same to be in our future.

The Ego Self always has choice but doesn't always get what it wants.

The Ego Self always gets what its Soul wants for its Self, which is the opportunity for personal spiritual growth and development.

When the Ego chooses what the Soul wants for its Self, then it arrives very quickly.

The Soul never withholds what is beneficial for its growth and development.

When the Ego wants what the Soul chooses, life flows effortlessly with abundance.

When the Ego chooses what the Ego wants then life encounters, entropy, hardship and resistance.

When the Ego wants and chooses what the Soul wants and chooses then new opportunities arrive instantly.

## **Cleanliness & Godliness**

“Cleanliness is next to Godliness”.



But what is Cleanliness?

Cleanliness is Divine.

Being clean is the opposite of being dirty.

Being clean is not Cleanliness when it is in opposition to being dirty.

Pure Cleanliness has no opposing duality.

I always have 3 choices and the 3rd choice is always divine.

I can be not clean enough (dirty), I can be too clean (fastidiously obsessive), or I can be clean enough.

When I am clean enough, I attain Cleanliness.

When I am too clean, I am in opposition to dirtiness.

My personal standards of cleanliness will determine whether I am too clean or too dirty.

True Cleanliness is an attainment not a standard.

Standards require a personal judgment, attainments require acceptance.

True Cleanliness is the Purity of Being and the Purity of Thought that is attained when I connect to my True Power & Authority of Godliness.

# Coaching or Therapy

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

Coaching is for people who have awakened to their destiny.

Coaching is for people who have chosen to take responsibility for creating their own lives.

Therapy is for people who believe that other people have created their incapacity.

Coaching is for well people who choose to get better.

Therapy is for ill people who want to get better.

Therapists believe that they have a cure for all people's ills.

Coaches believe that we all hold the blue-print for our own destiny.

Therapy provides a quick fix to overcome problems.

Coaching guides and supports the alignment of opportunities for personal spiritual development and growth.

# Co-existence & Co-operation

Co-operation is sharing the same reality as another.

Co-existence is sharing a life of differing realities with another.

Wanting someone to co-operate is wanting someone to share our reality when their reality is different.

When we have a different perspective of reality, we cannot share our reality and therefore co-operation is not possible.

Different realities co-exist in the same time and space, because we all have different perspectives. We all have choice and make different choices based on our perspective.

If we all had the same perspective, we would all make the same choice, which equates to having no choice.

Earth is a contextual field where all possibilities exist and all possibilities co-exist to allow all possible choices to exist.

We can choose co-existence or we can choose co-operation but we cannot choose for others to co-operate with us, because we cannot choose for others.

Choosing another's reality is not a reality. It is a projection of our reality onto another.

Followers believe that they co-operate with their leader and share the leader's reality. In reality, a follower adopts the leader's reality as their own and forsakes their choice for the choices that their leader makes for them.

Followers co-exist with other followers who have chosen not to create their own reality but to follow the path of their chosen leader instead. Followers are always humble to the arrogance of their leadership.

True co-operation has no followers or leaders. It is when two or more partners follow their own lead in mutual co-operation.

Mutual co-operation requires both partners to create the same reality by making the same choices based on their similar perspective of life. They both lead and follow the true path of their lives together.

## **Commitment & Loyalty**

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.

## **Compassion & Empathy**

Empathy means resonating in harmony with the same positive energy as another, which is the same polarity of energy as another.

Compassion means sharing our passion with another, which is harmonising in resonance with the opposing positive gender to another.

Female positive energy that is connected, sensitive & emotional will resonate in empathy with similar female positive energy.

Male positive energy that is exclusive, detached and rational will resonate in empathy with similar male positive energy.

Female positive energy that is connected, sensitive and emotional will harmonise in compassion with male positive energy that is exclusive, detached and rational.

True Compassion is compassionate empathy, which requires both the polarity and gender of our own energy to be resonating in harmony and communion.

Empathic-Compassion is the attainment of becoming:  
Exclusively-Connected; Sensitively-Detached; &  
Emotionally-Rational.

## **Compassion & Self-Compassion**

Compassion means mutual sharing.

It is mutually sharing a true value.

Mutually sharing a need or suffering is not compassion, it is sympathy.

Being compassionate is sharing a passion that has true value with another.

Self Compassion is sharing my passion with my Self.

My Soul shares my passion with my Self.

I am inner guided to experience my true passion for my life.

Self compassion requires an exclusive connection to my inner coach and my alignment to my true path in life.

As a Coach, my compassion with another requires my sensitive detachment to their exclusive path in life.

I cannot guide & support another to follow their path with compassion unless I have the self compassion to follow my own path.

Coaching allows me to align with my passion, which allows me to guide & support another to realise their passion.

Expansive development & growth is the passion that I share with all my coaching clients.

## Competing & Participating

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 effortless-ness 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.

# Completing & Finishing

Completing & Finishing is not the same thing.

The opposite of complete is incomplete, unfulfilled and not whole.

The opposite of finished is unfinished or just started.

What I do has a start and a finish.

What I am doing is either finished or unfinished.

Whether I am finished or unfinished determines the degree of achievement.

Who I am, is either complete or incomplete.

I am being either complete or incomplete.

My state of being determines whether I am complete or incomplete, unfulfilled or whole.

Who I am being is the attribute that I have attained.

What I am doing is the success that I have achieved.

I need to finish in order to achieve and to succeed.

I truly value the attributes that I have attained as complete.

My journey of completion has only just started.

# Complex & Complicated

Complicated & Complex are not the same thing.

Life by its very nature is complex, but it need not be complicated.

The opposite of complicated is simple.

The opposite of complex is singular.

What makes life complicated is choice.

Choice turns a singularity into a duality.

The deeper that I get lost in duality, the more complicated life becomes.

Following someone else's path and making their choices, seriously complicates my life.

A singular focus allows a complex life path to be journeyed successfully.

My path is singularly complex, yet attainable with direction from my Soul.

It is simply not complicated when I follow my inner guidance.

A singularly complex path is simply not complicated from my Soul's perspective.

Complicated is difficult, whereas complex requires a different complexion on how I face my life.

## **Conflict & Confrontation**

To Conflict means to be in opposition to.

To Confront means to face up to an issue.

Confrontation & conflict are often seen as the same thing.

Non-confrontation is not facing up to an issue.

Facing up to an issue in a non-confrontational way is an oxymoron.

Confronting an issue in a non-conflicting way is called mediation.

I cannot overcome conflict by avoiding the issue.

Neither can I overcome conflict by confronting an issue in a conflicting way.

When two parties confront an issue with conflicting views beliefs or convictions, they are in conflict.

When two parties confront an issue with openness and a genuine desire for clarity and a common direction, they are keen to moderate their perspective.

Choosing between two opposing choices is judgment not mediation.

Mediation is finding the median, the balance, and the agreement of a mutually acceptable third way.

We require courage to overcome the conflict of fear.

We require the Light of our knowing to confront fear.

When we fight what we fear it grows.

When we confront our fears they disappear.

We need to be motivated and driven to find the courage to face conflict.

When we confront our fears, we become empowered by Love.

We confront fear by challenging a negative emotion that is being created by a negative belief.

When we fail to confront our fear it will take us into conflict.

When we confront and change our belief, we alter our perspective and create a positive belief that we flow with, instead of a negative belief that offers resistance and conflict.

When I have no distinction between confrontation and conflict, they are the same experience.

When conflict and confrontation are the same experience, every situation in my life that I am confronted with will become a conflict.

Whenever I am confronted by a problem in my life, it is in conflict with my ideal world.

In my Ideal World, there is no conflict and there are no problems.

In my Ideal World, I confront every issue in life without conflict.

I am able to confront life without conflict when I see every situation that occurs in my life as an opportunity to grow.

When I confront my opportunities for growth, I appreciate and grow and my opportunities appreciate and grow.

When I appreciate my opportunities for growth, my opportunities appreciate, and I grow effortlessly.

When I confront life with an attitude that is trying to solve the problems in my life, I am in conflict with my life and life becomes confrontational because my attitude is confrontational not opportunistic.

Until I have identified and defined the duality of my confrontation and my conflict, I cannot find the 3rd Way that is my opportunity.

# Consciousness & Reality

Consciousness perceives Reality.

Through my 5 physical senses, my conscious Self perceives conscious physical reality.

Through my 3 spiritual senses, my conscious Self is aware of my spiritual reality.

Through my physical and spiritual senses of material and non-material reality, I expand my conscious-awareness.

Consciousness is who I am.

Reality is who I perceive my Self to be.

I am not my reality. I am Consciousness creating, exploring, discovering and experiencing reality.

Reality is a creation of Consciousness.

Without Consciousness being me, there is no reality.

Without Reality, Consciousness just Is.

Reality allows Consciousness to expand.

As Consciousness expands, Reality evolves.

The evolution of Man is a changing reality that is an illusion of an expanding Consciousness, as seen from a physical perspective in Time & Space.



Time and Space is a creation of Consciousness in order to experience a changing, growing and expansive Reality.

## Conscience & Science

Conscience means against science.

Science is a logical, rational perspective of the world.

What is against science, and opposing the scientific view of the world, is a religious view of the world, which is irrationally attached and inclusive.

Science seeks to prove what is true in an unemotional, insensitive and disconnected way.

Religion seeks to convey what is right.

A religious perspective of what is right, is translated from scripture as what is believed by faith to be morally correct for all Men.

The church, and religion, upholds the standards of human behaviour that are called morals.

What I consider to be morally right becomes my conscience.

My conscience 'pricks' me when I do something that I consider to be morally wrong.

What is morally right (moral) or morally wrong (immoral) is the belief of my church with which I have been indoctrinated.

I am a prisoner of my own conscience when it inhibits me from exclusively connecting to my own faith.

My moral standards become the boundaries that define my comfort zone that inhibits the opportunities for my personal spiritual development and growth.

## Considerate & Inconsiderate

Inconsiderate is the term that I give to another whom I believe has not considered my situation and acted accordingly.

I believe that their inconsideration is due to their lack of consideration.

Consideration and inconsideration are a personal perspective and a duality.

It is not possible to consider life from the perspective of another.

I may see another's perspective or point of view when they explain it to me, but it is impossible to go through life considering what reality another chooses for their self.

All that I can consider doing is to presume that all others share my reality, which they do not.

Consideration for others is totally flawed and will often be seen as its duality of Inconsideration.

The paradox is that the more considerate I become of others, the more inconsiderate they will judge me to be.

In consideration of this reality, I choose to be neither considerate nor inconsiderate.

I choose to be faithful to whatever I consider to be my Path.

Being inconsiderate is seen by others as being selfish.

Being considerate is believed by others to be unselfish.

I choose to be Truly Selfish and become my True Self – my Soul.

## **Contained & Controlled**

Our sub-conscious id seeks to contain and control the conscious ego self within the boundaries of our beliefs and emotional needs.

Our beliefs are the railway lines along which our sub-conscious thought travels to meet our emotional needs. Our

train of thought is sub-consciously determining how to meet our needs emotionally.

The journey is smooth and uneventful and the train runs on time as long as it stays on track and on schedule. In this analogy, the track is the space we inhabit and the schedule is the time we spend on our journey.

Trains run on a fixed track, to a consistent time, that creates a fixed reality – i.e. the train is controlled by the track and the schedule. In a similar way, we are controlled by our programmed beliefs, which are the rails on which we run, and our emotional needs, that need to be met on a regular basis, regulate our schedule.

Beliefs create behaviours and our behaviours become our schedule or time-table, which are our order and routine. When we run to routine and order, we are contained within our comfort zone and controlled by our beliefs and our needs.

Personal spiritual growth does not occur within our comfort zone. Containment, through sub-conscious order and control, disconnects us from our Soul's expansive purpose in Life.

When our routine and orderly life becomes habitual, we get locked into a system that becomes, over time, addictive and obsessive.

We become controlled and contained by our obsessive addictions to getting our emotional needs met, and the subconscious 'fat-controller' is on course for chaos and disaster.

## Contract or Covenant

A Covenant is expansive when we co-vene or come together as one, in union and togetherness.

A Contract is reductive when we contractually become stuck in our separateness.

Our Covenant with the Divine is our Vision, Mission & Purpose in Life, which is individual, unique and exclusively ours.

We make a Contract with Man to honour our promise and bind it by Man's Laws.

Both a covenant and a contract are a promise:

- A covenant is God's promise to us.
- A contract is Man's promise to Man.

Fulfilling our Divine Covenant requires the breaking of all contracts that deny and obstruct our expansive development and growth.

- A contract of marriage is a civil partnership in law where opposites are attracted to each other.
- A covenant of holy matrimony is a spiritual partnership determined by the Law of Attraction.

A promise to Man requires trust and where trust does not exist, a contract in law is agreed.

A Divine Promise requires Faith and our ability to connect to our power and authority determines our ability to receive God's Promise.

God's Promise is to give us everything that we ask, even before we have asked. Our Covenant with God is to Ask.

Our contract with the devil expires when we no longer put our trust in Man and follow our Covenant with God.

## **Control & Influence**

When I have no distinction between influence and control, then influence is just a subtle way of controlling someone else.

I influence and control another when they accept my authority and my choice as their own.

When I deprive someone else of their own authority, I also deprive them of their power.

When I have a distinction between influence and control, I will influence others with my power and I will control others with my authority.

My power will always be a beneficial influence on others, whereas my authority will not.

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

When my ego Self follows the influence of my Soul, I connect to my True Power.

When my ego Self follows the influence of another, I am attached to the control of that other.

I influence another person by sharing my power with them.

I seek to control another when I need their power.

My Soul never seeks to control my Self, it gives my Self unconditional choice at all times.

My Soul knows that the only way to influence my Self is by sharing its Power.

The Power of Emotion is my Soul's Guiding Influence.

Influence means 'flowing with inner wisdom'.



# Counter-Intuitive & Intuitive

I know intuitively what my intuition tells me.

Intuition is my spiritual sense of knowing, seeing & feeling.

It is my gut instinct, my imaginary visions and my inspired revelations.

I have knowledge of my physical world as experienced with my physical sense of sight, hearing, smell, taste and touch.

Scientific proof requires physical validation and is therefore counter-intuitive.

Rational thought requires logical analysis and is therefore counter-intuitive.

Counter-intuitive thinking belongs in the realm of the insensitive, unemotional, detached and rational observers of the physical universe.

Counter-intuitive feelings belong in the realm of the oversensitive, irrational, attached and emotionally reactive experiencers of the physical universe.

Intuitive thought requires an exclusive connection to life that is sensitively detached from the accepted view of life and emotionally rational in one's own choice of experience.

An objective view of a subjective physical existence is counter-intuitive.

An Adjective view of Life requires Intuition.

## Courageous & Fearless

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

When I am confronting a fear, I am in conflict with my beliefs.

It takes courage to fight my fears.

It takes intelligence to overcome my fears and become fearless.

I confront a fear by becoming conscious of the belief that is creating my fear.

A fear is always created by a false belief.

‘Feel the fear and do it anyway’ will put me in conflict with my fear.

‘Feel the fear and uncover the cause’ will allow me to confront the belief that is sponsoring the fear.

My fear of heights or my fear of falling is created by my belief that I cannot fly. Until I know, beyond a shadow of a doubt, that I can fly, it would be foolish of me to step over a cliff edge.

It is knowing that I cannot fly that keeps my feet firmly on the ground at the edge of a cliff.

Fear of spiders is a fear of being bitten and poisoned by the spider. Until I know, without a shadow of a doubt, that the spider will not hurt me, It would be foolish of me to pick it up.

It is knowing that a spider is dangerous that allows me to avoid contact with it.

What I fear, I will attract, because it is a growth opportunity.

Fearful people attract what they fear and will require courage to tolerate their fears.

Fearless people have no need to attract fearful situations and therefore they don't and have no need to be courageous.

Being fearless requires rational and emotional intelligence not courage.

Soldiers require courage to fight a war.

A fearless person has no need to fight any battles in any wars because they have overcome all of their fears. Without fear, war is unnecessary.

# Creation & Recreation

Creation is the purpose of my Soul.

Recreation is the purpose of my Self.

My Soul's purpose is to create an Ideal Life.

My Self's purpose is to re-create my life each day.

My Soul creates the strategy for my Game of Life. (With or without my conscious-awareness).

My Self plays the Game of Life for real. (Manifests it into physical reality).

Creation is the manifestation of new opportunities that facilitate the expansion of my Soul.

Recreation is the act of enjoying playing out old experiences in different ways for my own personal pleasure.

The best creations of my Soul become the best recreation for my Self.

Recreation (play) is the 'Third Way' between work & rest.

Recreation has the authority to play effortlessly and the power not to need to rest.

Creative Play is an oxymoron.

Play is the re-creation by my Self of the Joy that is already created by my Soul.

Without the creation of my Self, my Soul has no opportunity to expand & grow.

Without the re-creation of my Self each day, my Soul has no opportunity to expand & grow.

When I re-create my Self each day in the 'Image of my Soul', life becomes creative.

## Credit & Debit

A credit is something we give to another.

A debit is something we receive from another.

A debt is something we owe to another when they expect to receive what we are unable at present to give.

In absolute reality there is no debit and no debt. God only ever gives us Credit.

We owe God nothing and God asks nothing of us. We have no debt to pay to and receive no debit from God.

In Absolute Reality there is only Credit. Whenever we give God the Credit of Being Prime Creator, God Credits us with whatever we ask.

When we ask, knowing that it is already given, we Credit God with our Gratitude, and God credits us with everything that we ask.

Debt is a manifestation of ownership and possession. Whatever we own and possess will own and possess us.

When we become possessed by money or the lack of money, we believe that we need to own it, instead of allowing it to flow to and through us.

Our belief in scarcity creates a lack of flow. A fear of not enough creates debt and credit, instead of Cred-ability with our Self and Credit-ability with God.

## Critical & Vital

Vital means necessary and important to life.

Critical means my life is being threatened.

What is vital is my Life-force Energy.

Disconnected from my life-force energy, my life is threatened and survival is critical.

When my life-force energy is depleted, my polarity becomes negative, I lose my direction and I become very critical of my chaotic life.

Life-force energy is vital because it is my power. It is the power of Love that is vital for Life.

When my authority is aligned with my Soul, I become vital and alive. My Soul's authority is vital to my path. It is my Light and my Inner Guidance.

When my authority is aligned with the choices of my ego Self, I become critical and my effortless life is threatened. I become critical because I am not fulfilling my potential and I am experiencing entropy, resistance and problems.

I always have a choice to connect to my vitality, my true power and authority, or to connect to my false power, my fears and limiting beliefs that make me negative and critical.

## **Criticism or Critique**

Positive Criticism is an oxymoron.

Criticism is always negative.

A positive appraisal is called praise.

When a critique looks for improvement, it is focusing on the negative aspects that are potential areas of positive improvement.

A positive critique is called a review.



A positive review expresses praise and encouragement.

A negative review is full of criticism.

Criticism is negative because it is a toleration.

Criticism is never acceptable.

Acceptable feedback is never seen as criticism.

Whether feedback is seen as negative criticism or positive encouragement is determined by the perspective of the receiver, not the giver.

No matter how much I believe my criticism to be positive, it is the belief of the receiver of my criticism that determines its polarity.

Criticism motivates with fear. It is not empowered.

## **Cry or Laugh**

The Tears of a Clown will make me either laugh with joy or cry with sorrow.

Either way, the clown is connecting me to my Soul at the heart of my Beingness.

The face of a clown is always smiling even though the tears may be of sadness.

Whether my tears are of joy or sorrow is purely determined by the polarity of my perspective.

When I perceive something to be negative and bad for me, I will weep tears of pain and sorrow.

When I see the same thing as positive and good for me, I will weep tears of pleasure and joy.

My Soul knows only Joy.

My Soul knows that my tears are the release of an emotional blockage caused by a limiting belief, and therefore tears are always a beneficial opportunity to grow.

Tears release me from my pain and have the potential to connect me to the Joy in my Heart.

When I don't know whether to laugh or cry, I weep tears of Joy that connect me to my True Self.

The smiling Clown knows that Tears are always beneficial and never detrimental.

## **Dark Energy & Dark Matter**

Scientists believe that the Universe is made up of:

- Baryonic (ordinary) Matter
- Dark Matter
- Dark Energy

Dark Matter is matter that does not emit radiation, (we can't see it) but it has a gravitational effect (we can only see its affect on ordinary matter).

Dark Energy accounts for 74% of the Mass Energy of the Universe and has an anti-gravitational effect.

Dark Energy is the fabric of 'Space'.

Philosophers believe that the Consciousness that created our Universe, or the Consciousness that is our Universe, is made up of what is:

- Conscious
- Sub-Conscious
- Super-Conscious (Unconscious)

The Supra-Conscious Universe is a triality of these 3 aspects of Consciousness.

Matter and Energy are the same thing viewed from a different perspective or experienced as a different vibration.

As Einstein discovered  $E=MC^2$ , which means Energy = Matter in a system where the speed of light is a constant.

Quantum Physicists have reached the conclusion that all matter reduced to its ultimate component is Energy.

There is therefore a high probability that:

- Conscious Energy perceives Ordinary Matter.
- Sub-Conscious Energy perceives Dark Matter.
- Super-Conscious Energy perceives Dark Energy.

The Energy of Supra-Consciousness is 'Thought'.

## Deep or Shallow

Rational thinkers are often deep thinkers.

Deep thinkers have the gift of analysis.

Analytical thinkers search the depth of all possible outcomes in a logical way.

Deep logical thinkers are often very shallow when it comes to being emotionally sensitive.

Deep thinkers often have high IQs but very low EQs.

Highly rational people hide or contain their emotions.

Highly sensitive people have deep emotional feelings.

When deeply sensitive people are unable to rationally manage their feelings they are seen as irrational and too sensitive by deeply rational people.

Sensitive people often see Deep Thinkers as emotionally contained, insensitive, unemotional and disconnected.

Highly sensitive people with a high EQ and a low IQ may be seen by rational people as intellectually shallow (the dumb blond syndrome).

Whether deep or shallow, rational or emotional, we are at one end of an intellectual-emotional duality.

Being Emotionally-Rational is Being “Deeply-Shallow”.

## **Delighted & Enlightened**

Delight means ‘of light’ and is the power that accompanies our authority.

Delighted means receiving the power of a positive emotion of Love.

Delightful means emanating or transmitting a positive emotion of Love.

Delighting in is feeling the positive emotion of a word, state of being, or experience.

We are delighted by our state of being in the positive emotion of Joy.

Enlighten means revealing a spiritual awareness.

Enlightened means knowing our true authority (our Light).

Enlightening is a message or thought that reveals or manifests a spiritual awareness of our path.

We are enlightened by our attainment of knowing the truth of our unique and exclusive path in Life.

We are delighted when enlightened, though not necessarily enlightened when delighted.

## **Demotion & Promotion**

Promotion and Demotion are the up and down movement within a hierarchy.

We promote something and anything when it is judged to be better than something else.

We promote or market something by showing it in a favourable light that makes it appear better or more appealing.

We promote something by giving it a higher status, more authority, and more esteem.

The act of promotion always involves the demotion of something else.

Promotion and demotion are opposing dualities of the same energy.

We promote at the expense of someone else and we demote to the cost of who we are demoting.

Either way, promoting and demoting creates losers at the expense of one winner.

True Pro-motion or Positive Motion is the Nature of Attraction.

The Law of Attraction ensures everything and everyone moves equally within its Attractive Action.

With no hierarchy, we are all equal, we are all special, we are all favoured, and we are all Attractive.

## **Depth & Height**

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.

# De-Selection & Selection

Life has evolved through a process of Natural Selection and natural de-selection.

Natural de-selection is called extinction.

Selection and de-selection are a duality. Dualities are normal in a relative dual reality existence.

Selection and de-selection are the consequence of the nature of the world on which physical life exists.

The opposite of Natural Selection is not Creationism. They are not opposing realities, theories or concepts.

Creationism or Creation is an act of Consciousness.

Consciousness creates through the Energy of Thought.

Thought is creative, yet it is not uncreative.

I cannot uncreate anything with my thoughts.

Thought can change what is, but it cannot uncreate what is already created.

As Thought changes, Reality changes and Life changes.

Actions can be destructive, but these are actions not thoughts.

Thought creates life and life evolves through thought.

Consciousness created the duality of Heaven & Earth – the physical and spiritual realms – to allow its Self to experience Life.

The Evolution of Life is the expansion and growth of Consciousness through a process of Natural Selection.

## **Desire & Passion**

We have a passion for what we feel that we need emotionally.

We have a desire for what we think that we want materially.

A passion without desire is an emotional need.

A desire without passion is a limiting belief.

Wanting or desiring what we do not need is lust.

Needing or being passionate for what we do not want, is being needy.

A passionate desire is needing what we want and wanting what we need.

When our passions and desires come into union, they are Divine.

We can be, do and have whatever we choose.

It is only Divine when we need with a passion, want with a desire and choose with a passionate desire, who we are being, what we are having and how we are doing.

True Passion is doing what I, as my Soul, truly Value.

When I co-operate with the Values of my Soul, I am inspired and empowered.

Human passion is doing what my ego self needs emotionally.

I am sub-consciously driven to meet the passionate needs of my ego self.

True Desire is doing what I, as my Soul, want to attain.

When I attain the attributes of my Soul, I become authorised and empowered.

Human desire is having what my ego self wants physically. It is achieving the ego's goals and obtaining the possessions that the ego wants as its own.

I will require 'will power' to meet the desires of my ego self.

When I am confronted with a choice between my head and my heart, it is a choice between the passions & desires of my ego or my Soul, between the power of my will and the Power of my Divine Authority.

# Destiny & Doom

Fate & Destiny are not a dual reality.

Doom and destiny are a duality of our fate.

When we follow the gods of our ego self, we will always meet our doom.

When we follow the path of our Soul, we will experience our Destiny.

Our Soul holds the blue-print for our Destiny. This is our vision, mission & purpose in Life.

Our Destiny is to experience, explore and discover who we are and why we are here.

Our Destiny is individual, unique and exclusive to our Self.

Our ego self creates the reality of our doom with the limiting beliefs, emotional needs and life dramas that have become our sub-conscious programming and our fate.

We are fated to meet our doom until we are awakened to our Destiny.

Our fate becomes our Destiny, once we awaken to the conscious-awareness of our own Divine Reality.

# Destiny & Fate

Those who know that they have choice can choose their fate or their destiny.

Those who have no distinction between their fate and their destiny have no choice but to accept their fate.

Those who believe that they are without choice, follow their fate to their doom.

To realise our destiny, we just have to choose it.

It is our destiny to make conscious choices.

To choose our destiny, we first have to stop choosing the doom of our fate.

The pessimist tolerates what turns up as their fate and remains a victim of it.

The optimist accepts what turns up as their destiny and sees an opportunity for growth in every experience that is presented.

The realisation that everything has an opposite in the realm of relative dual reality, testifies to the fact that “we all have choice”, because duality creates choice.

The question is not whether we have choice but “do we consciously choose to have choice”?

Do we sub-consciously tolerate our fate or do we consciously accept our destiny as the gift that it is?

My Destiny is always seen an opportunity, whereas my Fate is seen as a problem or a challenge.

It is my destiny to align with the path of my Soul.

It is my fate to get lost and confused with the fears and false limiting beliefs that drive my sub-conscious programming.

It is my destiny to overcome my fate and accept it as my destiny.

My Destiny is my Life Path that has been chosen by my Soul and whenever I try to control my destiny, I will follow my fate.

I can choose to follow my Soul's Path or I can choose to follow the choice of my ego Self. I always have choice.

My ego will follow the path that leads to what it believes it wants and needs. This is my fate.

My fate only becomes my Destiny once I consciously choose, that what I really want and need, is to follow my Soul's Path for this life-time.

My Soul's Path leads to Personal Spiritual Development & Growth, which is always my Soul's Choice and the Destiny of my Self.

My ego cannot control my Destiny. It can only 'Accept' it.



“It is my Destiny to control my fate”.

I control my fate by not following my fate. I control my fate by following my Destiny.

I will follow my fate by default. When I follow my fate, I am not in control of my fate, it just turns up as a consequence of my sub-conscious thoughts.

When I try to consciously control my life, I get my fate, because I get the essence of what I consciously focus my thoughts on.

When I let go of control and allow my life to occur, I receive my Destiny because I allow my Soul to choose it for me.

I cannot receive my Destiny until I choose what My Soul has chosen and I cannot know what my Soul has chosen until my Destiny arrives. Therefore control is useless.

Whether I am receiving my Destiny or experiencing my fate is just a matter of perspective that is determined by my beliefs and my thoughts about what is currently occurring in my life.

Unless I have awoken to my Spiritual Path, which is my Destiny, I will have no distinction between my fate and my destiny and I will have no control over either.

Fate is the path of the unawakened spirit that is driven by the beliefs and emotional needs that create the dramas of life.

Destiny is the life-path of the awakened spirit that knows its vision, mission and purpose for incarnating into the physical realm of duality.

Both fate and reality are created by our individual thoughts, words and actions. Our fate is created by our conscious mind in conjunction with our sub-conscious programming. Our destiny manifests and is realised through the conscious connection to the power, authority and ability of our super-conscious Soul.

In the absence of becoming awakened to our destiny, our fate and our destiny are the same thing, which is our fate.

We are destined to follow our fate until we become awakened to our destiny, which then becomes our fate.

Our fate is to follow the path of love & hate, good & evil, and life & death. Which ever extreme of these dualities that we experience is seen as either our fortune or our bad luck, or seen as our misfortune or our good luck.

Our destiny is to move out of all extremes of opposing duality in order to explore, experience and discover the power of our Love, the authority of our Light and the ability of our Life.

Our destiny is to enjoy the trialities of Life, whereas our fate is to endure the duality of life & death.

# Detached & Disconnected

Detached means that I am not attached to other people or things emotionally.

It means that I do not need them to supply my emotional power.

I am detached when I am emotionally independent and connected to my own source of power and authority.

This requires the awareness of knowing my emotional needs, feeling when they are active, i.e. my power is low, and seeing how to simply and effectively meet them myself.

Disconnected means that I am not connected to my true source of authority that connects me to my true source of emotional power.

It means that I am unaware of my need for emotional power.

Whether we are conscious of our need for emotional power or not, we all have emotional needs, because no-one is permanently connected to their emotional power in this physical realm.

We are all disconnected from our source of emotional power until we consciously learn or remember how to re-connect.

The opposite of Disconnected is Connected or Empowered.

The opposite of Detached is attached or needy.

Detached means having no attachment to our physical and material existence.

Disconnected means having no connection to our spiritual and emotional existence.

We are attached to our physical dramas in life by our mental beliefs and our emotional needs.

We are connected to our spiritual ability in life by our power of Love and our authority of Light.

When we are attached to physical life, we become disconnected from our spiritual existence.

When we are detached with physical life, we can connect to our spiritual inheritance.

Our spiritual connection is with our exclusive authority that connects us to our emotional power.

Detachment from our physical, rational senses connects us to our spiritual, emotional sensitivity.

We are connected to the Absolute World of Spirit, whether we are consciously aware of it or not.

We are attached to the relative world of dual physical reality, whether we are aware of it or not.

Disconnected means that we are unaware of our spiritual existence, our spiritual heritage and our spiritual essence – our Soul.

Disconnected people are usually labeled as Atheist, Agnostic or Humanist, although many religious followers remain disconnected from their True Source.

Detached means that we are aware of our dual physical and spiritual existence but not attached to either. We are free to explore, experience and discover Life.

When attached to our physical existence, we are tied or tethered to it and our spiritual expansion and growth is limited and restricted.

When we are disconnected from our True Source, we are unaware and unable to connect to our True Power and Authority, which supports and guides us on our spiritual journey.

## **Detached & Rational**

Rational and Detached are two different states of Being.

They are not a duality and therefore not the same energy seen from an opposing perspective.

When being rational means being detached from my emotions, I am being unemotional and emotionally disconnected.

I cannot be both rational and detached unless I have a distinction between the two.

When I have no distinction between the two states of being, I am being disconnected emotionally.

When I am being Rational, I am conscious of my own physical reality, that I am creating with my thoughts, words and actions.

When I am being Detached, I am conscious of the fact that all other people are creating their own reality with their individual and unique thoughts, words and actions. I am emotionally transparent and unaffected by other peoples' emotions.

When I am being rationally-detached I am lost within someone else's logical reality as defined by a current and prevailing scientific world view.

Being rationally-detached is being unattached from my life-force energy and disconnected from my own creative ability.

Detachment is my gift when used in a Sensitive way without emotional attachment.

When I am being rationally-detached, I am exclusively disconnected from my gift of my own personal sense of Power.

My personal power comes with my emotional state of Being, which I disconnect from emotionally when I am being rationally-detached.



# Dichotomy & Paradox

A Dichotomy is a whole truth, belief or reality that is divided by perspective into two distinct and opposing parts.

A Paradox is the appearance of two conflicting beliefs, truths or realities occurring at the same time and place.

Both a Dichotomy and a Paradox are a duality. They are the product of a perspective from within a world of relative dual reality.

A duality is a 'dual reality', which is two versions or perspectives of reality that offer contrast and choice. It is the same thing perceived from two opposing perspectives.

When the two versions of reality are seen as totally separate, I see them as a dichotomy.

When the two versions are reunited, I get the paradox and overcome the duality.

For me to understand the paradox requires me to experience the balance point from which both perspectives can be viewed simultaneously.

To realise the dichotomy requires me to be experiencing one extreme of the duality in the awareness that the opposite extreme also exists.

The Dichotomy of Paradox is that when I have a dichotomy, I haven't got the paradox.



# Different & Same

The paradox of human existence is that we are all the same, yet we are all different.

From a physical perspective, we are all the same, we are all human Beings, yet we are all different personalities and characters.

From a spiritual perspective, we are all the same and originate from the singularity of Oneness. Yet we all identify with a different vision, mission and purpose, as our authority and choice for this life-time.

The paradox of being the same but different is echoed by the paradox that is the Nature of Attraction.

The Law of Attraction states that “Like energy is drawn unto itself”. Like or same energy attracts like or same energy.

Paradoxically “opposites attract” also.

Opposing energies attract because every ‘same’ energy has a different gender and a different polarity.

It is normal to feel energy as either a male perception or a female perception, because all emotions are divided by their gender.

It is possible to know energy from either a positive or a negative perspective, because all thoughts are divided by their polarity.

In this dual reality world, our thoughts and emotions are relative to the gender and polarity of the energy that we are both transmitting and receiving as thoughts and emotions.

It is the different intensities of the same energy, created by the choice of gender and polarity, that allows Human Beings, with the same original Identity, to have differing characters and personalities.

It is the gender of our emotions that emotes our relative personality, and the polarity of our thoughts that makes the character and the role that we are playing become believable.

Without a different gender, polarity and intensity to our energy, we would all be One and the Same.

## **Discomfort & Pain**

Pain & Discomfort are relative intensities of my lack of emotional energy.

Being disconnected from my emotional power is uncomfortable and can be very painful.

The greater my disconnection, the greater my potential to experience pain.

Life offers a great potential and many opportunities for the experience of pain.

My ability to choose a disconnected path allows the painful experience of being disconnected from my emotional power.

Discomfort is created by resistance and is a sign that I am travelling in the wrong direction.

It can be seen as a sign to change the inclination of my perspective and the direction of my path.

Why would I choose to travel in a painful direction?

When I am on track and flowing with emotional energy, there is neither pain nor discomfort.

Pain is a natural way of stopping me in my tracks and making me reflect upon my present path.

Discomfort only occurs outside of my comfort zone.

It is essential to growth, whereas pain is not.

I am required to experience my lack of emotional power in order to appreciate its full potential.

Extending my comfort zone is my way to become pain-free and more powerful.

# Disdain & Reverence

Reverence is the feeling of holding someone in high esteem.

Disdain is the feeling of holding someone in low esteem.

Holding someone in either high or low esteem requires a judgement of their apparent ability or status, which is a subjective perspective.

Status without ability is not a true measure of esteem, even though it is possible to treat a person of high status with reverence or disdain.

The true measure of esteem is the ability that comes with the confidence of one's true authority and the self worth of one's true power.

When I am connected to my true power and my true authority with the esteem of my true ability, it is impossible for me to be perceived with disdain by either myself or others.

Ministers are ordained into the christian religion as a Reverend. When a title is imposed by status rather than attainment, it cannot express true esteem or reverence.

Reverence is a state of being not a description of how well I am doing the role in life that I am playing and have been appointed to.

My disdain is a response to the apparent false reverence that I am experiencing in my Self, or others are reflecting to me.

With True Reverence there can be no disdain.

True Reverence is full of Awe, whereas as disdain is the experience of something that is awful.

## Disgrace & Grace

Grace & Disgrace are a dual reality and a contrasting choice.

From my perspective, something or someone either raises my emotional energy or depletes it.

What raises my energy has grace.

Whatever depletes my energy is a disgrace.

What blesses my life has grace.

What curses my life is a disgrace.

What I see as good for me has grace.

What I see as bad for me is a disgrace.

What I see as a positive benefit has grace.

What I see as a negative detriment is a disgrace.

What I experience as graceful, I like.

What I experience as disgraceful, I dislike.

My True Power is not derived from people or things.

My True Power has neither grace nor disgrace, it is Divine Grace.

Divine Grace just is. It has not duality.

## Displeasing & Pleasing

Displeasing is being or doing something that another will not like.

I please other people so that they will either like me or love me.

If I need to be liked, I will please a person so that they like me.

If I need to be loved, I will please a person so that they will love me.

If I need to be appreciated, I will please a person so that they appreciate me.

Whatever emotional need that I need from another person, I will please them so that they meet it.

I fear the displeasure that I will feel, when I do not please a person enough so that they will meet my individual needs emotionally.

When I need approval from another, it is because I fear their disapproval, which will displease me.

When someone approves of who I am being, and appreciates what I am doing, it pleases me.

When I connect to my emotional power through another person, it pleases me.

When someone fails to meet my needs emotionally, it displeases me.

When I connect to my True Source of emotional power, I know that my Soul is Approving & Appreciating of my Self.

When I know and feel my approval and appreciation of my Self, when I know and like my Self, when I know and feel that my Soul meets all my emotional needs, I no longer need to please others and fear their displeasure.

Needing someone to please me is being "Greedy".

## **Dharma & Karma**

In a dual reality world, Dharma & Karma are seen as opposing realities of fate or fortune.

Dharma is seen as good fortune and the effect of good or right action.



Karma is seen as bad fortune and the effect of bad or wrong action.

From a positive perspective, Karma is seen as an opportunity to put right a past wrong, rather than as a punishment for a wrong-doing.

With no clear distinction between fate and destiny, it is assumed that the path in life is to overcome Karma in order to experience Dharma.

It is my fate to live in a dual reality world where fortune & misfortune, right & wrong, good & bad, karma & dharma are all opposing realities.

It is my Destiny to overcome these dual realities and overcome my fate & fortune by choosing to live in alignment with my True Authority.

I choose to overcome the good fortune of my dharma & fate that has an opposing energy of misfortune and doom.

I choose to overcome the problems of my karma & fate and see the opportunities that await me as my destiny.

My Karma is the Dharma of my Destiny, once I have overcome the distinction.

# Disguise & Guise

A Guise is a false manner or behaviour.

I adopt a guise or a different manner to gain advantage for my Self.

A guise is designed to make myself better than I am.

It is designed to make my appearance better than it is.

It is based on a belief that by adopting a better persona, I become a better person.

A Disguise is a false appearance.

I adopt a disguise to hide the fact of my presence.

A disguise is designed to hide me from being recognised as my Self.

A guise is designed to increase my fame or infamy, whereas a disguise is designed to hide it.

The Interrogator adopts a guise to appear more important.

The Aloof adopts a disguise to become unapparent.

Neither a guise nor a disguise is a true representation of who I really am.

# Disillusion & Illusion

Disillusioned means no longer experiencing an illusion.

I can only be disillusioned when what I believe in the first place proved to be an illusion.

A projection of my reality into the future is just an illusion.

An illusion is a figment of my imagination that has not or does not materialise.

Imagination is the sole cause of a new reality.

What I am presently imagining is not yet a reality otherwise I would be experiencing it, not still imagining it.

I cannot unimagine something. I don't need to. I just need to focus my imagination elsewhere.

Not everything that I imagine becomes a reality. Thank goodness.

If everything I imagined manifested instantly, I would soon become very disillusioned with my ability to create reality.

If everything that I focused my attention on, materialised instantly, there would be no imagination, no illusion, just instant manifestation and disillusionment.

When manifestation requires both time and space to become a reality, I have plenty of opportunity to refine my illusions in my imagination before they manifest into my reality.

When what I imagine materialises into my reality, I am never disillusioned.

My imagination is no longer an illusion it is a real creative ability.

## Dislike & Unlike

I dislike the opposite of what I like.

I am unlike the opposite of what I am like.

Liking & disliking is what I do.

Being like or unlike is determined by my state of being.

I am like or unlike something according to the gender of its wavelength of energy vibration.

I like or dislike something according to the polarity of its frequency of energy vibration.

I like a positive polarity of energy and I dislike a negative polarity of energy.

What determines the polarity of a frequency is whether I like it or not.

I am like a similar male or female gender of emotional energy.

What determines the gender of a wavelength of my energy is the orientation of my perspective.

I think, therefore I like or dislike whatever I do.

I feel, therefore I am whatever I am like or unlike.

I like being like other people.

I dislike being unlike other people, that is unless I like being unlike other people.

## **Disallowed & Unauthorised**

My choice is unauthorised when it is not in alignment with my Soul's choice for my Self.

My choice is disallowed when it is in alignment with a fear or a limiting belief.

My sub-conscious programmed beliefs will either allow or disallow my path to unfold.

My emotional power authorises my destiny to manifest.

My emotional needs disallow my power and allow my fate to appear.

Neither my emotional needs nor my limiting beliefs are authorised by my super-conscious Soul.

My True Values are within my vision, mission, and purpose that outlines my Authority.

My ego's will power disallows the effortless flow of providence to my Self.

I am required to allow my allowance to be delivered.

My Soul ever authorises me.

My sub-conscious allows me, or not.

## **Discernment & Judgment**

When judgment and discernment have no distinction, then discernment is my judgment of what is right or wrong for me.

When judgment is a discernment of what is right or wrong for others and discernment is a judgment of what is right or wrong for me, then there is no distinction between the two. Discernment is still a judgment and judgment is discernment.

To Discern is not to judge, it is to 'See'.

When I discern with my physical sight, I spot or pick out something in my field of vision.

When I Discern with my spiritual sense of seeing, I see what is right for me with acceptance not judgment.

With my spiritual Discernment, I see what is the right path for me.

With spiritual Discernment, I see with the eyes of my Soul.

My Soul does not see anything that is wrong or bad for my Self.

My Soul sees, creates and discerns the right path for my Self.

My Soul is incapable of discerning a wrong path for my Self because my Soul is incapable of judgment.

With my sense of spiritual Discernment, there is no wrong path and I am never off-track.

## **Drama & Trauma**

A Drama is the experience of a negative action created by a fear or limiting belief.

A Trauma is the experience of a negative emotion created by a drama.

Because a drama is created by a belief that is believed to be true, the drama is believed to be real.

When a drama is believed to be real, it creates a trauma that is real.



The reality of a trauma exists as long as the belief that created the drama.

Releasing a trauma requires changing the belief that created the drama.

Without a drama, there can be no trauma.

I always get two opportunities to experience the same drama.

The first opportunity allows me to suppress the drama as the trauma of a negative emotion.

The second opportunity allows me to release the trauma by seeing the truth of the drama.

There is no trauma without the drama that created it.

## **Earthed & Grounded**

Grounded & Earthed are two different perspectives of the same thing.

From the perspective of my physical conscious ego Self, I am Earthed.

Earthed means alive on the Planet Earth.

I am 'alive' on the Planet Earth whilst connected to my power & authority

Electricity is not 'live' unless it is earthed.

My life-force energy flows through my physical body when I am earthed.

From the perspective of my Super-conscious Soul, I am grounded.

Grounded means that I have lost my freedom to fly as a free spirit. I have the power to walk the Earth but no authority to fly. My Spirit is free but my ego is grounded.

Grounded means that I am able to emotionally pursue a physical human existence.

Ungrounded means that I am not earthing my life force energy effectively. I have either too much power or too little authority to use it, which means that my energy is not sufficiently grounded.

Unless my Self is properly 'earthed' I will be 'grounded' by my Soul.

When I am electrically charge neutral, I am 'Earthed'.

When I am emotionally charge neutral, I am 'Grounded'.

Rational people are earthed not grounded. Their rational behaviour based on rational beliefs defines their rational existence on Earth.

A rational, earthly or earthed existence is formulated and defined with the 5 physical senses of sight, hearing, taste, touch and smell.

I am 'Earthed' when I use my physical senses to define my physical existence on Earth.

Irrational people are neither earthed nor grounded.

Unemotional people are seen as rational and are therefore earthed rather than grounded.

I become grounded with the awareness of grounding my Spiritual Potential in an earthly existence.

I can be unawakened and earthed in my physical existence but I can only be grounded once I have awakened to the potential of my spiritual ability.

Being grounded is having the ability to use my spiritual potential in this physical world. This requires the use of my 3 intuitive senses of seeing, feeling and knowing.

My 3 intuitive senses allow me to ground my spiritual Beingness in Earthly reality.

To ground my spiritual potential in Earthly reality, I am required to be emotionally-rational.

Emotionally-rational people are both grounded and earthed.

# Ego & Soul

The ego gains confidence by accumulating knowledge and power over others.

The ego feels worthy by accumulating money and material assets.

The ego becomes esteemed by accumulating status and influence over others.

The Soul has confidence by virtue of its authority and ability to make choices.

The Soul has value and worth by virtue of its power to be who it really is.

The Soul has esteem by virtue of its ability to use its power and authority creatively.

The Soul is confident in its Self and confides in the Truth of its Self.

The Soul is worthy of its power and values the power that its Self has access to.

The Soul is esteemed by the ability of its Self to be, do and have what it passionately desires.

The ego relies on other people to attest to its worth, affirm its confidence and acknowledge its esteem.

# Elders & Leaders

Eldership is True Leadership.

The True Leaders of a Society are its Elders.

True Leaders have the wisdom to follow their own path and to allow all others to follow their own path.

It is not age that qualifies me to be a Leader but wisdom.

A leader need followers, Elders do not.

Elders have overcome the duality of leaders and followers.

Elders lead their own life and follow their own path.

Eldership is determined by my state of Being, not by my actions.

A person's preference to lead or to follow is determined by their individual emotional needs.

Elders are recognised by the influence of their Presence and their Beingness.

A leader requires the authority of their followers.

Elders have the authority of their own confident choice.

A leader decides what to do and how to do it.

Elders decide who to be in relationship to what is occurring.

A Gathering of Elders has no leader and requires no followers.

## **Embarrassed & Humiliated**

Embarrassment is being overwhelmed by our emotional power, due to our lack of self-confidence in our own authority. It is caused by an imbalance of too much power and insufficient authority.

Humiliation is being overwhelmed by our mental authority without the power to use it, due to our lack of self-worth in valuing our Self. It is caused by an imbalance of too much authority and insufficient power.

An embarrassment of riches is having more money (power) than we know (authority) what to do with or how to spend.

Embarrassment is the inability to approve of our own power, value, worth and self care, because we lack the authority to do so.

Embarrassment will cause us to feel hot, bothered, irritated, at risk, inflamed, over-active, afflicted, threatened, unsafe and insecure.

Embarrassment or shyness is our inability to be and express who we really are, because we are not under the direction of our own authority.

The final humiliation is the loss of the last piece of self-worth that is de-valued and dis-empowered by the actions of another's authority.

Humiliation is our inability to do what we know is right for us because we are without the clarity of our self-worth and value that empowers us.

Humiliation is the sentence imposed by the judgement, blame, conviction and shame of the false authority that becomes our fate.

## **Emotion & Thought**

I have two minds.

My mental mind processes rational conscious thinking with my brain.

My emotional mind processes emotional conscious feeling with my solar plexus.

I am in two minds when my thoughts are in conflict with my emotions.



Inner conflict is the battle that rages between my two minds.

I am confused when my conflict and lack of peace appears to be between my head and my heart, or my heart and my mind.

My Soul is at the Heart of my Mind. It is never in conflict with my Self.

My conscious mind is centred within my brain and my subconscious mind is centred in my solar plexus.

When my two minds connect and resonate in harmony, I become of One Mind and I connect to my Super-conscious Mind, my Soul.

My Soul is at my core, the centre of my being, and is the balance of my two minds. It is at the Heart of my Beingness.

All the time that I am in two minds, I cannot be open to my Heart, I cannot open my Heart to my Soul.

## **Emotions & Feelings**

Our Soul is Pure Feeling.

Our Self experiences emotions.

Our Soul's Feelings are Pure Love.

Pure Love is what our Soul Feels for our Self.

Pure Love is the sum of all our emotional states of Being.

When we receive Feelings from our Soul, we interpret them through our thoughts, as emotions.

Feelings have no positive or negative polarity, no gender and only one intensity.

Emotion or the motion of energy is experienced according to the polarity, gender and intensity of the thoughts that our mind receives and interprets.

The only Pure Emotion is Love. All other emotions are aspects of Love, even negative emotions, which are negative aspects of Love.

Negative emotions are created by negative thoughts and beliefs that we call fears.

Our Soul has only Feeling because it possesses no limiting beliefs, programmes or fears.

Feeling is experiencing our Soul's Energy in Motion.

## **Emotions & Thoughts**

Emotions are the energy on which Thoughts are transmitted and received.

I do not think emotionally. I perceive emotions as feelings based on a rational perspective of my reality.

I process thoughts and emotions with my brain.

I am either aware of the emotion that I am feeling or conscious of the thought that I am thinking.

I process emotion with my right brain and I think rationally with my left brain. It takes practice to process both at the same time.

My emotions indicate my alignment with my thoughts.

When I am consciously in alignment with a thought, I experience the high charge of emotional energy on which the thought is being transmitted.

When this emotional energy is perceived to be positive, I am in alignment and my inspiration is empowered.

The degree of misalignment that I have with a thought determines the degree of negative emotion that appears to accompany the thought.

Pure Feeling accompanies Pure Thought. It has no emotional attachment and no mis-alignment with its Source.

My Soul always sends to my Self a pure frequency of mental Thought on a pure wavelength of emotional Feeling.

How I receive this communication with my Soul is determined by the polarity of my beliefs and the gender of my emotional attachments.

## Emoting & Rationalising

Rationalising is a left brain process of analysis and thinking.

Emoting is a right brain process of expression and feeling.

Rationalising my emotions is an activity of my brain to understand my feelings.

Emoting my rationale is an activity of my solar plexus to express my reasoning.

When explaining my emotions to a rational person, I am rationalising emotions.

When expressing my feelings to an emotional person, I am emoting my rationale.

When explaining my emotions to an emotional person, I appear to be unemotional.

When expressing my feelings to a rational person, I appear to be irrational.

When I unite my right brain and my left brain with my solar plexus, I become both emotionally rational, able to rational-

ise my emotions, and rationally emotional, able to emote my rational.

This is a Prime Attainment of a Divine Human Being.

Balancing my mind and my emotions in a physical body unites the triality of body, mind and emotions, which allows the essence of my life to be divine.

## **Emotional & Rational**

Being rational is our ability to rate the experiences that we have in life. When we see life rationally, we become aware of what is good for us and what is bad for us, so that we may discern in future what we do and do not want in our life.

Without the rational ability to decide what is good, better or best for us, we cannot compare it with what we consider to be bad, worse or worst for us.

Our rational ability determines the criteria by which we make choices, which is our authority to be, do and have whatever we manifest into our life.

We are the creators of our own reality, whether we do so consciously or not. Without the conscious rational ability to choose, we create our existence by default and become a victim of our fate. We believe that whatever turns up is down to

the luck of the draw. Without conscious rational choice, life becomes a lottery.

It is our choice that is required to be rational and reasonable, not our view of the physical world. When we see the world as rational and unchanging, we abdicate our creative ability to choose our own reality and follow our own destiny. The world becomes a fixed creation of nature rather than a creation of our collective natures.

Being emotional is an expression of the power of our creative ability. When our emotion is directed or influenced by our beliefs it can have either a positive or a negative polarity.

This means that the ability of our emotional power can create both good and evil as an expression of what we either want or do not want in life.

The intensity of our emotion is a measure of its ability to create quickly. The greater the intensity of our emotion the less time it takes to manifest into our life the essence of the sponsoring thought behind the emotion. Whether the polarity is positive or negative is irrelevant. Good things that we want manifest just as quickly or slowly as bad things that we do not want, dependent on the intensity of the emotional experience.

Unemotional people abdicate their conscious ability to create their own reality because they are unaware of both the polarity and intensity of their own creative power, whereas irra-



tional people can create their own particular brand of havoc very quickly and easily.

## Emotional & Sensitive

Being emotional is feeling our body's response to the vibrational state of being that is caused by whatever we are thinking or giving our attention to. Thought is the subject of our attention.

Being sensitive is feeling our body's response to the vibrational state of being of someone else.

Being attached is harmonising with someone else's emotional feelings. When we allow other people's emotions to affect us, we lose the ability to connect with our own emotions and stay subjective.

Being too sensitive or over sensitive is being adversely affected by someone else's emotional state of being due to our attachment to them or our identification with their emotional situation. Being too attached is being sensitive in a detrimental way to our own state of being. In other words their negativity is having a negative effect on us.

Being detached is having no emotional attachment to someone else's emotional state of being. It allows us to stand in



the gap for someone else emotionally and be there for them without being affected by them emotionally.

Being detached means not sharing the resistance that another is feeling to their current vibrational state, which means not sharing that person's emotional state of being. It is being neutral to another person's positive or negative state of being.

Being neutral is being unaffected by another's emotional charge, whereas being insensitive is feeling no emotional charge from them.

Being closed down to another's emotional state is to be insensitive. Being closed down to our own emotional state of being is to be unemotional.

## **Emotional & Spiritual Bliss**

Spiritual Bliss is Pure Feeling.

Emotional Bliss is the feeling of Joy.

Feeling the emotion of pure joy is bliss, but it is not Spiritual Bliss.

Pure Feeling is more than just joy or the feeling of bliss.

Pure Feeling is True Happiness. It is the natural state of our Spirit.

When the spirit of Pure Feeling resonates with True Happiness, everything is Bliss.

In the Physical Realm, bliss is the attainment of True Happiness.

In this physical realm, I am a triality of physical, mental and emotional energy.

The attainment of true happiness requires all three aspects of my Self to resonate in harmony:

- My physical self resonates with contentment
- My emotional self resonates with joy
- My mental self resonates with fulfilment

The joy of Bliss without contentment & fulfilment may be a pleasurable experience but it is not an expression of True Happiness.

## **Employment & Work**

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.

# Empowered & Inspired

We are inspired by the power of our Soul with emotion. When excited with emotion, we are empowered and inspired.

When we are nervous with emotion, we are experiencing resistance to the flow of empowered inspiration. This resistance is limiting and demotivating, and in the extreme can render us frozen with fear.

How limiting and debilitating our fears are is directly proportional to our negative beliefs, which deprive us of our true authority.

Our Soul has no distinction between our power and our authority. We create the distinction with our relative, limiting beliefs.

When we are nervous, we have the power without the authority to flow with it.

When we are passionately excited with empowered inspiration, we have no resistance, and therefore, we have the authority to use the power with full ability and the ability to use the power with full authority.

fear is our resistance to our 'soul inspired' power. It is the lack of authority that limits our power due to a false belief from a false authority.

The empowered inspiration of our Inner Coach is always fully authorised, until that is, our Self gets in the way and resists the flow with its negative beliefs.

Power without authority limits ability. Full ability is always present when our empowered inspiration is unrestricted and in full flow.

Nervous tension or resistance is instantly overcome by the excitement of Divine Revelation. When our Divine Authority is revealed in the moment, we are inspired and empowered to change the limiting beliefs that create our negative fears.

The undivided power and authority of our Soul enables inspiration and revelation to fuel our imagination to create the life of our dreams that we know as 'Paradise on Earth' or 'Heaven'.

## **Empowered & Motivated**

We are sub-consciously motivated to get our emotional needs met.

We are super-consciously empowered to follow our true values.

Before we can be empowered by what we truly love to do, we must first be motivated to meet our emotional needs.

We are motivated to meet our emotional needs because motivation is the act of being driven to get our emotional needs met. The drive to get our emotional needs met is our motivation.

When we motivate others, we are meeting their emotional needs, and when we meet another's needs emotionally, we are motivating them.

When we become empowered, we are connected to the source of our emotional power, we find our self-worth, and we fulfil our true values.

When we follow our true values, we experience our self-worth, feel empowered and are connected to our Source of Power.

When others motivate us, they are meeting our emotional needs, whether they are doing so consciously or subconsciously.

We are never empowered by other people. Being empowered is not something that others can do to us, nor can we empower others.

Empowerment is a state of being connected our Self to the Source of our Power. When we connect others to the source of their power, we guide and support them to become empowered.

# Energetic Density & Energetic Mass

Energetic Mass is the space within atoms. The more space within an atom, the more energetic mass the atom has and the Lighter it is.

Energetic Density is the space between atoms. The more space between atoms, the less dense the molecules, the less material the physical substance and the lighter it is.

The space between atoms is physical space. Without atoms there is no physical space.

The space within atoms is energetic space.

A single atom has mass but no density. It is weightless.

Density requires more than one atom.

Density is relative to the amount (weight & volume) of atoms within matter.

Energetic Mass is relative to Consciousness. It is a measure of the magnitude of energy in matter.

Density makes mass relative to weight.

Mass makes light relative to consciousness.

Consciousness = Light x Mass

Weight is the attractive force of matter or the attractive force created by the density of energy within matter.



The Energetic Mass is the attractive magnitude of Energy or the magnitude of attractive energy.

Infinite Mass is Absolute Attraction.

Energetic Density creates relative attraction and specific gravity.

Relative density is energetic attraction.

## Entropy & Inertia

Inertia is the resistance of an object to a change in its state of motion.

As I move through life, change is inevitable and any resistance to change will create inertia.

Unawakened Souls seek the comfort and security of their comfort zone in order to escape change.

The more I run away from expansion and growth, the more inertia I experience.

Inertia renders me inert, incapable, inanimate, sluggish and lethargic.

Inertia renders my comfort zone uncomfortable.

Entropy is the tendency for an energetic system to descend into chaos.

Chaos is the state of having too many problems and heading for a disaster in life.

When life is not flowing effortlessly, because we are not hearing our messages, not taking our opportunities and not learning our lessons, it has a tendency to become entropic.

The opposite of entropy is effortless flow.

The opposite of inertia is expansiveness.

Inertia is my resistance to physical change and entropy is my resistance to spiritual change. Either will impede my life of expansive flow and abundance.

## Envy & Jealousy

Envy is wanting what someone else has.

Jealousy is the feeling of rejection when someone we need doesn't need us.

When someone needs what we can give them, we are enthused by the pleasure of giving them what we have and they do not.

Our enthusiasm for giving them what they want or need enthruses us with their gratitude in receiving it.

We equalise their envy of what we have and they need with our kindness in giving.

When giving and receiving are in balance then envy and kindness are engendered in the pure energy of Love called Gratitude.

When what we have to give is rejected by another and there is no kindness, no gratitude and no pleasure is received, we experience jealousy.

This inequality of negative energy called jealousy, seeks the love of a caring person to quell and unify it once again.

The jealousy of unrequited love (unreturned need) is expressed in our belief that we are not cared for as the rejecter of our love does not care for us.

Jealousy is further complicated when the person who appears not to need us, appears to need someone else to meet their needs, that we need to meet.

We are never jealous of another but envious of what they have and we do not.

We never envy someone else's jealousy.

Jealousy is our emotional need to be needed that is unmet. We will envy someone whose emotional need to be needed is met.

Jealousy is the fear that someone will stop meeting our emotional need.

Jealousy is the fear that unless we possess and own someone, they will meet someone else's emotional needs instead of ours.

Jealousy is the fear that we will become emotionally needy because of the actions of someone else.

Jealousy is the fear of a de-motivated person who believes that their power is being diminished by someone else. They are jealous of the person who they believe is depriving them of what they need emotionally to give them power.

Envy is wanting what someone else has in the belief that we are without it. When someone has what we have, they are like us and seen as our kind. Kind people are like us and we like kind people.

Envy is created by our belief that someone is unlike us or unkind because they will not share what they have and we do not. When someone has what we believe that we do not have, they are not like us and are unlike our kind. We dislike who we are not like and dislike those who are unkind and do not share with us what we believe we need.

Envy motivates people to get what others have and to be like them – their kind of people. Keeping up with the Joneses is driven by the envy of their possessions or status.

Whereas the antidote to jealousy is to become disconnected and insensitive to others, the cure to jealousy is to become sensitively-detached from all others.

Whereas the antidote to envy is to become kind and generous, the cure is to become at the choice of our Soul who provides everything we will ever want and need.

## Equability & Equality

Equability is our equal ability to create our own reality with our thoughts, our words and our deeds.

The Universe is totally unbiased and without discrimination, and its Laws are Absolute and Equable.

The Law of Attraction favours everyone equally, and is unfavourable in equal measure, created solely by our choice of perspective and how we perceive our life experiences. Our beliefs create our reality, which reinforces our beliefs.

When we treat others with equability, we recognise and acknowledge that where they are, and what they are experiencing, is the effect of what they have individually chosen.

With equability we are able to: allow others to have whatever they choose; approve of who others are being; and accept whatever others are doing.

Equality or E-quality is the quality of our Energy. Whereas we all have an equal energy potential, the potential of our energy is the product of the force of our authority and the magnitude of our power.

Our ability to connect to our power and authority varies depending on our own unique, individual and exclusive circumstances, beliefs and emotional needs. Therefore, whereas in theory our potential to connect to our energy is equal, in practice the quality of our energy rarely is equal.

“Some are more equal than others” means that the quality of our energy varies dependent on its force and magnitude and can be measured or perceived as being either higher or lower, greater or lesser, than someone else’s.

The purpose of Life is seldom to seek equality with others but equality with our Soul. Once the quality of our energy emanates and resonates from, and with, the Energy of our Soul, we will have equability between our Self and our Soul, and will then realise our full creative potential.

Seeking equality with others will not necessarily direct us on the path of our Soul, whereas choosing equability with others necessarily will.



# Equal & Same

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.

## Equality & Fairness

Whether life is fair and equality exists depends on our own personal beliefs.

Our own personal beliefs create the reality that we are individually experiencing.

When we share the beliefs of our society, we share the same beliefs as our friends and our neighbours.

Life is fair when everything is in balance.

When energy is out of balance, life becomes very unfair.

We live in a contextual world of dual reality that is designed to offer contrast, division and thereby choice. Therefore unfairness exists as well as the possibility of fairness.

We have come to this physical world to experience difference in our own unique, special and individual way. Therefore life will appear to be unfair by its very nature.

However unfair life is, we all have an equal opportunity to fulfil our personal vision, mission and purpose for this lifetime and experience our own true values.

We will all become equal and attain equality when we all believe that fundamentally “We are all Equal”.

With no distinction between fairness and equality, we can never be equal in an unfair world.

We are all made equal in the ‘Eyes of God’. We just have to ‘see’ that we are equal and life is unfair.

## Eternity & Infinity

Eternity is eternal and Infinity is infinite and neither have a start, a finish, a beginning or an end, they just are.

Spiritual Time is Eternal. It just is, was, and always will be. It is beyond physical time and physical existence. There is no time when it wasn’t and no time in the future when it will not be.

Spiritual Space is Infinite. It just is, here, there and everywhere. There is no place where it isn’t.

Spiritual Reality is the existence of Spiritual Time & Space. Without Spiritual Time and Spiritual Space there is no Spiritual Reality. Space-Time is Spiritual Reality, not physical reality.

Physical reality is an illusion of time, speed and distance.  
Take one away and the other two cease to exist.

Time, speed and distance are three perspectives of the same reality that is an illusion of Spiritual Reality and creates physical reality.

Physical time is not eternal. It is a measure of speed x distance and has a start and a finish.

Physical distance is not infinite. It is a measure of physical space, which is measured as speed x time, and has a beginning and an end.

Physical speed is not continuous. It is a measure of time x distance and has a start and an end.

Spiritual Reality is Continuous. It is Eternally-Infinite in the Expansiveness of its Possibilities.

## **Excellence & Perfection**

Perfection is being good enough. When I am good enough, life will be perfect.

It is the balance, the midpoint between being too good and not being good enough.

Excellence is the best that I can be.

It is the measure of my best achievement.

Excellence is the height of my achievement.

Perfection is the magnitude of my attainment.

Perfection is how Good I have become.

Excellence is a journey of becoming good, then better until I am the best that I can be.

Perfection is a journey of discovering Goodness or Godness by experiencing what is not good enough in comparison to what is too good or more than good enough.

Perfection is attained when I become Good enough or I have attained Goodness.

Excellence must be maintained in order to be achieved and must be consistently achieved in order to be maintained.

Excellence is never good enough, as the best that I can be can always be bettered.

There is nothing better than the perfection of Goodness.

## **Excited & Nervous**

Nervous energy can be exciting or excitable, depending on our point of view.

Nervous energy is negative energy. Negative energy is negative because it is created by a negative belief.

A negative belief is a limiting belief, which creates negative emotional energy that is called worry, anxiety or fear.

Excited energy can be exciting and positive. Positive energy is positive because it flows uninterrupted in an expansive forward direction. It flows effortlessly and expansively.

Being effortless and expansive is positively exciting.

Excitable energy is not positive and exciting. Excitable energy is not under control and is danger of creating negative consequences.

Nervous energy and excitable energy are a duality of negative emotional energy.

Positively exciting energy has no duality and is the pure undivided positive feeling that inspires and empowers our self to a new and exciting experience.

Nervous energy is seen as a problem, excitable energy can be a challenge, and exciting energy is always an opportunity.

Opportunity is my Soul being excited, whereas a problem causes my Self to be nervous.

# Excuses & Reasons

Reasons are an explanation for choosing what I choose for me.

Excuses are an explanation for not doing what someone else chooses for me.

I excuse myself from doing what I believe that I have to do, I ought to do, I must do, or I should do, on the grounds that they are all tolerations and therefore unreasonable actions.

What is reasonable for me is what I believe that I have good reason to choose.

My reasons for choosing may be rational or emotional or both.

My reasons for choosing anything are my own. I own them.

When my reasons for choosing are not my own, I am pleasing the person who has chosen for me.

I will need an excuse for not choosing another's choice as from their perspective, my perceived greed will need to be pardoned.

When I overcome the greed of pleasing others, I will have no need to excuse myself.

My reason for choosing is neither greed nor is it designed to please others. It is an expression of my true authority.

There is no excuse for being greedy or being pleasing to others.

## Existential & Experiential

An Existence is a physical experience of Life.

My physical existence is experienced with my 5 physical senses.

An existential existence is like saying water is wet. All existence is existential and experiential.

An experiential existence is the experience of existing within the environment of a physical world .

An existential experience is unique. It is living a unique life and following a unique life path.

Life is the spiritual aspect of connecting to my own unique power and authority that is my Source.

An existential life follows a unique vision, mission and purpose for each individual.

A purely physical existence is inclusively-disconnected from its source and is rarely unique.

An Existential Life is an experiential life that is exclusively-connected to and totally unique to each individual Soul.



A Life is for living, an existence is for surviving.

When I connect to Life with my 3 spiritual senses, my experience becomes existential.

## **Expectation & Hope**

Hope is desire with uncertainty.

Expectation is desire with certainty.

When I believe that what I want is certain to come, I expect it to arrive.

When I am uncertain of receiving what I want, I hope it will arrive.

Uncertainty is usually created by other people. Other people's beliefs thwart my expectations and reduce them to hopes.

The opposite of expectation is disappointment.

I appoint myself to a level of certainty that creates my expectation.

The greater my expectation of something arriving, the greater my disappointment when it fails to arrive.

The opposite of hope is despair.

The greater the level of uncertainty, the greater will be the despair of its imminent non-arrival.

The less uncertainty I have, the more hope I have of receiving it and the less despair I will experience.

Without hope there can be no desperation and without expectation there is no disappointment.

Don't give up hope. Give up hope & desperation.

Give up expectation and disappointment disappears.

Without hope or expectation, I know this to be my Truth.

## **Expecting Nothing & No Expectation**

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.

## **Extrovert & Introvert**

When we are disconnected from Source we are without Power. Without power we develop emotional needs.

When we seek our power externally and need others to meet our emotional needs, we open out emotionally to others and become extrovert.

When we seek our power from within our self, we depend on our ability to meet our own emotional needs and open inwardly emotionally and become introvert.

Extroverts actively seek energy from other people, whereas introverts passively seek energy from others.

The Source of our True Power is Love. When we are emotionally needy , we react without Love, in either an introvert or an extrovert way.

Whether we are extrovert or introvert is determined by the nature of our emotional needs.

Being extrovert or introvert is the defence mechanism on which our control drama is based. The more introvert or extrovert we learn to be, the more energy we can manipulate and the longer we can survive being disconnected from Source.

Extroverts control energy actively as an Intimidator and passively as an Interrogator.

Introverts control energy actively as a Poor Me and passively as an Aloof.

Control dramas persist until we become Overt and connect exclusively to Source for our emotional power.

# Failure & Success

Success in Life is living our True Values.

When we live our True Values, we succeed in following our True Path and leading a life of worth and value.

When we are doing what we truly love and value, we are experiencing our full worth and we are connected to our unlimited power.

Our fear of failure disconnects us from our Source of Power.

The very belief that we are disconnected from our power and will fail is what creates our disconnection and failure.

Success and failure only exist in a world where we believe that there is something we have to do in order to survive.

Our survival is driven by a fear of failure (death) and a need to achieve (life).

Once we stop trying to survive, we can start to truly discover, explore and experience Life.

What the rational mind believes to be a mistake or a failure – the spiritual mind knows as a missed learning opportunity.

What the rational mind believes to be a success – the spiritual mind knows is a failed opportunity to learn and grow.

Success and failure are therefore different polarities of the same energy viewed from opposing perspectives.

True Accomplishment has neither success nor failure. When we attain the attributes and ability to create our own life consciously, we accomplish the State of Divinity because we have created a divine state of accomplishment.

To know who we really are and why we are here is and always will be our greatest accomplishment. Yet because this is our truest vision we can never achieve it successfully nor can we ever fail, whilst living in the world of relative dual reality.

## Faith & Trust

Faith is intuitive.

Trust is learned.

A faith that is learned is called a religion.

Religious faith is a trust that is learned.

It is trusting the word of another Man's faith.

True Faith is intuitive – no trust is required.

My path is my faith and I follow it faithfully.

I trust the path of another once it has proved to be safe.

I have faith in my own path, which I know to be secure.

I am never at risk on my path when my path is secured.

Trusting others is always a risk.

I follow my path intuitively.

It presents itself each day.

I cannot learn it or learn to trust it.

I can only follow it intuitively with faith because I know that it feels right for me.

Trust is our belief that other people will act and respond in the way that we want them to.

We trust other people when they consistently act in a way that pleases us.

When other people trust us to do what they want us to do, we are pleasing their arrogance, which is greed.

Arrogant people are greedy for the power over you to please them, and do what they ask, to the standard that they demand and trust that you will deliver.

Arrogant masters demand trust and loyalty from their humble pleasing servants.

Trustworthy people display loyalty to those who are master over their authority and to those to whom they have given away their authority.



Wanting the trust and loyalty of others is to seek power from them and authority over them, which is the superiority of being better than them, which is greed.

Trusting one's self is behaving in a normal and predictable way that is based on the experience of our past beliefs.

Trust of Self resists personal growth by encouraging security within boundaries that we trust, by adherence to personal standards and beliefs.

Faith is following our own individual, unique and exclusive life path, being accepting of what occurs, approving of who we are, and allowing what we want to manifest.

Faith is a sense of 'knowing' what is right for us in that moment of time.

Trust is a positive belief in what we think is right based on our experiences over time of what we have found to be trustworthy or untrustworthy and reliable or unreliable.

With faith, we know whether someone is worthy of trust or not, intuitively. Whether we trust them or not depends on whether we follow the intuitive knowing of our faith or whether we believe the past experiences of our instincts.

With faith, we may intuitively know that someone is honest but still treat them with an attitude of mistrust because of a limiting belief that we hold.

Alternatively, we may trust someone to be honest even though we intuitively feel that they cannot be trusted, because we deny our feelings and follow our beliefs instead.

When we are faithful to our sense of knowing and our intuitive feelings, we no longer need to trust or mistrust anyone, because we know whether they are honest or not.

When we truly know that someone is honest, we do not have to trust them, because we know that we can put our faith in them completely.

When we know that we can rely on our faith, we know that we can rely on reliable people.

Unreliable, untrustworthy and unfaithful people are just reflecting to us our disconnection from our own sense of faith.

When we put our trust in our faith instead of other people, we know when someone is not faithful, unreliable and cannot be trusted.

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.

## **Favour & Grace**

Grace and Favour are free.

Grace is the Power of Love.

Favour is the Authority of Light.

With Grace & Favour we experience the Mercy that is Life.

We are full of Grace when we are connected to our Power.

With Power, we are graceful and effortlessly flow.

Life is favourable when we are connected to our Divine Authority.

We favour being in the effortless flow of Life.

Mercy is not something that we give to another but to our Self.

With Grace & Favour, we give the opportunity of Life to our Self.

“There but for the Grace of God, go I”, means that without my connection to my Divine Power & Authority, I will be at the mercy of my fate, instead of living the Life of my Destiny.

With Grace, we are all ‘God’s Favourite Son’.

## **Fear & Love**

Love and fear is the duality of being with or without my emotional energy.

Whatever energises me, I will love.

Whatever drains my energy, I will fear.

Love and fear is a duality of my emotional needs and my limiting beliefs.

Whatever meets my emotional need, I will love.

Whatever beliefs limit my emotional energy, will create fear.

Love and fear is a duality of my false power and authority.

Whatever I love will give me power.

Whatever I fear will take away my authority.

In my disconnection from my True Source of Power, I will resort to courage and bravery to overcome fear.

When I face fear with courage, I may hold it at bay but never defeat it.

I cannot conquer fear, but I can overcome it.

The only way to overcome my fears is to change the beliefs that created them.

When I overcome the duality of love and fear, I am empowered with Love.

When I replace my limiting beliefs with the Truth of the Love that connects me to the authority of my power, I become fearless.

My Soul only ever sends me Love.

# First & Second Nature

That which is Second Nature is instinctive and intuitive.

Instinct & intuition are my 2nd nature, or are they?

My First nature is the personality and the character of the role that I am playing out in life - my ego sense of self.

My second nature is my True Nature, unless that is, I have been programmed to act with a different nature.

When my True Nature has been overwritten by fears and limiting beliefs, my 2nd nature becomes my mental programming, and my true nature becomes my Third nature.

I have 3 natural ways of being, which are potentially 3 different natures. In my world everything comes in threes.

My 1st nature is my Conscious Self that adopts the personality and the character of who I believe my Self to be.

My 2nd nature is my autonomic sub-conscious Self that is driven by my emotional needs and programmed with my limiting beliefs and my fears.

My first and second natures create the conflict and dilemmas of my heart and my head.

My 3rd nature is my instinctive and intuitive Super-Conscious Self that is my Soul and my Inner Coach, my True Self and my True Nature.

When I am being my True Self, instinct and intuition are Second Nature, but I had to overcome my fears and limiting beliefs before I could realise it.

## **Flow-ers & Flowers**

Flow-ers flow with spirit and enjoy an effortless life.

Flow-ers emanate an aura of love & beauty.

Flow-ers are flexible and bend without resistance.

Flow-ers co-operate with nature.

Flow-ers know the time and the cycle of life they are in.

Flow-ers have a vision to make the world a better place.

Flow-ers have a mission to grow and blossom with joy.

Flow-ers know their path and their purpose for being on that path.

Flowers too, attain all these qualities and attributes.



# Fluent & Fluctuating

Time is fluent and flows by, when we are happy. The happier we are the more fluent time becomes and the more fluent times become.

Reality is fluent and life is effortlessly flowing when we are 'on track'. When our reality is fluent, we are happy and time and reality flow together in space.

When life fluctuates, it is because we are 'off track' and 'out of balance'.

Fluctuation is the experiencing of both ends of an opposing reality sequentially in time. It is when our reality goes from one extreme to another. From the 'ridiculous' to the 'sublime'.

Fluctuating times and realities are created when we are off track and sub-consciously projecting detrimental choices into our future.

When our choices are not consciously created in a spirit of love, harmony and co-operation, they create a vortex of negative energy that returns to 'rock our boat'.

Realities become confused and create entropy, resistance and friction when they collide headlong in frustration, anger and intolerance.

# Followers & Leaders

Leaders are by nature selfish and are motivated to do what is best for their self.

Followers are by nature unselfish and are motivated to do what is best for others.

What determines whether I am a leader or a follower is my emotional needs.

Leaders need to lead because leading meets their emotional needs.

Followers need to follow because following meets their emotional needs.

When a leader understands and meets the needs of their followers, their followers are truly motivated to follow them.

When a follower meets the needs of their leader, their leader is truly motivated to lead.

However, neither leaders nor followers are empowered.

My empowerment comes from following my own path and it is not my path to either lead or follow anyone.

Empowered people lead their own lives and follow their own path. They are Truly Selfish in that they follow the lead given by their True Self and they know that what is best for themselves is also what is best for all others.

Natural followers need leaders to follow.

Natural leaders need followers to follow them.

True Followers lead their own Life and True Leaders follow their own Life Path.

True Followers are Disciples of the Truth.

Disciples of the Truth follow their own path and their own truth, and lead by example of their own truth.

Natural followers have humility and renounce their own authority in favour of the authority of another.

Natural followers are humble and adopt a lower stance than their leader, believing that they have less ability.

Natural followers please their leader, in order to share the power that they believe that their leader possesses.

Natural followers need to be liked, need to be included, and need approval.

True Followers follow the Authority of their Inner Guidance or Inner Coach, that allows their Power to flow from Source, and enables authentic purpose.

A True Follower is a Disciple of their Soul.

# 'Force of Light' versus 'forces of light'

Our “Force of Light” is the frequency of our Consciousness. It is the quota of Light that we emanate as our Aura.

Our “Force of Light” is the quotient of our combined physical and emotional intelligence that is our ‘Conscious-Awareness’.

The ‘forces of light’ are the Man created energies (thoughts) that are in conflict with the ‘forces of darkness’.

The ‘forces of light’ manifest as the powers, principalities and dominions of light that are synonymous with our emotional needs, mental beliefs and physical dramas.

A positive thought that is in harmony with our beliefs is a principality of light. A negative thought or fear is a false belief and a principality of darkness.

A positive emotional need that is received is a power of light. An unmet need is a realisation of the powers of darkness.

Experiences of fun and pleasure are created by the dominions of light. A nightmare scenario is created by the dominions of darkness.

Whether a force (thought) is light or dark, good or evil, positive or negative, is just an individual, personal, subjective, perspective that creates the ‘truth’ of our own reality.

Fighting either for or against the forces of light or the forces of darkness will always diminish our “Force of Light”.

## Force & Power

Power is not a force.

A powerful energy has magnitude not force.

A forceful energy has authority not power.

Nuclear power is derived from the magnitude of energy that is apparently locked within each atomic nucleus.

Nuclear force is the authority that a Country with nuclear weapons believes that it has over another Country.

A Country with nuclear weapons believes itself to be a nuclear power, yet nuclear weapons have no power without the authority to use them.

Nuclear powers are not authorised to use nuclear weapons.

Authority means choice and no right minded person would ever choose to use nuclear weapons other than as a deterrent.

A deterrent is something that forces our authority upon someone else.

A nuclear threat is a global example of 'an eye for an eye' or what you do unto me, I will do unto you.

This misinterprets the Golden Rule which is: "Do unto others as you would have them do unto you".

Do we really choose as a nation to be threatened with atomic weapons by another nation?

Why then do we choose individually and collectively to be a nuclear power and a nuclear threat to other nations?

Thought is a forceful energy with authority and can be either a positive blessing or an evil curse, which is relative to the perspective of our reality.

Nuclear power has no authority, no choice, and no polarity. It is a powerful energy with a great magnitude that can be used in either a beneficial or a detrimental way according to the force of our own authority.

My potential ability in Life is relative to the force of my authority combined with the magnitude of my power.

The force of my authority is determined by the clarity of my thought that determines the magnitude of my own emotional power.

# Freedom & Independence

Freedom is having the authority to discern the right choice for our self.

Independence is having the power to make our choices our self.

With freedom and independence, we have the ability to carry out our choices.

Choosing requires will power, which is the will of the ego self.

Being 'at choice' requires the power and authority of our heart & soul.

Freedom is the result of overcoming the authority of our limiting beliefs.

Independence is the consequence of redeeming our unmet needs and connecting to our true power.

Limiting beliefs and unmet needs drive the "I will" of the ego self.

Freedom & Independence is the power and authority of the "I am" Soul.



# Freedom Fighter & Terrorist

By the Law of Attraction, I create the focus of my attention.

I draw the focus of my thoughts into my reality.

The focus of a Freedom Fighter is the terror of losing their freedom.

A person who is truly free has no need to fight for their freedom.

A person who is fearful of losing their freedom, focuses on the terrorist who they believe will take away their perceived freedom.

Focusing on losing my freedom creates a reality of not having my freedom.

Anti-terrorism creates a compromised freedom.

Anti-terrorists are freedom fighters who create terror in the minds of the terrorists.

Their aim is to take away the freedom of the terrorist.

They are a Government Army of freedom fighters who deal out terror in the cause of freedom.

Freedom will never be caused by the effect of the terror of fighting for it.

Terrorists become a non-governmental army who are fighting for the freedom that they have lost to a government army of freedom fighting anti-terrorists.

I do not have to fight anyone for a freedom that is inherently mine to choose and to experience for my Self.

## Gap & Void

The Void is my absence of emotional power.

When my emotional energy is depleted, I experience the void, an empty pit in my solar plexus.

The void is a place to avoid.

It is a descending vortex of negative emotion that sucks you in and holds you under its influence.

It is a black hole from which no light can emerge.

The void is a creation of my sub-conscious fears that create my emotional needs and my experience of scarcity & disconnection.

The void is my emptiness.

The Gap is my Fullness.

The Gap is my source of emotional power.

When my emotional energy is inspired, I am in the Gap.

A gap of e-motion is experienced as the Greek 'Agape' or Abundant Love.

It is the 'Space' that contains infinite potential in its magnitude of omnipotent power.

It is my allowance & my providence that allows my spiritual growth.

The Gap is the energy that holds all matter in form.

Whether I am disconnected from source and falling in a void, or connected to my power and ascending in the gap is a matter of my own perspective & choice.

## **Gender & Polarity**

Gender is the duality of our emotional Power.

Polarity is the duality of our mental Authority.

Gender has a male or female perception.

Polarity has a positive or negative perspective.

A male perspective is normal for men and a female perception is normal for women. We get confused when we see normal as positive because we then see abnormal as negative.

Thus, when a man sees life from a female perspective, he is seen as queer, abnormal and negative.

Similarly, when a woman sees life from a male perception, she is seen as butch, abnormal and negative.

Divine Love is divided by gender into female love (need) and male lust.

Female love is without our true power, and is our emotional need for power that we call love or passion.

Male lust is without our true authority, and is our mental wanting our own way that we call desire and a lust for life.

When something is what we want, we see it as good and positive and we desire and lust after it or need it because we love it with a passion.

When something is not what we want, we see it as bad and negative and hate and loathe it or fear and detest it.

Whether we love something or need it, want it or desire it, lust after it passionately or hate and fear it, is simply a matter of the gender of our perception and the polarity of our perspective.

True Love has no gender and True Light has no polarity, just Wholeness (Holiness), Unity & Oneness.

Sensitivity is being emotionally connected to our positive female energy.

Exclusivity is being rationally detached with our positive male energy.

When we are sensitively connected emotionally, we access our Power.

When we are exclusively detached rationally, we access our Authority.

When we are exclusively-connected, sensitively-detached and emotionally-rational, we combine the male and female gender of our energy in a positive polarity, and we access our Ability.

With a negative polarity and a female gender, energy is irrational, inclusive and attached by our beliefs, needs and dramas.

Negative male energy, by comparison, is unemotional, disconnected and insensitive to our true power, authority and ability.

Unemotional and irrational have no sense of 'feeling'.

Disconnected and inclusive have no sense of 'knowing'.

Insensitive and attached have no sense of 'seeing'.

Power has no divided gender.

Authority has no divided polarity.

Ability has both gender and polarity that is balanced and united.

The polarity of our thoughts and emotions is either positive or negative.

The gender of our mental and emotional energy is either male or female.

Polarity is the direction of our perspective and is determined by our point of view.

Gender is the clarity of our perception and is ascertained by our feelings.

With dual reality comes choice and with choice comes opposing realities.

Our choice of perspective is its polarity. Our choice of perception is its gender.

Male gender perceives the world to be rational from a positive perspective and irrational from a negative perspective.

Female gender perceives the world to be emotional from a positive perspective and unemotional from a negative perspective.

Male gender learns and grows and moves forward by adopting a rational perspective and becomes stuck by other peo-

ple's irrational behaviour and their own unemotional behaviour.

Female gender learns and grows with an emotional perception of life, whilst becoming confused and lost by their own irrational behaviour and other people's unemotional behaviour.

The gender and polarity of our thoughts and emotions determines our potential ability and the intensity of our Life.

## Generous & Kind

I am Kind to people who are like me. They are my kind of people and my friends.

I am Generous to those who share my genes. They are my relatives.

I am kind to my friends and generous to my relatives when I please them by giving them what I have and they want or need.

Kindness and generosity to others are conditional on them being friendly or related.

An act of kindness is an act of friendship. When I accept someone's kindness, I am accepting their friendship.



An act of generosity is an act of relationship.

When I accept someone's generosity, I acknowledge our relationship.

In order for another to give me their kindness or their generosity, I have to be able to receive it.

When my friendship or my relationship is conditional on another's kindness or generosity, it is not divine.

When I am accepting of another's relationship or friendship unconditionally, neither kindness nor generosity is necessary.

## **Genuine & Real**

What appears to be real in life is an illusion that we have created in time and space called our reality.

In our reality, time and space appear to be fixed, so we try to make our reality fixed also.

When we see the world through the genius of our imagination, we know that time is always advancing, space is constantly rotating and reality is always changing, as our perspective and beliefs act upon it.

What is genuine in Life is Divine and Absolute, which is undivided and Holy (Whole).

What is genuine in Life has no opposite and is beyond the physical realm of relative duality (dual reality).

Our genuine reality is Absolute Oneness.

The reality that we create as real for our self is whatever we choose to be real from the infinite possibilities that are available for us to create with our free will. (Free will requires creativity, genius and imagination).

Alternatively we can accept everyone else's reality as our own, but in another's reality, we shall never find our genuine self.

## **Getting Old or Growing with Age**

Ageing is the natural process of time passing. As time passes everything ages as everything is designed to change with age and with time. Change is the nature of the universe.

The question is: "How am I changing with age"? or "How am I changing as time passes"?

An age is a period of linear time that contains a life-time.

In my life-time, I can choose to get old or I can choose to grow with age.

Getting old means doing the same old things every day with nothing new occurring in my life.

Nothing new means nothing is changing and I am in a state of being stuck.

Getting old and being stuck within my comfort zone of safety and security is not natural but it is very common.

Old people are very stuck in their ways and develop a very narrow and negative perspective of life.

Growing with age means attaining wisdom through life experiences.

As I grow with age my life appreciates. The more I grow and appreciate the more I appreciate my life by attaining a positive perspective of who I am and why I am here.

Growing old is an oxymoron. I grow with grace and wisdom not age.

Getting old gracefully is an oxymoron. Getting old saps my power. Growing with age gracefully is empowering.

When I grow with age gracefully and wisely, I will never feel old and every day will be a new experience and deliver a new opportunity for life.

Getting old is my fate. Growing with age is my Destiny.

I can choose to be young at any age.

I choose to die young as late as possible.

## Giving & Receiving

When Giving and Receiving is an expansive act of sharing it is balanced.

For an act of sharing to be expansive, both parties are required to have, to be or to do what is being shared.

Sharing is expansive when what I am receiving, I am giving in equal measure.

Giving and receiving is out of balance when I am not giving and receiving in equal measure.

For giving and receiving to be in balance, I am required to already have what I am proposing to share with another by giving and receiving it.

The act of giving to balance what is being shared is by definition not balanced to start with.

Unless I already have what I choose to give and receive in an act of sharing, I am acting from a position of scarcity, which is always divisive.

When I give to someone who is needy or without what I am giving them, my giving is not balanced.

When my giving is balanced and equal to what I am receiving, it expands exponentially into my future.

When my giving is divisive, it will eventually deplete my reserves and create limitation and scarcity.

When my giving is focused on the scarcity of others, I will attract that scarcity into my own reality.

Giving material possessions and money in return for emotional gain is driven by an emotional need for love.

Giving emotional support in return for material gain is driven by lust.

Lust & love are a duality of one of the 7 deadly sins, which always take us out of balance and inner harmony.

## **Gluttony & Greed**

Gluttony and Greed are often confused.

Gluttony is having or wanting more than enough of something or anything.

The opposite of gluttony is scarcity or less than enough of something or anything.

Gluttony is often defined as over-eating or over-indulging with food. It is in fact the over-indulgence or extravagance of anything.

Too much of anything is gluttony.

Greed is often seen as depriving someone else of what they want by having too much oneself. This belief derives from a scarcity mentality and is in fact a judgement of gluttony.

Greed is the belief that we are superior or better than another.

The opposite of greed is pleasing.

Pleasing is being humble or adopting an inferior stance to someone else's superior power or authority.

The greed of winning or attaining a higher status than another, is rarely seen as a sin in our modern society, which is why greed has become synonymous with gluttony rather than its true definition.

Discrimination, bias, preferential treatment and prejudice are all examples of greed and pleasing others selectively.

Greed is an aspect of arrogance without humbleness which has false self-confidence and esteem.

Gluttony is without contentment, abundance and knowing what is enough.

# Goal-Setting & Problem-Solving

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.

## God & Sex

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-inforced 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.

## **Gratitude & Thanks**

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.

When I am Giving Thanks, I am focusing on what I have and others do not have.

I am thankful for what I have and for what others have given to me.

I give thanks for other people's kindness and generosity.

I am unable to give thanks to people whom I envy because they have what I do not have, which I would like to have and be thankful for.

Being In Gratitude is an emotional state of Being, not an action that I do.

Being in gratitude is a feeling of being content with what I have in Life.

I am in gratitude when I am approving of all the positive aspects of my Life.

I am in gratitude when I recognise the abundance that already exists in my Life.

I am in gratitude for what I am accepting and I am allowing to flow into my Life as a blessing.

I am thankful for what I receive as a gift from other people.

I am in Gratitude for the Provision that I receive from my Soul.

## **Gravity & Levity**

Gravity & Levity are a duality of relative physical existence.

Gravity is heavy.

Levity is light.

Gravitas is serious.

Levitas is fun.

People with gravitas see levity as frivolous.

People with levity see gravitas as grave.

Levity is a quality of the Levites, who were a tribe of Israel who believed they were Beings of Light.

Gravity is a force of nature discovered by Isaac Newton, a man of great gravitas.

Gravity apparently pulls me down to Earth and grounds me.

Levity apparently allows me to levitate and fly metaphorically.

A Medium allows a balance between the opposing forces of gravity & levity.

Physical life is just such a medium.

The medium of life is finely balanced between gravity & levity.

It is seriously fun, and either frivolous or grave depending on the force of my own nature.

When Newton discovered gravity, mediums were being burnt at the metaphorical stake.

## **Greed & Pleasing**

Pleasing means “I bow to your superior power”.

Humbleness is bowing to another’s superior authority.

Pleasers are being humble to the arrogance of greed.

“Please can I”? is a plea for permission.

A plea for mercy is a plea for one's life.

A 'Pleaser' has to ask permission from a superior authority and is not free to make their own choices.

Pleasing is deferring to the higher authority of another.

Children please their parents. Pupils please their teachers.

Servants please their masters. Dogs please their owners. Religious fanatics please god.

When we please the authority of another we give away our power to them.

Greedy and arrogant people need to be better than others.

Greedy people need power over other people.

Arrogant people assume authority over other people.

We please others for fear of their displeasure with us.

Greedy people have low self worth and need to win and be better than others.

Arrogant people have low self-confidence and need to be right.

Greedy people and pleasers do not believe that we are all equal.

Arrogant and humble people do not practice being equable.  
“Pleasing god does not please God”

“Being humble, to the dogma and doctrine of religion, is not being humble to God.”

“Being humble to God makes god arrogant”.

“Following the direction of our Inner Coach is ‘Being Accepting’ and is neither humble nor pleasing because our Soul cannot be either greedy or arrogant, this is the prerogative of the ego self”.

## **Growth & Maturity**

Maturity is a stage of development between adolescence and old age.

Growth is an evolution of our reality in space and time.

Maturity concerns stability and certainty.

Growth is about expansiveness and personal experience.

Things grow as part of their connection to nature.

Things mature as a natural progression towards old age.

Growth is infinite, eternal and boundless.

Maturity is limited by age and experience.



Fruit matures before it goes bad.

Consciousness grows on a path towards Goodness.

Physical maturity leads eventually to death.

Spiritual growth is infinite, eternal and continuous.

## **Guardian & Guide**

My Mind, my sub-conscious Id, is my Guardian.

My Heart, my super-conscious Entity, is my Guide.

When the Guardian & the Guide unite as One, I operate from my True Identity.

The role of our Guardian is to keep us safe in our travels through the physical world.

The Guardian acts instinctively to ensure our safety, security, comfort and survival.

The role of our Guide is to facilitate our personal development and expansive spiritual growth.

The Guide acts intuitively to give us messages of coincidence and revelation.

When the conscious Self has a dilemma of choice it is because the Guardian and the Guide are in conflict.

The Guide may be advising a path that the Guardian sees as risky or unsafe, which will result in pain and discomfort.

The paradox of life is that when we fail to follow our spiritual path, we automatically confront pain and discomfort.

Whereas our true path always lies beyond our comfort zone, we do not have to encounter pain and suffering to grow spiritually, unless of course we believe that we do.

When the Guardian and the Guide are in conflict, we have a shift to make before we will find the effortless flow of our destiny.

## Guiding & Supporting

Guiding and Supporting are the two primary skills of a Coach.

Guiding is also a leadership skill of a Director.

When I guide someone by leading them, I am guiding them in my chosen direction.

When I guide, lead and direct someone in my direction, they become a follower or a worker. They follow my lead, my guidance and my direction.

When I lead someone by guiding their direction they will need my motivational support because they are acting under my will power.

When I support another as a Life Coach, I connect them to their own Source of Power and they become empowered with Life-force Energy.

With sufficient power, I support others to make new choices.

Once another has the power to make new choices for themselves, I can guide them to realise, make real, those choices and bring them into their reality.

A Director guides another to follow his/her authority and supports them to achieve his/her aims and objectives. Followers, employees and workers require direction and motivation.

A Life Coach supports another to connect to their own emotional power, guides them to follow their own authority and enables them to lead their own Life. With Guidance & Support they become inspired and empowered.

## **Harmony & Resonance**

Harmony & Resonance determine the Vibration of my Life Force Energy.

Harmony is the wavelength of my energy vibration.

The wavelength of my vibration determines the quality of my emotional state of being.

Resonance is the frequency of my energy vibration.

The frequency of my vibration determines the quality of the conviction of my belief.

My vibration or Life Force Energy is most harmonious when the gender of its wavelength is balanced and united.

When the gender of the wavelength of my emotional energy is balanced and united, the male and female aspects of my personality are in harmony.

When the polarity of the frequency of my mental energy is balanced and neutral, the positive and negative aspects of my character are in resonance.

The vibration of my energy is most resonant and harmonious when its wavelength is no longer divided by gender and its frequency is no longer divided by polarity.

The harmony and resonance of my energy creates an experience of Life that ranges from serenely peaceful to extremely chaotic because the gender of my emotions and the polarity of my thoughts determine the intensity of my Life.

# Head & Heart

Choosing between my Head & my Heart will always get me lost.

When head & heart are a duality, I will get confused.

When heads & tails are a duality, the chances are that I will lose.

When I chase my tail, I will go around in circles.

When I follow my head, I will meet resistance and problems that require solutions.

Following my heart is the third way between choosing heads or tails.

I can only follow my heart when my head is in alignment.

I cannot follow my heart without my head's agreement.

The power of my heart requires the authority of my head to be in alignment with the Mind of my Soul.

Only my head knows when my heart feels good.

The Heart of my Soul always has a Mind to be Good.

# Hearing & Listening

Listening is a skill.

The skill of listening is the ability to learn to stop not listening.

We stop not listening once we stop talking.

When we stop talking, we are able to listen.

The question then is to whom are we listening.

Listening to other people is as useful as talking to other people.

The real skill of listening is 'hearing' what other people are saying by hearing the 'messages' that are contained within other people's words.

The purpose of listening is to 'hear' our 'messages'.

Our messages outline the direction of the path that our Soul chooses for our Self to take.

The opposite of talking is listening.

The opposite of hearing is asking.

When we ask for direction, we will hear the answer once we learn to hear our Inner Coach, instead of listening to our Ego Self.

# Heart & Soul

When heart & soul is synonymous with mind & emotion, mental & emotional, or hearts & minds, we are creating a duality of our rational and emotional experiences in life.

When our Heart represents our Power of Love, and our Soul represents our Authority of Light, there is no duality, just a Triality, as we attain the potential Ability of Life.

Our Soul is at the heart, core or centre of our Beingness. Our beingness is the Heart of who we are. Heart and Soul are One, until divided in reality by our power and our authority.

When our heart and soul are divided in relative duality, we lose our Divine Ability, until that is, we redeem it.

We get confused when we believe that we feel love in our heart. The love we feel in our heart is the human love of an emotional need being fulfilled.

The Love of our Soul we feel emotionally emanating from our Solar Plexus and radiating up our spine and through our nervous system.

Our Heart Centre is the Source of our Authority of Knowing. When we Know in our Heart, we are in direct communication with our Soul.



When we See in our mind's eye, we are fully connected to the creativity of our imagination and we can see the bigger picture of Life.

Seeing, Knowing and Feeling are how we communicate with our Soul or Inner Coach, and are the essence of our Spiritual Intelligence.

When our Heart, Soul, Mind & Strength are aligned as One, we experience the Love of the Lord our God – Our Inner Coach.

In the Absolute Realm of Divinity, Heart & Soul are the same thing.

Our Heart & Soul is the core or centre and the Source of our Beingness.

The Source of our Beingness is from whence our Self originates.

The Source of our Beingness supplies us with both the power and the authority that enables us to follow an effortless life in this physical world.

In the physical world our Beingness is divided and our Soul becomes our self and our soul.

The purpose of Life is for the self to follow its Soul in order to connect to its power and authority.

Heart & Soul are synonyms or symbols for our Power & Authority.

The emotional power of our heart combines with the mental authority of our soul.

Once we connect to the vision, mission and purpose of our Soul, we automatically receive the true emotional power of our Heart.

When we put our Heart & Soul into Life we become authorised, empowered and fully enabled.

My Soul is the Heart of my Beingness.

My Heart is the Core of my Being that is my Soul.

In Absolute Reality there is no distinction between my Heart and my Soul.

In relative dual reality, heart & soul becomes synonymous with my True Power & Authority.

My Heart is the Source of my True Power, which is called Love.

My Soul is the Source of my True Authority, which is called Light.

With Heart & Soul, I have the Ability of Life.

When I live my life with all my heart and soul, I have the ability to live life to the full and my life becomes fulfilled.

The Ability of Life is my ability to connect exclusively to my own power and authority.

The Source of my Ability is the Power of my Heart & the Authority of my Soul.

When I put my heart & soul into something, I am authorised and empowered to succeed.

Heart and Soul are united in Absolute Reality.

In the relative dual reality of our physical existence, heart and soul become divided.

Our Heart is our source of emotional Love that is our Power.

Our Soul is our source of mental Light that is our Authority.

Only in the duality of our physical world is our power separated from our authority.

Only in this physical duality can we experience Love without Light, and light without love.

Love without light comes from a heart that is disconnected from its Soul.

A disconnected heart is an ego that is capable of experiencing the dualities of: love & hate; love & lust; and love & fear; as well as: light & dark and light & heavy.

When I put my Heart & Soul into Life, I connect to the Power & Authority of my Soul at the Heart of my Beingness

that allows me the full potential of my Ability to Live a Divine Life.

## Hearts & Minds

My Heart connects to the authority of my Soul.

My Mind is the will of my ego Self.

When my ego self is at One with my Soul, my heart and mind is united as one voice.

I cannot follow both the path of my Soul and the will of my ego because whenever there are two options, I am in the dilemma of a duality and therefore my ego is disconnected from my Soul.

When my ego Self has overcome all the dualities of relative physical existence, I will be at One with my Soul and all choices will have been made.

Without dual reality, there is no choice, there is no self to make a choice and there is no mind distinct from my heart that distinguishes my Self from my Soul.

Unless my Mind is separate from my Heart at the Core of my Being, I have no ability to choose. There is no distinction and there is no contrast.

My Conscious Mind always has a choice to either follow the passions of my heart or the desires of my sub-conscious ego's mind.

## **Hierarchy or Holarchy**

A Hierarchy measures the height of a man's status or esteem.

The top of a hierarchy denotes the esteem of the highest status of an Individual.

A hierarchy is imposed and perpetuated by the will of those at the top of the hierarchy.

It is built with pride, hubris, bigotry & avarice.

It is founded on the belief that those with apparent power have authority over others, and therefore, those in authority have power over others.

A Holarchy describes the depths of Man's existence.

It is an order of increasing wholeness, holiness or holism.

It describes the level of a person's awareness of their environment.

Each level of holarchy is a level of awareness determined by its own holon.

A holarchy is a natural universal constant.

The development of a new holon within an existing holarchy is the evolution of an expanding universe in action.

## **Humbleness & Humility**

I am seen to have humility when I bow to a higher authority.

I appear to be humble when I submit to a higher power.

Humility and humbleness are seen as virtues, but they may also be seen as sins.

Whether they are good or bad for us depends on our perception and our perspective.

When we show humility to the higher authority of our Soul, this may be seen as a virtue.

When we show humility to the authority of our false beliefs and fears that reside in our sub-conscious mind, this may be seen as a sin.

When we are humble to the emotional needs of our sub-conscious self, this may also be seen as a sin.

When we are humble to the power of True Love from our Source, this may be seen as a virtue.

Whether anything is good or bad, a sin or a virtue, is just a judgement of our subjective personal perspective.

Our Soul chooses to be at One and Equal with our Self, which requires the ego to overcome all aspects of humbleness and humility towards anyone and everything.

Our Soul does not desire that we submit or bow to its higher power and authority, but to connect exclusively to both. This requires us first to no longer yield and obey the power and authority of anyone or anything else.

## **Humility & Modesty**

Divine Humility requires the attainment of Acceptance & Forgiveness.

When I walk this Earth with Divine Acceptance & Forgiveness, I have attained Spiritual Humility.

Attaining Divine Humility requires me to overcome the duality of pride & modesty.

My Soul is the Divine Humility of unconditional Acceptance & Forgiveness.

My ego Self gets lost in a drama created by my pride in receiving and my modest humility in giving.



Pride is my ego expressing its righteousness about how good it is to receive from others.

Humility is my ego being modest about how good and right it is to give to others.

My ego's humility is the modesty that it is proud of having.

Being proud of not being proud is still an act of pride.

I require humility in order to tolerate other peoples' pride.

Tolerating other peoples' pride or modesty is not a state of being unconditionally Accepting & Forgiving and has therefore not attained Divine Humility.

## **I & Me**

Who am I?

I am Me!

I am the subject of my life and the object of my life is Me.

What makes me – Me?

The I that I am!

Who I am is who I am Being in any moment of time.

Me is who I have become on my journey of personal spiritual development and growth in this life-time.

I am my potential to be Me.

I am the sum total of my Attributes, Attainments & Achievements.

I look outward to see with my physical eyes a projection of Me in material reality.

My character, personality and attachments are a representation of Me.

The objective me is the sum total of all my achieved objectives.

The subjective I is seen from within with the vision and genius of my intuitive imagination that knows and feels the essence of I & Me as Beingness.

## **Illogical & Irrational**

Neither being Illogical nor being Irrational are being rational but they are not the same state of being.

They share the same negative polarity, but not the same gender.

Logic and rationale have the same positive polarity, yet have different genders.

Being rational is masculine logic, whereas my rationale is feminine intuition. Both are positive attributes.

Being illogical is negative male energy, whereas being irrational is negative female energy.

Irrational has an opposing female positive energy of being emotional.

Illogical has an opposing male positive energy of being rational.

Being unemotional is a negative male energy that is not the same as being illogical.

Being illogical has a negative polarity, whereas being unemotional has a negative gender.

When being rational, I know my energy.

When being emotional, I feel my energy.

When being logical, I see my energy.

When being irrational, I am disconnected mentally.

When being unemotional, I am disconnected emotionally.

When being illogical, I am disconnected physically.

When being illogical, irrational and unemotional, I am disconnected from all three aspects of my Beingness.

Intuitive Logic is balanced, harmonious and charge neutral.

## **Imagination & Visualisation**

Imagination is the creative power of my Soul.

I connect to the creative ability of my Soul with my imagination.

Whatever I can imagine, my Soul has the power and authority to create (manifest) for my Self.

The focus of my imagination is the process of my Self choosing the choice of my Soul.

When using my imagination, I am seeing with the eyes of my Soul.

Imagination is Intuitive, Inspirational, Insightful, Inventive, Innovative, and is the Intention of my Soul for my Self.

Manifesting the choice of my soul for my self requires the gift of Imagination.

Imagination allows my Soul to present its gifts to its Self in every present moment of time.

Visualisation is the creative ability of my ego.

Imagination is the creative ability of my Soul.

My visualisation skills allow me to manifest the desires of my ego.

I require imagination to follow the path of my Soul.

With Imagination, 'I'm a genie'.

## Impatience & Patience

Impatience is a mild form of anger.

I get impatient and angry when I run out of emotional energy.

I need emotional energy to be patient because waiting is a toleration and a have to.

With enough emotional energy, I can be patient.

As my emotional energy runs out, I will become impatient.

When I run out of emotional energy, I will react angrily to get it back.

Patience & impatience are a duality, that is, they are opposing expressions of the same energy.

Anger is a well known emotion because it is often accompanied by an intense physical reaction.

Patience & impatience are emotions or emotional states of being.

Patience is usually seen as a positive emotion and impatience as a negative emotion.

Whether vibrating in a positive or a negative direction, they are both the state of my energy in motion and I will have to choose one or the other until I overcome the duality and find a 3rd way of Being.

My 3rd Way is to be Allowing.

When I am either waiting patiently or reacting impatiently, I am disallowing what I want to attract and manifest into my life.

## **Independent From & Independent With**

Being Independent is being detached from or not being attached to.

I am independent from someone when I do not need them for anything.

I am independent with someone when I share my independence with them.

Sharing my independence with another has true value.

Independence has true value when it is without attachment or emotional need.

When I value the true power & authority of my independence it has true value for me.

When my independence is an 'inner dependence', I am dependent only on my true self – my Soul.

I am independent from needing others when I am independent with my True Self.

Being independent from my Soul is disempowering & unauthorised.

Being independent with my Soul is a connection that has no attachment.

Only when I am independent from all other people can I be independent with all others.

## **Influencer & Influenza**

Influenza is the influence of a bad spirit.

Bad spirits are the creation of a false perspective and an illusion of evil.



Influenza is blamed on a virus that we fall victim to.

Viruses are neither good nor evil. They are Nature's waste disposal system.

Everything that is not Divine and Pure, eventually decays and returns to dust or ash.

Bacteria and viruses turn inert matter back to dust, in the same way that fire turns inert matter back to ashes.

Ashes to ashes, dust to dust, is the way of life and death.

Every day I have a choice between 'living' life well or experiencing a slow lingering 'death'.

Influenza is a part of Nature and is natural.

The symptoms of flu are those of a physical body that is misaligned with its Spirit.

When my physical body is out of alignment with my spiritual body, I ache from the lack of connection to my power and I feel the resistance of life caused by my misalignment with my true authority.

Without my power and my authority to live life happily and well, I feel miserable, unwell, sick, ill and under the influence of a very bad or low spirit.

Flu is Nature's way of getting me to stop and re-think my life.

It is my natural way of cleansing out my bad perspective of life caused by my limiting beliefs and my fears.

It is my bad perspective of life that is the major influence on my life, including my belief that I can be a victim of a multitude of microbes.

There is only One Influencer that can align me with my True Path in Life – my Soul.

## Influent & Influential

I am being Influent when I am:

- Effortless, free and flowing on my Life Path
- Fluent in the language of my Soul and hearing my messages with clarity
- Under the influence of my Soul's Authority
- A shining example of my True Light

Being Influential is:

- Having power and authority over others
- Getting others to conform to my standards

- Believing that status, money & knowledge give me influence over others

My limiting beliefs will influence my behaviour until I become consciously aware of them and challenge their influence over me.

My emotional needs will influence my decision making and take priority over my actions.

The dramas that I attract in life will influence my character and my personality.

Being Influent is my true Identity and my Real Self never seeks to have influence over anyone.

## **Innersense & Innocence**

Innocence is the gender opposite of guilt.

It is my female energy of naivety, modesty, humility, humbleness, pleasing, meekness & patience.

It is without my male energy that makes me guilty of being righteous, proud, arrogant, greedy, wrathful & angry.

I am judged to be guilty or innocent by virtue of the gender of my energy.

Innocence may be judged to be a virtue but it is far from being a divine attribute.

Innersense is a divine attainment.

The attainment of Innersense requires all three intuitive senses of seeing, feeling & knowing.

It requires three divine attributes of being Good, being Gentle & being Graceful.

When I feel the power of my grace, know the authority of my gentleness and see the ability of my goodness, I attain Innersense.

My Innocence is 'in no sense' divine.

My Innersense is 'inner sent'.

Innersense is my power to be Happy & my authority to be Well.

Being guilty of my innocence disallows my Innersense.

## **Inner Space & Outer Space**

Outer Space is the space between star systems and galaxies.

Inner Space is the space between molecular systems and atoms.

Space in physical terms is the distance between physical objects.

Outer space is more abundant between galaxies than between the stars in a galaxy.

Inner space is more abundant within an atom than between the atoms in a molecule.

Space in spiritual terms is 'Energy'. It is the Energy that is the power of Consciousness.

The more space that I have the more conscious I am and the more emotional power that I have to convey my thoughts.

The more outer space that there is, the less dense is the environment.

The more inner space that I have, the less dense is my perception of life.

The only thing that divides inner and outer space is my perspective of life.

## **Instance & Instants**

An Instance is an occurrence or a happening.

It is something that occurs to me or happens to me.

A normal instance upholds reality as normal and unchanging.

An abnormal instance is seen as surreal or paranormal or is an experience that is seen as an accident or a disaster that changes current reality.

I see a disastrous instance as changing my normal reality against my wishes.

Instances of change are seen as blips in the One Reality of Life and are perceived as changes to reality over time.

An Instant is a point in space and time.

We perceive points in space as places and points in time as moments, which we see as different aspects of reality.

When I observe a particular point in space & time, I see an Instant of Reality.

An instant of reality is the product of that point in space and that point in time.

Space-Time creates Instants of Reality

Without space-time there is no point to reality.

An Instant is continuously changing.

That is the point of Reality and the point of Life.

When I observe the instant, I get the point.

An instance happens to me, whereas an instant is of my own creation.

## **Instinct & Intuition**

Instinct and Intuition are not the same thing.

Instinct is my Soul acting as or for my Self.

My Soul processes information instantly and is therefore able to react instantly as my Self.

My Soul has given my Self choice and I have chosen an instinct for survival. My Soul therefore only acts instinctively when my survival is threatened.

Instinct is acting without consciously thinking. Subconsciously my Soul has thought through the implications of my actions and acted accordingly.

Intuition is my Soul communicating with my Self.

My Soul intuitively communicates with my Self by allowing my Self to know, feel & see with my Soul's spiritual senses of awareness.

My Soul is always communicating with my Self. The question is: "Am I receiving my Soul's communications"? and "Am I connected to my Soul's revelations"?



My Soul is 'Instinctuitive'. It is both Instinctive & Intuitive.

The question is "Am I acting instinctively, intuitively or instinctuitively"?

We get our physical and emotional needs met instinctively.

We instinctively need food, water, oxygen and shelter in order to survive.

We also instinctively need emotional power to sustain us.

We get our spiritual needs met intuitively.

Our spiritual need is to develop and grow, consciously and mentally.

Spirit is our consciousness and our degree of consciousness is our spirit, which needs our spiritual power, authority and ability to grow.

Spirit is energy and needs to expand, otherwise it slows down, stagnates and contracts.

Our sub-conscious mind acts instinctively, our conscious mind acts consciously.

Our super-conscious mind (our unconscious) acts intuitively.

How conscious we are, is measured by our ability to act intuitively instead of instinctively.

# In Service & Of Service

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.

## **Intentions & Visions**

My Soul has a Vision for my life and intends for my Self to live it.

My Self is intent on living my Vision.

In the absence of a vision, my Self seeks to find its vision.

In the realisation of my vision, my Self seeks to experience that realisation as a reality and realise that reality as an experience.

My Soul's sole Intention is for my Self to realise my vision through physical experience.

In the absence of seeking a vision, the Self is intent on finding sufficient emotional energy to remember that it has a vision.

In the absence of sufficient emotional energy to remember, my Soul is intent on my Self gaining more and more energy in order to remember.

My ego's sole intention is to find the motivation to gain more and more ability to achieve the power to do what it truly val-

ues, instead of doing what it needs to do to maintain its level of emotional power in order to remember its mission and purpose in life.

The objective of my ego is to fulfil the tasks required to gain sufficient power to meet its real intentions, even though it has no idea what the Soul really intends for it to do, once it has the emotional power to do it.

Unless that is I have a clear Intention to follow my Vision.

## Intimacy & Oneness

Intimacy or 'in-time-acy' is being in the flow and is the harmony of concordant motion. When our motion is concordant and harmonises with another we are 'in-time' and share intimacy.

Oneness or 'one-energy-ness' is being in the gap and is a communion of the energy of space. When our energy is common with another we are in the gap and at One.

Before we can be at One with another we are required to be at One with our self, which means our Self is at one with our Soul.

At Oneness with another means our Souls are in union or whole communion with each other. A holy communion of

Souls requires a oneness of gender in the gap between all opposites.

Oneness is sharing the same space as another in mutual attention of each other. Attention or awareness of space and where each other are, is essential to experiencing Oneness.

Intimacy requires the discernment of another's path and the ability to see another's vision through the mission that they are undertaking. Discernment is conscious choice with awareness of intention.

Intimacy requires a common polarity of direction so that energy flows congruently, melodiously, and effortlessly, without entropy or resistance.

The greatest gifts that we can share with another are the energies of Time & Space. When we share our time together and we share our space together, we experience Intimacy & Oneness.

Oneness unites the power of two individuals with the Intimacy of a shared authority.

## **Intolerance & Tolerance**

Tolerance is my ability to tolerate what is occurring in my life.

Tolerance is a problem that can be solved.

Intolerance is my inability to tolerate what is occurring in my life.

Intolerance is an unsolvable problem.

My power to tolerate is determined by my emotional state of being.

The happier I am the more tolerant I am.

My intolerance is determined by my limiting beliefs.

Intolerance means that I am not receiving what I believe that I want and need.

Tolerance is my ability to accept someone else's choices as my own.

With tolerance, I am able to follow someone else's authority and do as they want.

Someone else's authority is a 'have to', a 'must', an 'ought to', or a 'should'.

When I have to, ought to, should, or must, be, do or have something, it is a toleration.

Intolerance is when I decide that I don't have to, I didn't ought to, I mustn't, I shouldn't and I won't.

When this happens, I become intolerant of another, they become intolerant of me, or we become intolerant of each other.

Intolerance is when I exert my will power in direct conflict with the will power of another.

In a dual reality world, I can either tolerate the will of another or find it intolerable.

Either way, I am not being accepting of the opportunity to see what is occurring as an opportunity and a gift.

With acceptance there is no toleration and no intolerance, no energy loss and no conflict; just the right choice for me based on my own personal perspective of what is occurring.

## **I Shall & I Will**

I will is an intention of our ego self.

I shall is an affirmation of our soul's intention.

I will is an intention of our mind based on our sub-conscious beliefs and our emotional needs.

I shall is an affirmation of our soul from the heart of our Beingness.

I will is a projection of our fate.



I shall is an expression of our destiny.

I will is the inheritance of our forefathers.

I shall is the gift of our true values.

I will, follows our ancestral lineage.

I shall, follows our vision, mission and purpose in life.

I will do what I need to do and be who I need to be, in order to have what I want.

I shall be who I really am and I have everything I need in order to do what I came here to do.

## Joy & Parental Pride

Parental Pride is rooted in the need for my children to succeed and to do well.

It is the result of my children's achievement and a measure of how well they are doing.

Parental pride justifies my beliefs as a parent and my role as a parent.

It applies when my children meet my standards that are set by me.

Parental pride is about me, not about my children.

The question is: “Who is setting the standard, me or my child”?

When my children are achieving my success, they are pleasing me and seeking my approval and my proud attention.

Parental pride measures how well my child is doing from my perspective. It is about their well-doing rather than their well-being.

The success and achievement of my children doing well are my fleeting moments of pleasure.

Parental pride is a fleeting moment of pleasure that is dependent on my children’s ability and successful achievement.

My well-being is the result of me following my path in life and attaining my own personal development and growth.

The attainment of well-being brings me lasting joy - a joy that I choose to share with my children.

Parental Joy is the experience of well-being and compassion that is shared with my children as they attain their own sense of experiencing being Well on their own journey of development and growth.

My true happiness is the parental joy of my children’s attainments, not the parental pride of their achieving my standards of material success.

My children are no longer my pride and joy. They are just a Joy.

## Joy & Pleasure

Pleasure is the positive emotional feeling of getting my emotional needs met.

Pleasant people please me with the pleasure they give to me when they meet one of my emotional needs.

When I meet someone else's emotional need, I have the pleasure of pleasing them because pleasing others pleases me.

Pleasure has a duality of pain, which is unpleasant and unpleasurable.

Whether an action or experience is painful or pleasurable is a personal perception based on an individual's beliefs.

“One Man's pain is another Man's pleasure”.

Joy is the pure emotional feeling of being connected to my own Source of Power.

Joy is the feeling of being connected to my Soul.

Joy is the pure positive emotion of being aligned with my True Self.

It is always a Joy to be the Beingness of my Soul.

I experience Joy through the act of doing what I Truly Value as this allows me to express the true value and worth of who I really am.

Joy is pure emotion that is without duality.

Joy is the expression of my True Power.

Joy is a Divine Attribute.

Pleasure is a common experience.

Joy is emotional happiness.

Pleasure is emotional fun.

Joy has no duality.

Pleasure has a duality of pain.

My Joy is never unpleasant or displeasing.

My Pleasure often is to others.

Joy is empowered by my Soul.

Pleasure is my sub-conscious motivation.

Joy is a true value.

Pleasure is an emotional need.

Joy is free to all.

Pleasure & pleasing comes at a cost.

Joy just flows.

Pleasure has a positive or a negative charge.

Joy is absolute.

Pleasure is relative.

## Kindliness & Pleasing

Pleasing others is conditional on what they give to me.

I please other people because of the emotional power and the authority to choose that they give to me.

I do not please another when there is no personal pleasure for myself.

I do not bother to please other people if they do not please me in some way in return.

Kindliness has no dependency on others and places no conditions on them.

It recognises the Goodness in all others and is not conditional on others being kindly to me.

Kindliness recognises the inherent kindliness in all other people.

It sees the oneness and the unity of all people.

Kindliness knows that what I do unto others, I do unto my Self.

Pleasing is conditional love.

Kindliness is unconditional Love.

## **Kindliness & Kindness**

Kindness & Kindliness are not the same thing and they are often confused.

Kindness is my affinity in a generous way to my own kind.

Kindliness is the 'spark of light' that is my affinity to my own True Self.

The opposite of kindness is the meanness and miserliness that is expressed to people who are not like me, not of my kind and whom I do not like.

I am never kind or generous to people whom I do not like.

The opposite of kindliness is a malignancy that is negative and often seen as bad, dark or evil.

Kindliness is benign. It is warm, welcoming, embracing and accepting of life in a positive way.

Unkindliness is malignant. It is cold, aloof, disconnected and intolerant of life in a negative way.

I can be benign and kindly without being generous, although giving of my kindness will always be seen as generosity.

I give with kindness, I express my kindness.

Kindness gives to others material possessions that others want and need.

Kindliness is a compassionate state of being that I share with another person who also has a kindly disposition.

## **Knowing & Thinking**

When I am Thinking, my brain is processing memories of past information and data.

When I am Knowing, I am connecting to the creativity of my mind.

I become conscious of the memories that I have stored in my sub-conscious when I think.

I do not think thoughts. I think memories and choices.

I know thoughts. When I connect to a new thought, I just know.



The act of knowing a thought brings it into my reality and allows that thought to manifest and to become created in reality. With enough power, I make it real.

My sub-conscious memories allow me to think. Thinking is the process of reviewing past experiences. Without a memory, I would act without thinking.

My super-conscious thoughts are my source of knowing what is right for my Self.

Knowing is my intuitive ability to create my ideal life.

I can choose whether to think about a future that is a projection of my past experiences, or I can know what is perfect in the present moment for my Self.

Searching my sub-conscious memory for new experiences is pointless. I will only find different ways of experiencing old experiences.

Revealing a new perspective on life is realising a new experience of life, which with sufficient inspiration will manifest as my reality.

Thinking focuses my attention on reproducing the past.

Knowing focuses my attention on creating my present in the future.

# Knowledge & Wisdom

Knowledge is acquired information and experience that facilitates choosing.

Wisdom is innate and intuitive and allows choice.

Knowledge of our physical world is gained through our five physical senses of seeing, hearing, feeling, smelling and tasting.

Wisdom of the spiritual world is gained via our three spiritual senses of seeing, feeling and knowing.

The pursuit of knowledge is for learned masters who seek the secrets of our physical sciences.

The acquisition of wisdom is for the learning student who seeks the secrets of our spiritual existence.

A learned scholar is rationally knowledgeable.

A wise sage is spiritually intuitive.

# Laziness & Sloth

Sloth is being off track.

It is being stuck in the density and the resistance of physical life.

Sloth is the 'goo' of entropy and the friction of resistance that slows life down to a crawl.

When being slothful, I am disconnected from the free flowing energy of Life.

Sloth is the consequence of a depleted life-force energy that has lost its will to continue.

Sloth is not laziness it is resignation.

In a slothful state of being, I need to be re-assigned.

Laziness is the opposite of hard work.

I work hard for other people.

Lazy is what other people call me when I am not doing what they want quickly enough.

I work for other people diligently.

I follow my own path effortlessly.

Working for others is never effortless.

Following my own path is never hard work and I am never lazy.

Effortlessly doing what I truly value with vision and with purpose requires me to overcome the duality of sloth and diligence, laziness and hard-work, and re-align myself with my true path and my true authority.

# Leaders & Managers

Leaders have a vision, mission and purpose

Managers have objectives, tasks and standards

Leaders are driven by their emotional needs

Managers are driven by the needs of their business

Leaders are Inner Directed

Managers are Outer Directed

Leaders follow their own path

Managers follow their leader

Leaders require followers

Managers require employees

Leaders intuitively know, see and feel what is right

Managers have knowledge, understanding and are in touch with their responsibilities

Leadership is about who we are Being

Management is about what we are Doing

The qualities of Leadership are our attributes and attainments

The qualities of Management are our abilities and skills

Leadership qualities of Inspiration; Intuition; Innovation; Insight; Invention; Ingenuity; Imagination; are all innate.

Management skills of Planning; Promoting; Problem Solving; Communicating; Analysing; Motivating; can all be learned.

We can Manage and Lead other people or we can Manage & Lead our own Life.

We can Coach other people to Manage & Lead others - This is Business Coaching.

We can Coach other People to Manage & Lead their own Life - This is Life Coaching.

## **Legal & Legitimate**

What is legal and what is legitimate are often confused.

There appears to be a distinction within political thinking with regards to the US/British invasion of Iraq, which is considered to be legal but not legitimate.

Legitimate requires the consensus approval of the majority of the public, whereas Legal conforms to Judicial or Statutory Law.

When Politicians carry out an illegitimate act, they suffer the disapproval of the electorate but not the wrath of the Justice System.

It is legal as long as it does not contravene any statutory laws. Apparently the British & US Forces were acting in self-defence against Iraq, which is considered legal.

A similar view is taken of a child that is conceived or born to unmarried parents. It is considered by a consensus view to be illegitimate or not legitimate, but it is not illegal.

Same sex marriages are now legal, but still seen by many as not legitimate.

Abortion is now legal but still seen by many as not a legitimate action.

Legal is the state of being lawfully correct.

Legitimate is the state of being morally correct.

## **Light & Love**

Love and Light are not a duality, they are the essence of Life.

Love, Light & Life are the Holy Trinity of All That Is within.

When Life has Light without Love, it is divided by polarity and loses its Power.

When Life has Love without Light, it is divided by gender and loses its Authority.

Without both the Power of Love & the Authority of Light, Life has no Ability to be Divine.

Divine Ability requires our connection to both our power and authority.

Polarity allows personal choice of what we want to have in our Life. These are our attainments.

Gender allows us to choose who we wish to be in our life. These are our attributes.

A choice of the polarity of our authority of Light and a choice of the gender of our power of Love, allows our Life to have differing intensities of ability.

We can live a life of Love without a sense of Knowing our authority, and we can live a life of Light without feeling our sense of power, but neither is Divine.

When we re-unite Love & Light in our Life – we see our own Divinity.

Without Life, Love & Light are just an idea. With Love & Light, Life becomes Ideal.



# Lighter & lighter

Less heavy is lighter.

Less weight is lighter.

Less specific gravity is lighter.

Less relative density is lighter.

Less dense is lighter.

Less dark is lighter.

Less evil is lighter.

Less ignorance is lighter.

Less serious is lighter.

More Awareness is Lighter.

More Consciousness is Lighter.

More Truth is Lighter.

More Authority is Lighter.

More Choice is Lighter.

More Energetic Mass is Lighter.

More Emotional Energy is Lighter.

More Balanced Vibration is Lighter.

More Harmonic Intensity is Lighter.

More Realised Potential is Lighter.

More Enlightenment is Lighter.

More Light is Lighter.

That's more or less it.

## Liking & Loving

We love (need) someone who gives us emotional power (positive energy).

We fear someone who takes away (drains) our emotional power.

We like (are like) someone who shares and endorses our authority (positive choices).

We hate someone who takes away or deprives us of our authority and choice.

We love (need) someone of the opposite gender because they make us feel whole.

We like (are like) someone of a similar polarity because they share our beliefs and our reality.

People who we like, who are like us, become our friends because we share the same interests or are interested in similar (like) things.

People who we love, are people who we need, because they make us feel whole.

Friends are people who meet our emotional needs. We either like or love them depending on whether they meet our need for power or authority.

We need people who we either like or love until we learn to connect consciously to our own Source of Power & Authority (our Inner Coach).

Once connected to our own Power and Authority, we can share the Power of our Love with others of a Like Authority, who make congruent choices and create concordant realities.

## **Love & Lust**

Lust is wanting and desiring the physical benefits and pleasures of life.

Lust is the male energy of desire.

Love, that is opposed to lust, is emotionally needing (as in: I would love to have) the emotional benefits or passions of life.

Love is the female energy of passion.

The greater our desire for physical or emotional gain, the greater we lust after it.

The greater our need for emotional gain, the more we will passionately love to have it.

Lust and love are the passionate desires of True Love, that are divided from each other by gender and are separated from True Love by their polarity.

A woman that sees a man's lust as just his desire for physical sex, has not seen or felt his emotional needs.

A man that sees a woman's love as her passion for him, has not seen or felt her emotional needs.

True Love is beyond the passionate needs and material desires of each individual partner.

True Love is neither divided by gender nor separated by polarity.

When love & lust are divided by duality, Divine Love is absent.

When love is seen as sensual and lust is seen as sexual, I become very lost, confused and frustrated.

Lust is the male gender of my desire for choice and love is the female gender of my need for power.

Sensual is an emotional perception of love, whereas sexual is a rational perspective of love.

When I make love in a rational way, it is called sex. When I have sex in an emotional way it is called making love.

Lust is another word for desire and wanting. Love is another word for passion and needing.

When lust is seen as rational and sexual, and love is seen as emotional and sensual, it is the same energy that is divided by male and female gender.

When sex & love, or passion & lust, are divided by polarity then one becomes positive and the other becomes negative depending on the gender of my perspective.

When Divine Love is divided by gender, the male authority is seen as lust and sexual desire, whereas the female power is experienced as love and passionate sensuality.

Only when my love & lust, sexuality & sensuality, passion & desire to have sex and make love all come into holy communion, where their male and female aspects unite in a climax of orgasmic blissful re-union, will I connect to my True Source of Pure Love.

# Lust & Need

When a man lusts after a woman, he is lusting after his True Power, not the woman.

When a woman 'loves' or emotionally needs a man, she needs her True Power, not the man.

Lusting after a woman has become seen as a man 'just wanting sex'.

Man never just wants sex, he wants and lusts after the potency and power of being connected to the Absolute Power of Love.

When a woman needs a man emotionally, she is seen as the romantic heroine seeking her romantic hero to meet all her needs emotionally.

Women need romance and a romantic man to meet their emotional needs, before they have the energy to connect with their man to the Absolute Power of Love.

Lust and Need are a duality, that is an aspect of the Absolute Power of True Love, divided by male and female gender.

We express True Love when in a state of Being in Pure Joy with a partner that is in a state of Being in Pure Joy.

Is there anything that either men or women seek more?

# Managers & Workers

Managers ensure that workers manage to work to standards agreed by employers.

Managers manage people to ensure that all required tasks are managed to be carried out to the agreed standard.

Workers carry out the tasks that are described in their job description.

Workers are required to perform tasks to the standards laid down by the company.

Both managers and workers are required to manage to complete all tasks on time and to the standard as laid down in their job specification.

Managers manage workers by ensuring that workers manage to work efficiently and successfully.

Managing tasks is the function of Workers.

Managing people is the function of Managers.

Managers requires people skills.

Workers require task skills.

Managers get confused when they are employed to manage tasks as well as managing people.

Managers don't manage tasks, workers do.



Workers don't manage people, managers do.

## Mastery & Slavery

Mastery & Slavery, like master & slave, is a duality.

Slavery is the inability to master freedom of choice.

Mastery is the ability to make choices for other people.

Mastery requires and utilises greed and gluttony.

Slavery requires and utilises humbleness and poverty.

Attempting to master my slavery will only result in becoming a slave to my path of mastery.

It is not my purpose to master physical life but to live and experience it.

It is not my purpose to be a slave to my physical existence but to discover and explore it.

I have an individual, unique and exclusive path that I have chosen to follow.

It is the belief that there is only one path that will make me either a slave to, or a master of, that path.

I follow my own path with equanimity, choice and contentment.

I am a slave to neither another's path nor my own.

Life Mastery is the process of overcoming the duality of slavery and mastery, so that I am neither a slave to my own ego nor the master of my own ego.

It is about overcoming the duality of physical and spiritual existence by attaining a degree of Mastery of Life.

## **Meditation & Sleep**

Sleep is essential to the physical body.

Meditation is essential to our spiritual path.

During waking, sleeping and meditating, we operate at three different frequencies.

Without sleep, the body struggles to regenerate its power.

Without meditation, the mind is unable to receive its authority.

Without awareness, the mind and body has no spirit and becomes like a zombie.

Sleep and meditation are essential to staying 'awake' – both physically and spiritually.

Spiritually means that we are physically, mentally and emotionally in balance.

We need to be fully awake and aware in order to meditate and receive our messages.

Without enough sleep, we cannot be awake enough, to be aware enough, to connect to our true authority and stay 'awakened'.

## **Mistaken & Right**

“Once, I thought that I was wrong, but I was mistaken”.

I am always right, I am never wrong, but I can be mistaken.

I am mistaken when I mis-take myself.

I mistake myself when I am out of alignment with my Soul and I take my Self on another path.

My Soul is always Right. My Soul knows no wrong.

In the Absolute Realm of my Soul, wrong does not exist.

In the relative world of my Self, wrong is a belief that I hold when I am out of alignment with what I want to occur.

When I am aligned with my sub-conscious self, I am mis-aligned with my Soul, I am misaligned with my Soul's Path and I mistake my Self for my Soul.

When I re-take my Path and re-align with my Soul's choice, I correct my mis-take and I become Right.

## **Morale & Morality**

Morale is the emotional power of a team or an army.

Morality is a standard of behaviour believed to be right by a religion or a religious organisation.

A body of religious people is called a church.

A church decides on the morality of its congregation.

Armies are driven by their devotion to a cause.

Religious belief has been the driving force of armies for many centuries.

Armies fight with the religious conviction of their nation or society.

All armies defend their right to the freedom of their own beliefs.

Religious conviction to their moral beliefs dictates the morale of an army.

The more a person is convicted in their belief that they are morally right, the greater their emotional need to defend that right and that belief.

Being wrong is never good for morale.

## **Moralist & Moral Relativism**

A Moral Relativist believes that morals are relative to a person's race, nationality, creed or culture.

A person's morals or moral standards are relative to their religion or the religion of their society, race, nation or culture.

I believe that morals are relative to one's religious upbringing, however, this does not make me a Moral Relativist, even though other people may label me as this because of my belief.

A moral relativist lives in a relative world and has morals relative to their religious upbringing.

I choose to conform to no religious moral standards, nor do I choose to accept a dual reality existence in this world.

My Personal Standards of behaviour are now my own and no longer reflect the race, nation, culture and creed of the society in which I was raised.

A Moralist lives in a world dominated by standards of behaviour that are deemed to be either moral or immoral.

A moralist believes a moral relativist to be immoral on the grounds of tolerating other people's false morals.

A moral relativist who tolerates other people's different moral standards has not by definition attained a state of Being that is both Accepting & Forgiving of all other races, creeds, religions or cultures.

Once I have overcome the relative duality of morality & immorality, I am free to attain the attributes of Forgiveness & Acceptance.

## **Motive & Purpose**

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.

## Nasty & Nice

Nice & Nasty is a duality of the same energy vibration viewed from opposing perspectives.



Mrs. Nice is friendly and I like her.

Mr. Nasty is unfriendly and I dislike him.

Whether I experience someone to be nice or nasty depends upon my judgment of who I believe that they are being.

When they are being who I want them to be, they are being nice and friendly.

When they are not being who I want them to be, they are being nasty and unfriendly.

I like people who are like me and meet my needs emotionally. They are nice people.

I dislike people who are not like me and drain my energy emotionally. They are nasty people.

Nice people give me their emotional energy.

Nasty people threaten and deplete my emotional energy.

When I become totally accepting of a person, they are no longer either nice or nasty, and they no longer see me as either nice or nasty. They accept me as being accepting of who they really are.

When I no longer judge others, they no longer judge me.

# Natural & Normal

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.

# Need & Purpose

We need to survive this life-time until we know that we chose this life-time.

The need to survive is called instinct.

Knowing our purpose for this life-time requires intuition.

In the absence of Knowing our purpose for Life, we will spend our life getting what we need emotionally.

Our emotional needs are created by not connecting to our true source of Power.

Our purpose is to know, see and feel, who we really are. This is how we access our power.

In the absence of knowing our purpose, we will be without the power to be here on purpose and we will continually need to replenish our emotional power by getting our emotional needs met.

Our purpose is pre-destined.

Our needs will determine our fate.

When we live Life on purpose, we realise our Vision, access our Power and fulfil our potential for this Life-time.

# Needing & Wanting

Wanting is what the conscious ego thinks it needs.

Needing is what the sub-conscious ego (the id) thinks it wants.

We need something when we sub-consciously believe that it is necessary.

Something is necessary when our conscious ego decides it wants it.

Problems occur when our wants and needs are in conflict.

When we are in doubt and conflict as to whether our wants and needs are necessary, then our id and ego are not congruent, and we are sub-consciously creating resistance to our conscious desires.

Conflict between our conscious and sub-conscious self is procrastination and will always result in opportunities being missed and problems being created.

Our Soul and Inner Coach is never in conflict and always knows what its Self really wants and needs.

The Soul has no distinction between wants and needs, and sees all new choices as opportunities for growth.

# Needs & Tolerations

A Toleration is a drain on our emotional power and when we are disconnected from our power, we tolerate or endure life rather than living life.

The energy we drain through tolerations, we need to replenish, thus tolerations create emotional needs.

The more we use our power with authority the more power we connect to. When we use our power without authority, we use our 'will power'. The will of the id & ego will always encounter resistance and negative intensity. The intensity of the resistance is directly proportional to the degree of toleration and therefore the need.

We need emotional energy to supply our tolerations. Without emotional energy they become intolerable and we become intolerant with anger and frustration.

The need to be accepted is the need to be tolerated by other people. To be with 'accepting' people, we are required to be accepting of others our self. Non-accepting people tolerate each other until the power runs out.

"Out of sight, out of mind" means that we only have to tolerate someone when we are with them.

"Absence makes the heart grow fonder" means that this person meets our emotional need when we are with them, and

when they are absent, we miss them and we need them emotionally.

“Familiarity breeds contempt” means that we are tolerating something about that person and the more time we spend with them the more intolerable and contemptible they become.

The antidote to tolerance and intolerance is Acceptance. When we are in a state of being accepting, we connect to our true power of Love. In a state of toleration we will default to our need for human love, which is a substitute for our real power.

## **Needs & Wants**

My ego wants what it believes will make me more safe, secure and comfortable.

My ego needs what it believes is necessary for its survival.

My conscious ego wants what it believes it does not have.

My sub-conscious ego needs what it believes is necessary to keep me alive.

My wanting is created by my belief in scarcity. Scarcity is the experience of things being scarce and limited.

My needing is created by my belief in poverty. Poverty is the experience of being powerless. (The belief that poverty is not having money comes from the belief that money is power).

Poverty is my lack of emotional power that makes me a victim of life. It is being without my True Wealth.

Scarcity is my lack of provision that accompanies my authority to make wise choices.

My experience of scarcity is created by my wanting what I don't need, and making unauthorised choices that do not manifest into my reality.

My belief in poverty is created by my experience of being disconnected from my True Source of emotional power.

There is still an abundance of scarcity (and extravagance / gluttony) in the Western World, even though poverty has been eradicated.

There is a wealth of poverty (and racism / greed) still in the 3rd World, where scarcity and gluttony have never really been a problem.

The needs and passions of the 3rd World are often confused with the wants and desires of the Western World.



# Negative & Positive

Positive or negative is how we perceive the state of our energy to be, based on how much we are resisting the flow of Life.

Our resistance to the divine flow of pure energy is called our 'stuff'. Our stuff is negative energy or emotional need created by our negative beliefs that are caused by our perspective of whether an experience or 'drama' is good or bad for us.

When everything that we are experiencing in our life is good and there is no bad, then we want everything that we have and we have everything that we want.

When there is no bad, there is nothing that we do not want and nothing that we do not have. This may be defined as a positive reality often called heaven or paradise.

However, positive cannot exist without negative in this relative world where we always have a choice of which polarity we choose.

The pursuit of a totally positive world will always be just that – a pursuit. Every pursuit is a drama that we can perceive from either a positive or a negative perspective.

Resistance creates a negative flow and our state of Well-Being is directly proportional to our force of positive energy. Our objective in life to experience Well-Being is therefore de-

pendent on our ability to eliminate our negative resistance to Life.

The big question is: “How do we eliminate our negative resistance to Life in order to promote Well-Being”?

The key is to understand that ‘negative’ is just our perspective created by our experience and an experience created by our perspective.

When we change our perspective, we change the polarity of our flow and we change our experience.

## **Negative & Positive Abundance**

Negative Abundance is having an abundance of negative energy or having too much of a bad thing.

Negative Abundance is:

- Having too much debt.
- Having too many problems.
- Having too many fears.

Too much debt depletes our power of self-worth.

Too many problems deplete our ability or self-esteem.

Too many fears deplete our authority to choose with self-confidence.

Those who live in the scarcity, frugality and poverty created by negative abundance will seek positive abundance.

Positive Abundance is:

- Too much money, which is gluttony (often confused with greed).
- Solving all life's problems, which is pride (confused with humility by the modest).
- Suppressing all our fears, which is arrogance (often confused with courage).

When abundance is either positive or negative it will bring us either too little or too much, not enough or more than enough, scarcity or gluttony, frugality or extravagance, poverty or luxury.

From a spiritual perspective, both positive and negative abundance are a negative attainment.

True Abundance is neutral and balanced between not enough and more than enough.

Divine Abundance is Enough, it realises Contentment.

When we are content and have enough, we experience Abundance.

With enough Contentment we attain the state of Being Abundant.

Abundance attains harmony when it no longer ebbs and flows between negative and positive abundance.

## Objectives & Objections

Objectives are things that I would like to achieve.

They are things outside of my present experience that I do not have.

Objectives are objective, not subjective.

They are the object of my desires, not the subject of who I really am.

My own objectives belong to my ego Self, they are not the subject of my eternal Soul.

I subject my Self to my intentions, not my objectives.

The objectives of my Self are not always in alignment with the intentions of my Soul.

Objections are the resistance that my sub-conscious Self puts in the way of my conscious objectives.

My objections are my limiting beliefs manifesting in my conscious mind.

They are my reasons why my objectives cannot be achieved.

My Soul has no objections and never objects to my objectives.

When my Self has no objections to my objectives, I have a subjective view of my clear intention because my Self and my Soul are in total alignment.

## **Observant & Subservient**

The role of the ego self is to subjectively serve the Soul.

The ego self is the 'subject' of physical life.

The ego self is the subject of the Soul's objective for this lifetime.

The Soul objectively serves the Self by observing at all moments in time.

The Self subjectively serves the Soul by subjecting itself to physical life.

When the Self is being subservient to the Soul, it is following the authority, messages, choices and guidance of the Soul, its Inner Coach.

The Self is not humble to the Soul.

The Self is not lower and the Soul is not higher, this is a false perception of Reality.

The Soul cannot grow and appreciate without the Self.

The Soul has the power to grow, but the Self has the authority not to.

The Self and the Soul are always equal in subservience and observance.

## **Observation & Opportunity**

An Observation is a statement of my perspective of reality in the present moment.

What I observe, I see with my physical eyes or I see in my mind's eye as the fact of my reality.

My observations are how I see the world and how the world is relating to me.

An Opportunity is a statement of my perspective of how reality can be in the future.

I cannot see an opportunity with my physical eyes. I can only see an opportunity intuitively in the imagination of my mind's eye.

Imagination is essential to being able to see a future opportunity.

An observation is a reflection of my present reality, whereas an opportunity is a picture, a thought, a revelation or an insight of how life can be changed to become more beneficial in the future.

Observation is required to ascertain: “Where I am now”.

Opportunity is essential to ascertain: “Where I choose to be”.

Coaching may be required to ascertain: “How I will get there”.

## **Observer & Observed**

The Observed is both subjective & objective.

When my Self is the observed, I am being subjective.

When my Self is the observer of another, I am being objective.

When my Soul is the Observer of my Self, I am being adjective.

When I am being observing of my Self, I am being my Soul.



When I am being both the Observer & the Observed, there is no distinction between who I am.

I am being my True Self.

As my True Self, I am neither the subject of the observer nor the object of the observed, because that requires a relative perspective of my Beingness.

When I adjectively know who I am, I absolutely know my truth and I see who I am being absolutely.

## **Oneness & At Oneness**

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.

## **Opportunities & Possibilities**

In life, all possibilities exist.

An opportunity is a possibility that is right for me.

What is right for me is my opportunity to follow my life path.

My Life Path is my opportunity to personally spiritually develop and grow.

My Life Path is one of many life paths.

There are many, if not an infinite number of paths in life.

We all have the opportunity to choose one possibility.

A possibility is a potential experience.

An opportunity is the potential to fulfil one possible experience.

One possible life path has the potential for many, if not an infinite number of opportunities for development and growth.

Infinite possibilities create confusion.

One definite possibility with infinite opportunities requires clarity of purpose.

## **Optimist & Pessimist**

An Optimist looks at Life from a positive perspective.

A Pessimist looks at Life from a negative perspective.

An Optimist is optimistic about positive events occurring and pessimistic about negative things occurring.

A Pessimist is pessimistic about positive events occurring and optimistic about negative things occurring.

What determines our positive or negative outlook is our pessimistic or optimistic perspective.

By the Law of Attraction, we attract and experience what we focus our attention on.

An Optimist will attract a positive outcome and a Pessimist will attract a negative outcome, even though the actual outcome may be the same.

Both Optimists and Pessimists believe that we make our own luck. The question is “Whether we make good luck or bad luck”?

The Opportunist does not believe in Luck and knows that we all create our own Reality.

## **Oxymoron & Paradox**

A Paradox is a self contradicting statement that can only be true if it is false. e.g. “I require a physical existence in order to experience my spiritual reality”.

True and false is a duality. In Absolute Reality there is only Truth, nothing is false.

Duality is a constant of Time & Space. In each moment of time and in each situation in space, something is either in existence and true or not in existence and false.

True or false is a perspective of the observer. When the same observer sees a situation from both perspectives at once, they allow the Paradox to be the Truth.

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

An Oxymoron is a figure of speech, where two words with opposing meanings are used together intentionally. e.g. “Spiritual Physics”.

A Physician or Physical Scientist will see ‘Spiritual Physics’ as a contradiction in terms that is not logical and therefore it must be irrational, false and untrue.

A Spiritually Aware Initiate will understand the Paradox of the Oxymoron knowing that Spiritual Physics is the study of how to live energetically in a physical world.

## **Pain & Suffering**

Pain is a physical sign of ‘weakness’ or ‘dis-ease’ that is an emotional blockage.

An emotional blockage resists the flow of spiritual energy called Well-Being.

When we experience negative emotion and repress it, it connects with our collective store of negative emotional energy and eventually manifests in the physical as pain. Emotional pain will eventually become physical pain as a symptom of illness or disease.

In our rational world, we seek a rational cause of our pain, and of course the universe delivers one, unless we have diagnosed the cause our self, which is the same thing. We consult a doctor usually to confirm the actual arrival of our worst fears.

As the cause of our pain is always emotional then so is the cure.

There are many ways to heal or release an emotional build up of negative 'stuff'. Laughing, crying, hic-coughing, screaming, chanting, singing, tongues, and orgasm are all ways of releasing pent-up emotion that is causing stress.

Stress is negative emotion that is causing pain but has not yet manifested as a physical ailment.

Psycho-somatic illness is one that doctors cannot diagnose as having a rational cause. No illness has a rational cause although it may appear to be a rational effect. The cause of all illness is emotional and is in our mind because that is where all Wellness resides also.

When we experience pain, we are experiencing the most intense negative emotion and receiving the most intense communication from our Soul.

What pain is telling us is that we have a large emotional build-up of negative energy that needs to be released.

When we release our pain consciously by becoming aware of its true cause, we have no need to continue to suffer.

Pain is inevitable, yet suffering is optional.

## **Passion & Passion**

There are Two Types of Passion:

1. The passion I get from receiving what I need emotionally.

The pleasure and fun of receiving what I need emotionally, motivates me passionately. I am passionately motivated to get my emotional needs met and receive what I need to have emotionally. I value what I passionately need because it has value for me.

2. The Passion that I experience when I am doing what I truly value.

The Joy of being in the experience of what is truly valuable empowers me with Passion. I am passionately empowered



to do what I truly value to do, be who I truly value to be, and to have what has true value for me.

I truly value the Passion that I enjoy when experiencing my True Values, fulfilling my Vision, and living my Life on Purpose.

I also understand that I passionately need to get my needs met and connect to my true power before this becomes possible.

## **Passively Aggressive & Passively Assertive**

Being Passively Assertive is communicating my choice to another, as my choice. I am asserting my choice in a passive way that is both non-active and non-aggressive.

When I am being passively assertive, I am gently explaining my choice to someone else with a confident and clear demeanour that is without aggression.

Being passively aggressive is resisting someone else's choice for me in a hostile way.

Being aggressively assertive is forcing my choice or my opinions and beliefs on to someone else in a hostile and threatening way.

Being actively assertive is physically doing what I have chosen as my choice, which may or may not be carried out with sensitivity to others. Without sensitivity to others my assertiveness may be perceived as active aggression instead.

Passively Asserting my beliefs and my choices is not imposing them on other people. It is simply asserting them as my choice.

Imposing my choices on others may or may not require me to be aggressive depending on whether others are tolerant or intolerant of my demands.

Imposing my choices on others is always an imposition.

Asserting my authority to choose is always my prerogative.

## **Patience & Patients**

Patients require patient care.

Care requires patience and patients.

Impatience expresses a lack of care.

Caring professionals require lots of patience to attract lots of patients.

Caring for other people's problems requires much patience & tolerance.

A lack of patience is a big problem and is not tolerated in caring professions.

Caring for patients is an ideal opportunity to experience and overcome the duality of patience & impatience.

Patience & tolerance are learned by suppressing one's anger & intolerance.

Managing one's impatience & intolerance is essential for a caring professional.

Suppressed impatience & intolerance will eventually make me a patient of my own lack of patience.

Is it better to care for someone's illness or to share someone's wellness?

Do I choose to help others be ill, or help them to be well?

## **Perspective & Perception**

Perspective is how we know the polarity of our energy.

Our perspective is determined by the direction in which we are looking.

We look forward in a positive direction to a positive occurrence in the future.

We look backward in a negative direction to a negative experience in the past.

We always have choice and we always have a choice of perspective.

Our perspective is determined by our beliefs.

Positive beliefs manifest a positive reality and negative limiting beliefs or fears manifest a negative reality.

To change our perspective it is required to change a belief from negative to positive, from contractive to expansive, and from backward to forward thinking.

Perception is how we feel the gender of our energy.

Our Perception is realised through the clarity of our awareness.

Our female perceptions are high frequency, warm and soft.

Our male perceptions are low frequency, cool and hard.

We perceive different genders of opposing dual reality through the wavelength of our emotional state of Being.

To change our perception of Life, we are required to first realise the sponsoring belief that is creating the gender and intensity of our state of Being.

When we change our belief about a situation in Life, we are able to perceive a new and improved feeling about what is occurring in our Life.

We are able to perceive the Feeling of our Soul as a new State of Being by choosing a new emotional state to be in.

## **Perception & Perspective**

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.

## **Personal & Personalised**

My Soul is Personal to my Self.

God is not personal to me.

God is Personalised by Religion.

Religious people see God as a Personalised Individual.

God is not individual to me.

My Soul is individual to my Self.

My Soul is an individual aspect of God.

My Self is a Person.

My ego is my sense of the person that I am.

My Soul is not a person, neither is God.

My Self has a personality and a character.

God has neither a personality nor a character.

A Character is determined by its beliefs. My Soul is the Truth. It has no beliefs.

A Personality is determined by its emotional needs. My Soul has the Power of Love. It has no needs.

I am Personalised by my character and my personality.

My Soul is an expression of God's True Identity, which is neither Personal nor Personalised.

## **Personality & Persona**

My Personality is determined by my emotional needs.



We all have different personalities because we all have different emotional needs.

My emotional needs are created by my beliefs that also determine my character.

People with similar personalities have similar emotional needs.

People with similar characters have similar beliefs.

Extroverts need other people to meet their emotional needs, whereas Introverts do not.

My Persona is determined by my Attributes and my Attainments.

My Attributes are the states of being that are attributable to my Self.

My Attainments are the attributes that I can consciously choose to be my emotional state of being.

The Attainment of Divine Attributes shines forth as ones Persona.

My Persona is the emanation of my Divine Attainments.

My Persona is my True Identity. It is the expression of who I really am.

# Physical & Spiritual Life Coaching

There are two distinct aspects of Life Coaching:

Physical Life Coaching has the goal of achieving the wants and desires of my ego, which are:

- To get whatever I need emotionally
- To have whatever I need materially
- To achieve whatever I believe that I need to achieve
- To learn knowledge to attain status
- To attain status to earn money
- To earn money to gain power
- To tolerate this physical existence safely, securely and comfortably

Spiritual Life Coaching has the intention of attaining the Passions of my Soul, which are:

- To live my vision, mission & purpose
- To do what I truly value
- To attain Happiness, Well-being & Expansiveness
- To attest to my Power, affirm my Authority & acknowledge my Ability

- To be Healthy, Wealthy & Wise; Content, Fulfilled & Joyful
- To have Presence, Clarity & Direction
- To allow what I have, approve of who I am being and accept whatever turns up in my life as a gift

## Poor & Poorly

Being Poor is being without Wealth.

When wealth is measured by how rich we are, poor defines our poverty.

Being poor is the negative perspective of a dual reality called scarcity and abundance.

Being rich is seen as a positive aspect of having an abundance of material possessions.

Being Poorly is being without good Health.

When health is a measure of our physical and mental ability, being poorly describes our inability to carry out physical tasks well.

Being poorly is the negative perspective of a duality called sickness and health when we are being either well or unwell with either good or bad health.

Being Spiritually Poor and being Spiritually Poorly are the same thing. They are both a state of being without our Personal Emotional Power.

In the absence of our Personal Emotional Power we can be neither Well nor Wealthy.

Our magnitude of Personal Power defines our Happiness.

With enough Happiness, we have Wealth & Well-being in Abundance.

When our Personal Emotional Power (Happiness) is low, we perform poorly both physically and mentally.

Being poor and being poorly are both the result of being without our Ability, which is caused by our lack of Power that is the consequence of our disconnection from our True Authority.

Our True Authority is our Soul and Inner Coach, our Real Self that is never in a state of being either poor or poorly.

## **Poverty & Scarcity**

My Scarcity is created by my disconnection from my Abundance.

Scarcity and abundance are not a duality. Abundance is a Divine Attainment.

The opposite of scarcity is gluttony, which is the pursuit or indulgence of more than enough. It is having too much of anything.

Abundance is my natural essence and is attained by following my authorised path. Abundance is my provision and to attain it I am required to choose it and to allow it to become my reality.

My Poverty is created by my disconnection from my emotional power that is my True Wealth.

Poverty and wealth are not a duality. Wealth is a Divine Attainment.

The opposite of poverty is riches, which is an abundance of attachments and possessions.

I can have anything in abundance but it will not necessarily allow me to be Wealthy.

I am Wealthy when I am connected to my True Source of emotional power.

The attachments and possessions that make me rich will disconnect me from my True Power and make me poor.

It is easier for a camel to pass through the eye of a needle than for a rich man or a poor man to enter the Kingdom of

Heaven. Neither scarcity nor gluttony, poverty nor material riches have a place in Paradise.

The path towards my Ideal World is paved with Abundance & Wealth. These are the signposts on my Journey.

## Prediction & Prophecy

Prediction requires a knowledge of the past.

Prophecy requires a knowing of the future.

I make a prediction of my future based on my memories of my past experiences.

My beliefs create my reality. I can therefore predict that my future will re-present my past, unless I change the beliefs that I hold in my present.

In a reality where beliefs evolve over time, and therefore a reality which evolves over time, it is impossible to predict how beliefs and reality will evolve over time. Predicting the long term future is not possible because everything inevitably changes and evolves with time.

When I predict what will happen based on what has happened before, I focus on what happened before and create my prediction with the focus of my attention.

My Self lives in the present with the memories of my past. It has the authority of prediction (I can choose my future), without the ability of prophecy.

Prophecy is the ability of the Soul.

A Prophet has an intuitive sense of knowing, feeling or seeing.

A Prophet has the ability to See with the 'Eyes of their Soul'.

Prophecy requires the 'Ears to Hear' the direction of my Soul.

My Soul knows my chosen Path in Life.

My Soul prophesies the opportunities for my Self in each present moment of time.

A Prophet interprets the prophecies of their own Soul for their Self, or acts as a channel or medium for another's Soul to contact its Self.

A Prophet may be a Gnostic (one who knows), a Seer (one who sees), or a Sensitive (one who feels).

A Prophet who makes predictions is a Charlatan.



# Presence & Present

The present is the moment in time that we physically exist in.

Our mind can travel into the past and the future but only connects with our emotion in the present.

The mind affects the vibration of our emotion with its judgments of the past and its expectations of the future.

Judgments of the past and expectations of the future limit the flow of well-being that is the pure emotion of our Soul. Spirit is pure emotion without physical and mental limitations.

Well-being is our ability to live in our present reality without limitation and resistance.

The magnitude or the power of our well-being is measured as the amount or quantity of our presence.

Presence is our emotional state of Being Well.

When we radiate presence we express our Wellness.

Present is an adjective that describes the moment in time in which our reality is focused.

We are 'Present' when we are fully aware of who we are and the current reality that we are presenting.

Presence is an adjective state of being in our power. When we are presenting our state of Well-being, we radiate our presence.

Presence, well-being and power are our natural state of being and our birth-right.

We are born with presence but as we grow we accumulate limitations and resistance that inhibit our ability to stay present.

Our natural state is to be present in time, present our true reality and radiate our presence in our space.

When we are present, we know our true authority. When we have presence we feel our true power.

With power and authority, we present our true ability.

## **Prevaricate & Procrastinate**

To Prevaricate is:

- To deviate from my path.
- To project 'what if's' into my future.
- To find reasons not to continue.

- To find entropy and resistance on my path, that do not yet exist.
- The expectation that a negative effect will be the result of my actions.
- The prediction of a detrimental outcome to my intended actions.

Prevaricating will always take me off track because it is the experience of an unclear vision.

To Procrastinate is:

- To put off or delay
- The appearance of 'buts' from my past experiences
- The creation of uncertainty and dilemma
- The creation of negative judgments about my future
- To find reasons not to start something

Procrastination will stop me following my path before I even start to follow my path.

Both prevarication and procrastination will create uncertainty and dilemma that will result in the abdication of my choice and authority.

# Priests & Prophets

Clairvoyant literally means clear seeing or the ability to see into the future.

Clairaudient literally means clear hearing or the ability to know the future.

Clairsentient literally means clear sensing or the ability to taste or smell what is not physical.

None of these abilities is Divine because Divinity requires clarity of Feeling, presence of Seeing, and direct Knowing.

We Feel with clarity to access our Power and become omnipotent, whereas when we see with clarity, we are playing the role of a clairvoyant.

We Know with direction when we hear the word of our authority and become omniscient, whereas when we hear with clarity, we are playing the role of a clairaudient.

We See with presence in the ability of the present moment and become omnipresent, whereas when we smell or taste with clarity, we are playing the role of a clairsentient.

In our future, all possibilities exist because we all have ultimate choice.

The clairvoyant has the ability to see a projection of one possible future. The question is whether it is the future of the client or a projection of the clairvoyant? Does the clairvoyant

have a Divine Appointment to pass on a message to us, or are they just trying to earn a living?

Remember, all possibilities exist. It is possible for us to receive messages from all aspects of our life, including clairvoyants, astrologers and fortune tellers but they are all playing the role of the prophet.

The prophet gives spiritual guidance based on their interpretation of the future.

The priest, witchdoctor, shaman and pastor give spiritual guidance based on their interpretation of the past.

One who has the Ability to See is a Seer.

One who has the Authority to Know is a Gnostic.

One who has the Power to Feel is a Sensitive.

The One who has mastered all three Divine Senses is the Messiah.

## **Proposal & Recommendation**

A Proposal is a statement of what I choose to do or make happen in my future.

A proposal is my business and my concern and is in line with what I have the power and the authority to accomplish.

It is a statement of intent to other people of what I choose to occur and the reality that I choose to create for my Self.

A Recommendation is a statement of what I believe will be beneficial for other people to do or make happen in their future.

A recommendation is a piece of advice to someone else that offers the good of one's own intention but carries no power or authority.

It is a statement of: "This is how I would do things given this situation and these circumstances".

An Observation of what is, is neither a proposal nor a recommendation. It is just an observation.

A proposal and a recommendation concern an activity in the future, whereas an observation concerns an activity in the present moment.

My Soul makes no proposals or recommendations, only observations in each and every present moment.

## **Pupils & Students**

I am a Student of a Course.

I am a Pupil of a Teacher.

Pupil & Teacher is a role duality.

It is where one believes that they have the knowledge and the other believes that they need the knowledge.

It is the duality of superiority and inferiority.

The pupil will always defer to the superior knowledge of the teacher.

It is only in my disconnection from the Truth that I seek to become the pupil of a teacher.

Jesus is the example of a Teacher without pupils. A Disciple is the student of a course, not a pupil.

My Inner Teacher and Coach does not seek to teach me about life.

My Inner Coach has given to my Self the gift of Life for the purpose of learning and growth.

My Soul chooses for my Self to be a Student of Life and to allow life to follow its natural course for my Self.

I am a student of the Nature of Life – of course.

Teachers teach, pupils are taught, students learn and disciples follow their own path.



# Quotations & Revelations

Revelations are unquoted quotations

Quotations are quotes revealed by other people.

I quote someone else's revelations.

I reveal my own revelations.

Someone else may quote my revelations.

When they do, it becomes a quotation.

Revelations are subjectively mine.

Quotations are objectively another's.

Revelations are original.

They are inspired with wisdom.

Quotations inspire others with their wisdom.

Once a revelation is revealed, it requires to be quoted by another to become a quotation.

I cannot reveal a quotation, only a revelation.

I cannot quote my revelation, only reveal it.

# Rein & Reign

Government holds the reins of authority.

Monarchy holds the power to reign.

In today's society, Monarchy has the power to reign but no authority, whereas Government has the authority to rein and rule, but no power.

To 'rein in' is to control and direct another, whereas to rule is to 'rein in' all others.

Free rein means that we are free to determine our own choice and be our own authority.

To 'reign over' is the power of the Monarch, which today has no authority to rule.

Without both power and authority the ability to be a supreme ruler is denied. Government needs the power of the Monarchy as much as the Monarchy needs the authority of Government.

An Autocracy has one supreme ruler.

A Democracy has a clear distinction between those who rein and those who reign.

# Relaxed & Tensed

Tensed and relaxed is a duality.

Tension is the state of being without relaxation.

Relaxation is the absence of tension.

Whether I am tensed or relaxed is determined by the polarity of my energy that is created by the beliefs that I perceive to be true about what is occurring in my life.

When I am too tense, I choose to be relaxed and when I am too relaxed, I wish I had a little tension in my life.

What I really choose is tensed-relaxation and relaxed-tension.

Martial Arts Masters have mastered the art of tensed relaxation and relaxed tension.

They both require the state of being present in the moment and in the reality of 'now'.

The balance between tension and relaxation is the state of being conscious of the presence of my rational choice together with the awareness of my emotional power.

When the Power of my Attention is balanced with the Authority of my Intention, it allows my focused Ability on my Action.

When my power, authority, and ability is congruent with my intention, attention, and action; Life flows effortlessly.

## Religion & Science

Science is the study of physical reality.

Physical reality is created by the time, speed and distance (space between) of physical objects, which are made up of physical matter (atoms).

Religion is the study of spiritual reality (spirituality).

Spiritual Reality is created by spiritual Space and spiritual Time.

Religion, via religious texts and scriptures, refers to Spiritual Time as 'Light' and Spiritual Space as 'Love'.

Spiritual Reality is called 'Life' and is the product of Spiritual Love and Spiritual Light.

The Spiritual Love and the Spiritual Light that is the Spiritual Reality of Spiritual life is not physical, it is the Spiritual Energy of Consciousness.

Spirit is 'Energy' not matter (nor the bi-product of matter).

Religion knows that all matter is created from Energy.

Science believes that all energy is created from matter.

Religion worships the power of the Spirit emotionally.

Science studies the effects of the Energy rationally.

Physical matter creates a physical reality and a physical existence.

Spiritual Energy (Spirit) is not physical and cannot be discerned with the physical senses. It is Intuitive and requires the use of our intuitive senses to comprehend it.

Science studies a life of physical reality that has a beginning called 'birth' and an end called 'death'.

Religion studies the spiritual reality of Life that connects us to the power of Divine Love and the authority of Divine Light.

Both Science and Religion know that all matter is the physical manifestation of 'Energy' or 'Spirit' and that energy can never be destroyed. It just changes form.

Whether I have a scientific perspective of life or a religious view of Life depends on how I 'See' the reality in which I exist.

# Resilient & Steadfast

Steadfast & Resilient are different attributes.

Steadfast is the ability to uphold my beliefs.

Resilience is the ability to flow on my path.

Steadfast resists change and holds firm.

Resilience flows effortlessly with changing situations.

Steadfast is a measure of will power.

Resilience is a measure of emotional power.

Steadfast has strong convictions.

Resilience has an intuitive knowing.

Steadfast is driven by an emotional need.

Resilience is powered by a true value.

Steadfast is forceful.

Resilience has gentleness.

Steadfast requires a high level of motivation.

Resilience has a high level of empowerment.

My ego Self is steadfast.

My Soul is resilient.

# Reverence & Reverent

Reverence is a posh name for pleasing.

Reverence is idol worship.

It is a deep respect for someone whose position we hold in awe and honour.

I am pleasing someone's greed and desire to be seen as superior when I humble myself to the position and the status of another.

Worshipping or idolising someone's status is envy.

When I respect or revere a person's position, I am envying their knowledge, status or power that is conveyed through their character or their personality.

Reverence acknowledges and respects the esteem of another. When that self-esteem is founded on status and position in society, it is false.

I Truly Respect and hold in high esteem the attributes and attainments of another when expressing their true identity.

It is only possible to have a deep and profound understanding of the attributes that another has attained once one has attained those attributes oneself.

Sharing those deep and profound attainments with another is the act of True Compassion and is truly Reverent.



We all have an equal potential to experience true compassion and attain the state of being Reverent.

Being Reverent is the state of sharing the attainments of another at the level of one's Soul.

## **Righteous & Self-Righteous**

Being Righteous is accepting that we all have and create our own reality. It is our 'Right' to be the creator of our own world.

Being self-righteous is believing that there is only one reality and therefore only one truth, which is ours.

Believing our self to be righteous is being self-righteous when we believe that all others are sinners and following the wrong path.

Being a sinner is the right of all who are unawakened to their right path.

Becoming 'without sin' or Being 'Divine' is the choice of all who become awakened to their right path.

Being Righteous is following the path that is right for us and allowing all others to follow the path that is right for them.

Being self-righteous is wanting everyone to follow our path because we believe that it is right for them.

Being Righteous is having Divine Humility, which is the Acceptance of our own path.

Being self-righteous is having the humility of being proud of not being proud, which is called modesty.

We tolerate others whilst being proud or in humility. With Righteousness we accept the Oneness of everything.

## **Risk & Risk Free**

When I am Risk Free, I am without fear.

When I have no fear, there is no risk.

Being free is the opposite of being secure.

Being at risk is the opposite of being safe.

Yet being risk free is being both safe and secure.

The only safe and secure path for me is my Life Path.

My Life path is risk free, but I am required to travel it without fear.

My Life path is filled full of safe risks and secure freedom.

Safety without risk and security without freedom are to be found within my comfort zone.

My comfort zone is where I feel safe and secure. It is without risk but it is also without freedom.

I cannot expand and grow within my comfort zone of safety and security.

The only freedom within my comfort zone is the freedom to give up my freedom of choice in return for my safety, security and comfort.

Venturing out of my comfort zone is risk free and secures my freedom, once I learn to follow the guidance of my Inner Coach.

My Inner Coach will guide and support me on my own personal, risk free path of spiritual growth, development and freedom.

## **Saints & Sinners**

Saints & Sinners are a duality of religious morality.

What the church judges to be immoral and bad is called a sin.

What the church judges to be moral and good is called a virtue.

Saints are judged to be virtuous, sinners are judged to be immoral.

A sinner is guilty of expressing the male aspects of their emotional energy, which are:

- Pride
- Envy
- Gluttony
- Lust
- Greed
- Wrath
- Sloth

These are called the 7 mortal sins that are judged by the church to be deadly.

A saint has innocence by virtue of expressing the female aspects of their emotional energy, which are:

- Humility
- Kindness (generosity)
- Scarcity (poverty)
- Human love (caring)

- Humbleness (pleasing)
- Meekness (patience)
- Hard work (due diligence)

These are called the 7 heavenly virtues and judged by the church to be saintly.

I believe Mother Theresa to be a shining example and the embodiment of Divine Love, not a candidate for sainthood, which requires the attainment of the above spiritual sins called virtues.

Being virtuous is expressing the sensitive, emotional and connected aspects of our personality but it is not Divine because it is not holy because it is not whole. Being Virtuous is being without the rational, exclusive and detached male aspects of our personality and therefore is not a Divine State of Being.

Divinity requires balance. Yin without yang is never Divine.

## **Sarcasm & Wit**

The distinction between sarcasm and wit is a matter of the polarity of our perspective.

A witticism or witty remark highlights the irony of an oxymoron, where duality or paradox are seen from an abnormal context.

When we are detached from the source of the humour, we can look positively at its wit. When we are attached to the negativity of an issue, it becomes caustic, offensive and bitter sarcasm.

Prejudice and resentment create a sarcastic viewpoint, whereas equality and acceptance allow and approve of wit and humour.

The more accepting that we are of ourself, the less sensitive that we are to sarcasm, and the more free we are to laugh at our wit.

The more open that we become to who we are being, the more we can see the bigger picture of who we are, appreciate the paradoxes of life, and understand the irony that dual reality existence creates.

Our Inner coach has a sense of humour delivered with positive wit, never with negative sarcasm.

Our journey in the realm of relative duality requires us to enjoy a sense of humour that allows us to 'laugh off' the absurdity of the dramas that we create in our life.

Life becomes serious and a matter of life and death when we treat it seriously. With humour and wit we can enjoy the Lighter side of Life.

## **Satisfied By & Satisfied With**

When I am satisfied by someone or something, I am being pleased.

I need to be pleased by someone else when my energy is depleted and my state of being is emotionally negative.

I will feel satisfied by them when they have managed to please me by raising my emotional energy in a way that pleases me.

Greedy people need others to please them and to satisfy their emotional need to be powerful and influential.

Lustful people need loving people to satisfy their wants and desires.

Envious people need kind and generous people to satisfy their need to have what they believe that they are without.

Gluttons are only satisfied by luxury and extravagance and fear the limitation and depravity of scarcity and poverty.



When I am satisfied with someone or something, I am content.

When I am Satisfied with Life, I am Content.

I am content when I am managing my own emotional power, when I have no tolerations, and when I am satisfied with my life.

I feel satisfied with life when I am content, I have enough, and I am experiencing abundance in all aspects of my life.

Contentment is my satisfaction with having enough and of being able to share my happiness with another satisfied soul who has an abundance of contentment to share with myself.

## **Satisfied With & Satisfied By**

When we are satisfied with someone or something, we have enough.

When we have enough, we are content.

When we are satisfied by someone or something, we have a need.

When we have a need, we are not content even though we may be temporarily satisfied.

Satisfaction is something we either have or need that is given to us by another.

Contentment is an attainment that comes from within our Self.

The need to be satisfied comes from the belief that we do not have enough and that scarcity and limitation exist.

When we are satisfied with our partner, we share our contentment with life with them and they share their contentment with us.

Without contentment we will be dissatisfied by life and need our partner to satisfy what we feel is missing in our life emotionally.

Without contentment, we will never be satisfied, only temporarily relieved of what we believe that we need emotionally.

## **Science & Scient**

Natural Philosophy is the love of the wisdom of the nature of everything.

Philosophy is the love of wisdom and the wisdom of love.

Natural Philosophy is the Science of Nature.

The science of Nature is knowing (being scient) the Nature of Life.

The nature of Science is to explore the rational physical world in a logical and mathematically proven way.

Isaac Newton was a Natural Philosopher (a scient-ist) not a modern day scientist. He discovered (invented) the mathematical principles of Natural Philosophy.

Scient, as in Omniscient, means Knowing. Knowing is an intuitive, spiritual sense that is beyond the knowledge of the physical world.

Science is the pursuit of knowledge, not the development of knowing.

Science requires logic and proof. Knowing requires Faith.

The intuitive sense of Knowing is innate, whereas scientific knowledge is learned.

A scientific theorem is an intuitive theory until it is proven logically, rationally and mathematically.

The nature of science is to substitute wisdom with knowledge and love with proof.

The Science of Nature is Philosophy – Naturally.

# Self-Aware & Self-Conscious

Being Self-Conscious is being unaware of my True Identity.

The more conscious I become of my ego sense of Self, the more unaware I become of my True Self.

Self-Conscious people lack self-awareness.

I am conscious of my physical Self. I am aware of my spiritual Self.

Self-conscious people are aware that their personality and character is not who they really are, yet they are unaware of who they really are.

It is impossible to be consciously self-aware, aware of my True Self, and to be self-conscious.

With conscious-awareness, I am aware of my True Source of Power and its potential.

Being self-conscious, I am embarrassed by the potential of the Power of my True Self.

With self-awareness I become aware of the true authority of my choices.

Without self-awareness, I am shy of other people's authority and advice.

I am Conscious of my Self.

My Soul is fully Aware of my Self.

“Am I fully aware of my Soul”?

## Self & Soul

My Soul says “I am”.

My Self says “I will”.

My Soul experiences pure feeling.

My Self feels positive and negative emotion.

My Soul knows the Divine Truth.

My Self understands truth and untruth, fact and fiction.

My Soul sees Heaven as a Reality.

My Self sees the reality of heaven & hell on Earth.

My Soul is Omnipotent with infinite Divine Power .

My Self competes with others for its emotional needs.

My Soul is Omniscient with eternal Divine Authority.

My Self has difficulty choosing what it wants for itself.

My Soul is Omnipresent with continuous Divine Ability.

My Self gets lost, confused and very frustrated with its judgments of the past and its expectations of the future.

My Soul has Clarity, Direction and Presence in each and every moment of Time-Space-Reality.

My Self is nothing without my Soul.

My Soul is nothing without my Self.

## **Selfish & Truly Selfish**

Being Truly Selfish is being like our True Self.

My True Self is my Soul.

When we are being the attributes of our Soul, we are being Truly Selfish.

We attain True Selfishness by making the choices of our Soul.

The Soul never chooses to be selfish or unselfish, always Truly Selfish.

The ego is our sense of Self that is disconnected from our Soul.

The Self always has a choice and can choose to be selfish or unselfish when making the choices of its ego.

When the ego chooses to be selfish it chooses what the ego thinks it wants, and what the ego thinks is good for itself.

When the ego chooses to be unselfish it chooses what another's ego wants, because it believes that in doing so it will receive what it thinks it needs itself.

Our Soul always chooses what its True Self has chosen for this lifetime.

Being Truly Selfish is following our Life Path and doing what we truly value, because this is what our Soul has chosen for our Self.

## **Selfish & Unselfish**

Pleasing my Self is being selfish.

Pleasing my Self is being greedy.

Pleasing others is being unselfish.

Being greedy displeases others.

Selfish people do not please others.

Being greedy and being selfish are not the same thing.

Being selfish is wanting my own way.

Being greedy is driven by the belief that I am more exclusive and better than another.



Pleasing others is tolerating their choices for my ulterior gain.

Whether I am being greedy or pleasing others, I am in conflict with their choices and competing for their emotional energy.

Pleasing my Self is ego driven fun & pleasure.

Pleasing others is a toleration, a problem and a pain.

Pleasing my Soul is a pure joy.

Being truly Selfish is following my faith in my own unique, individual & exclusive path in life.

When experiencing the joy of my own destiny, I am being neither greedy nor pleasing.

I have no need to compete with my Soul to enjoy the path of my Soul.

My Soul never pleases my Self.

A truly selfish path overcomes all duality and pleases both my Soul and my Self.

## **Sensual & Sexual**

Sexual and Sensual are not a duality.

A sexual encounter can be sensual or insensitive.

A sensual relationship has emotional feeling.

A sexual relationship has physical feeling.

An intimate relationship is sexual and sensual, physical and emotional.

Sensitive people feel other people emotionally.

Insensitive people feel other people physically.

When we are sensitive to another's physical touch, it is not sensual and not wanted and may be seen as sexual.

When we are insensitive to another's physical touch, it is seen as neither sexual nor sensual.

When we are sexually sensitive to physical orgasm only, it is not sensual.

When orgasm is the climax of both a physically and emotionally sensitive experience, we are being sexually-sensual and sensually-sexual.

Romance has emotional sensuality without physical contact.

Lust has physical contact without sensual feeling.

Intimacy requires sexuality, sensuality and sensitive-detachment.

# Shock or Surprise

When something turns up unexpectedly it is either a shock or a surprise.

A shock is an occurrence that is negative and unexpected .

When what turns up unexpectedly is received positively, it is seen as a surprise.

Shocks and surprises do not happen by accident.

Nothing happens by accident.

What I see as an accidental shock is a surprise from my Soul.

It is only a shock and an accident because I perceive it to be negative and not wanted.

A shock is designed to wake me up, make me aware, or bring my attention back to the present.

The present is always a surprise.

The greater the shock, the greater my disconnection from the source of the shock, my Soul.

When I am totally present and totally accepting of what turns up in my life, there are no shocks and there are no accidents, only presents and surprises.

# Speed & Velocity

Velocity is rapid motion or the rapidity of motion.

Speed is the rate of change for the better.

Change happens at the speed of light. The speed of light is the speed of thought. Thought is the creator of change.

The speed of light is Absolute. It is absolute motion.

Velocity is relative motion. All velocity is absolute motion at a reduced rapidity relative to the absolute speed of motion.

From my physical perspective (at rest), matter appears to increase in velocity up to its limit at the speed of light.

In Absolute Reality, absolute motion reduces in velocity until matter becomes static and motionless relative to other matter.

At the speed of light, mass becomes infinite.

Mass has an infinite magnitude of energy at the speed of light. Matter has a relative mass below the speed of light. It is relative to density and volume.

Matter with infinite mass ceases to exist as matter and changes form back to energy.  $[E=MC^2]$ .

Energy is Matter at the Speed of Light.

At the speed of light, infinite matter has infinite Space, eternal Time and a continuous potential to re-materialise and change its form instantly.

Below the speed of light, velocity is relative to time and distance.

The velocity of molecules undergoing a change in speed and appearance is called heat.

## **Spirituality & Religion**

Religion is inclusive. It follows one authority that includes all followers.

Spirituality is exclusive. It follows one unique authority exclusive to each individual person.

Religion is empowered by the unity of the body of the church that is called the Holy Spirit.

Spirituality is empowered by the unity of the Self with its Soul, which is the Whole Spirit.

Religion seeks Oneness with all people.

Spirituality seeks Oneness of the Self & the Soul.

Religion follows the authority of the church's doctrine.

Spirituality follows the authority of the Inner Coach or Soul.

An inclusive religion is for the followers of one religious leader.

An exclusive Spirituality is leading one's own Life, following the vision, mission and purpose of one's own Soul.

## **Sub-conscious & Unconscious**

The Unconscious holds our Truth, whereas the Sub-conscious holds our truths or beliefs. Our Conscious Mind determines our personal truth based on our beliefs and this becomes our reality.

The Unconscious resides in the Realm of the Absolute, where only Absolute Truth exists. The sub-conscious resides in the realm of the relative, where everything is either conscious or sub-conscious and is seen to be either a truth or an untruth.

Relative truth is either subjective, a truth that we have personally experienced as real, or objective, another's experience that we share or they have shared with us.

Absolute Truth is Adjective, which is the Truth of who we are Being or who we really are.

To use the analogy of a computer: Our physical body is our 'hardware' and is a reflection of our physical reality. Our mental and emotional states of being are a result of the 'software programmes' that we are running on our hardware. Regular programmes are believed to be the truth and anything that is not within our mental and emotional programming is thought to be untrue or false.

Our Truth resides within our 'Operating System'. If we are alive our 'system' is 'operating', although unless we are awakened, we will not be aware of it.

How well our operating system functions depends on the quality of our hardware – our health; the quotient of our mental beliefs – our wisdom; and the magnitude of our emotional needs – our wealth.

Our sub-conscious programmes run our conscious reality on our unconscious operating system.

Who designed the operating system is 'the mystery'!

## **Super-Vision & Supervision**

Super-Vision is my ability to see intuitively.

My super-conscious intuitive imagination is able to see the bigger picture of my life.



When I super-vise my life, I oversee my life from a higher perspective.

As the overseer of my life, my super-vision is focused directly on my path and my provision.

Supervision is the task of ensuring that other people perform to a preset standard.

I supervise others to ensure that they are following the path that has been laid down for them to follow.

A Supervisor oversees the tasks of others to ensure that they perform to an appropriate standard.

With super-vision, I allow my own path to flow to my Self.

With supervision, I disallow my own path in favour of the path of another.

## Talking & Speaking

When I talk 'about' someone else, I am just gossiping.

When I talk 'to' someone else, I am telling them about my experiences, my beliefs, my convictions and my opinions of life and I need them to listen to me.

When I speak 'with' someone, I am having a conversation with someone who hears me.

When I listen to someone, I am having a conversation with someone who is talking to me.

When I hear someone, I am having a conversation with someone who speaks with me.

My Soul is continually talking to me.

The question is: “Am I listening”?

When I talk about my Soul, I am just gossiping.

When I talk to my Soul, I am telling my Soul what I want and need. Some call it praying or saying my prayers.

When I speak with my Soul, my Soul speaks with my Self, and I hear my Self speaking.

When I hear my Soul speaking, I am my Soul.

I talk to my Soul when I am disconnected from my Soul.

I speak with my Soul when I am united and at One with my Soul.

## Thinking & Thought

Thinking & Thought are not the same thing.

Thinking is the act of recalling information from my memory and processing information that I am receiving from my senses.

Thinking is:

- Processing memories
- Consulting beliefs
- Analysing data
- Deducing outcomes
- Predicting future events
- Making choices based on knowledge
- Discerning what is right or wrong by judgement

Thinking is the process of communication with or as my 'lower' sub-conscious Self.

Thought is a communication from my or as my 'higher' super-conscious Soul.

It is my Soul's directive as to whom "Thou ought' to Be.

A Thought is:

- An Intuition
- An Inspiration
- A Revelation

- A Knowing
- A Message
- A Prophetic Word

It is the act of not thinking, called meditation, that allows clarity of thought.

Thinking and thought appear to be the same thing because they are both processed by my brain.

Both thinking and thought derive from different aspects of my Mind.

## Thinking & Thoughts

My True Thoughts come from my Soul.

My Soul communicates with my Self through my super-conscious mind.

My conscious mind has the ability to both receive and transmit pure thought.

It also has the ability to process experiences and create new thoughts based on old experiences.

This is called Thinking.

My super-conscious mind creates Thought.

My conscious mind thinks.

My sub-conscious mind stores past experiences as memories and silently processes them.

New Thoughts always emanate from my Higher Mind, my super-conscious Soul.

New thinking is just old thoughts re-processed through my sub-conscious mind.

Thinking blocks True Thought being received.

Inner conflict creates interference to the clear reception of my True Thoughts.

My True Thoughts are my inspired & empowered revelations from my Soul.

Hearing them requires a quiet mind.

## **Thou & You**

You is the 2nd person, both singular & plural.

I am the 1st person, we are plural.

He, she & it are the 3rd person who are collectively they.

In a dual reality existence, there are always three choices.

I can talk about myself, I can talk about you, or I can talk to you about others.

I can converse in the 1st, 2nd, or 3rd person.

Thou is how my Soul addresses my Self.

It refers to a Self that is separated from its Soul.

From my Soul's perspective there is only us.

Thou is always one of us.

We are all One.

Thou is an individuation of the One.

I will is a statement from my sub-conscious ego.

You will is a statement of arrogance.

Thou shalt is a message from my Soul.

## **Transcending & Transforming**

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 lifetime.

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.

## **Treat or Treatment**

Is Therapy a Treat or a Treatment?



That is determined by the perspective of the patient or the client.

A masseur treats a patient who is unwell and needs treatment for aches, pains and muscular tension.

A masseur treats a client who is well with an enjoyable, sensual and spiritual experience.

A hypnotist treats a patient who is unwell and needs to get rid of the fears and false beliefs that are the cause.

A hypnotist treats a client who is well to an enjoyable, peaceful and serene meditation.

A counselor treats a patient who is unwell and has personal problems to be solved.

A Coach treats a client to an enjoyable journey of expansive growth and opportunity.

Working with a great Coach is an enjoyable treat for those who are well and want to become even better.

Working with a great counselor or therapist is a treatment for those who consider themselves unwell and need someone to make them better.

Therapy is a treatment that is practitioner driven.

Coaching is a treat that is client driven.

# True & Untrue

What we consider to be true or untrue is our judgement of what is a real or an unreal experience.

What we see as real is already created in the physical world.

What we see as unreal is already created in the spiritual world of our imagination.

Before anything can be, or indeed has been, created in this physical world, it has to first be realised in someone's imagination.

What we see as true and real we consider to be fact.

What we consider to be not true and unreal, we call fiction.

Science fiction is whatever is not yet true and real in the physical world and cannot yet be scientifically proven.

All science fiction has a high probability of becoming future science fact.

Everything that has ever been created started as a thought, that originated in the imagination of someone.

The real question is:

“Is our Imagination Real”?

And:

“Does our imagination reveal our truth or our untruth”

# True Values & Values

A Value is something that we want and desire because it adds value to our life in a non-material way.

Values include:

Personal standards, which include ethics, morals and principles that are standards of behaviour that are driven by our personal beliefs, opinions and convictions.

Personal emotional needs that we want and desire because they raise our personal feeling of emotional power.

Then there are what is termed in Coaching as True Values or Core Values.

True Values are the actions that we take that have true value and worth to our Self.

True Values are what we truly love to do in our life, once we have overcome the limiting beliefs that create our tolerations in life and drive us to get our emotional needs met.

Our True Values lie beyond our emotional needs and may not be recognisable or acknowledged as achievable until we have learned the ability to meet our emotional needs consciously.

Our True Values define our mission in Life, as distinct from our Attributes that define our purpose in Life and our Attainments that define our Vision for this Life.

Attributes are the emotional states of Being that we attribute to our Self in each moment of time.

Attainments are the personal qualities that we have, express and emanate to the world.

We define:

- True Values using a verb or 'doing' word that is 'objective'.
- Attributes using an adjective or 'descriptive' word.
- Attainments using a noun or 'subjective' word.

Our personal standards and beliefs have value because they determine our character.

Our emotional needs have value because they formulate our personality.

Our True Values, Attributes and Attainments are an expression of our True Identity and our True Value that is our Worth, Confidence & Esteem.

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.

## Wellbeing & Wellness

Wellness is a duality of illness.

We can all be diagnosed on a relative scale of illness & wellness as being relatively well or relatively ill.

Whether I am ill or well is a subjective discernment that can be influenced by the objective diagnosis of a medical professional.

The medical profession diagnoses illness. It sees wellness as the absence of an illness that is either physical (medical) or mental (psychotic).

Wellbeing is a state of being Well.

It has no duality.

Wellbeing is a positive emotional state of being in balance & harmony.

The experience of positive emotion is the experience of well-being.

I cannot experience a negative emotion and feel well.

The more positive the emotion that I am feeling, the more well-being that I am experiencing.

I cannot develop my sense of wellbeing from a state of illness, only from a state of already being well.

Wellbeing is the experience of overcoming the duality of illness & wellness.

Being well requires the emotional intelligence of understanding emotional states of being and the ability to consciously choose them.

I cannot have emotional needs and consider my Self to be well.

Consciously meeting my emotional needs is a prerequisite to Wellbeing.

## **With & Without**

With & Without are confused with within & without and inside and out.

Belief in an external God is the belief in a god that is outside of one's self. It is a belief in a god that is without that creates a reality of being without God. With an external god, I am without God and separate and disconnected from God.

Belief in an Inner God is the belief in a God that is inside of one's self. It is a god that is within, rather than without. A belief that God is within me. With an internal god, I am outside of God and separate and disconnected from God.

It is not God that is within me but the potential to be Divine (my Soul) that is with me.

Within & without; inside & outside; internal & external; inner & outer; are all dualities of the same experience.

God exists beyond the world of dual reality.



The question is not: “Is God within or without”?

The question is:

“Am I connected to my Divinity or separate from it”?

“Is it within my potential to be Divine or not”?

“Am I with God or without God”?

## "Yin & Yang"

Yin & Yang are used to describe how seemingly opposing forces are connected.

Yin is the shady place or north slope.

Yang literally translates as the sunny place or south slope.

As the sun moves across the sky, yin and yang change places with each other.

Yin & Yang are an expression of our Dualistic World and our Life's apparent paradoxes and dual realities.

Yin & Yang is the Chinese version of Duality.

The shade and the sunny place are a metaphor for light & dark that has become synonymous with good and evil, right & wrong, and positive & negative, which are examples of the polarity or opposing directions of energy.

Yin & Yang is also synonymous with the duality of opposing male and female genders of energy that are either hard & soft, warm & cool, hot & cold, introvert & extrovert, or passive & active in intensity.

Yin is seen as the female aspects of Life, which include: Humility; Kindness; Abstinence; Passion; Humbleness; Patience & Diligence. These are often seen as virtues.

Yang is seen as the male aspects of Life, which include: Pride; Envy; Gluttony; Lust; Greed; Arrogance & Sloth. These are often seen as sins.

The purpose of Life is to balance all aspects of Yin & Yang and become a “Virtuous Sinner”.

To overcome Duality, we are required to find the 3rd Way.

# Duality, Singularity, Triality

Singularity is the single reality of Oneness and the state of everything existing in the Realm of Infinite and Eternal Continuity.

In the beginning God created the heaven and the earth and Twoness came into being out of the Oneness of All That Is.

Twoness is duality, an abbreviation of dual reality, or the opposing states of relative opposites.

The Earth is a three dimensional, physical, world created as a contextual field in which to experience all aspects of non-divinity or twoness, called duality.

The existence of both twoness and Oneness gave rise to the possibility of Threeness.

Threeness or Triality, short for Triune Reality, or the reality of the Trinity, has no opposing states of Being. It exists without conflict or opposition in a state of harmony, balance and calm called Peace.

Absolute Peace, calm, balance and harmony, often referred to as Heaven, is the Gap in Space outside of all states of dual reality, that unifies and edifies all relative states of Being.

Whereas the Holy Trinity of the Triality of Threeness is the ultimate reality in a three dimensional universe, twoness allows reality to change through individual choice.

Singularity has one choice, which is no choice.

Duality has two choices, which allows choice.

Triality allows us to be in a Divine State of Being At Choice.

## **Abeyance, Obedience & Obeyance**

Abeyance is a gaping hole or a wide open space. A window in time.

It is an opportunity that is expected, waiting to happen or to be accepted.

A gap in space is an opportunity to grow and expand into that gap and that space.

The universe does not abhor a vacuum, it relishes an expansive opportunity.

Without a gap, or an opening , or a window in time, there is no opportunity for the expansion and growth of my reality.

Obedience means following the authority of someone else.

I give obedience to those whom I trust to make my decisions.

It is making the choice that someone in authority would make.

It is doing what I am told and obeying the master to whom I am a servant or slave.

It is confining myself within the boundaries set by other people.

Obeyance means being true to my Inner Self.

It is following the direction of my Soul and True Self.

It is obeying the direction, authority and the messages that guide and support me on my spiritual path.

Obeyance requires Faith not trust.

My obedience to another disconnects my provision.

My provision is in Abeyance awaiting my Obedience and my Faith.

When I connect with faith and obeyance, I allow my provision to appear.

## **Amused, A Muse, Bemused**

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.

## **Attributes, Attainments & Abilities**

Our Attributes are our States of Being that we choose to be, relative to our experiences in life. We define them with an adjective because they are adjective.

Our Attainments are the personal truths that we choose to have, relative to our perspective of life. We define them with a noun because they are subjective – the subject of our reality.

Our Abilities are the actions we take (what we choose to do) in the process of developing our attributes (who we are) and expanding our attainments (what we have). We define them with a verb because they are objective – the object of our action.

Our Destiny is the expansive growth and personal development of our attributes, attainments and abilities, which are our True Identity.

## **A Wake, Awake & Awaken**

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.

## **Bewitched, Bemused & Bewildered**

When we are bewitched, bemused and bewildered, we are frustrated, confused and lost.

When we are frustrated in what we are trying to do, we are said to be attacked by demons or gremlins and we are the subject of curses that impede our progress. We are bewitched by the curses of our own thoughts and other people's words are a reflection of our thoughts that we have attracted.

When we are confused about who we are, we become bemused and our power turns from amusement to bemusement. Amusement gives us fun and pleasure whereas be-

musement impedes our positive flow and cuts us off from our energy and power. We become bemused when we confuse who we are being with what we do for a living. We are bemused by our fate and the emotional needs that have driven us to follow it.

When we are lost, we are disconnected from the direction of our soul and following a path that leads us into bewilderment. The only cure for bewilderment is a spell in the wilderness to connect us to our true nature. Bewilderment is caused by the endless problems we encounter because we missed the messages that uncover our lessons that lead to an effortless life.

Bewitched, bemused and bewildered is the way, the truth and the life of all unawakened Beings who are not yet alert and aware to the clarity, direction and presence of their Soul.

Presence is the antidote to bewitchment; clarity clears away bemusement; and direction alleviates bewilderment.

## **Boredom, Ennui & Frustration**

Boredom is my lack of vision and focused intention that deprives me of my self-confidence.

Without confidence and authority, and in the absence of making my own choices, I become bored.

I become bored under other people's authority that is not aligned with my own path.

I will have to tolerate boredom until it becomes intolerable.

Ennui is my lack of purpose and self-worth.

Without my emotional power and a sense of worth, I will suffer the melancholy, listlessness and depression of ennui.

With ennui, I will need motivation and drive.

Ennui will annoy me until it eventually makes me very angry.

Frustration is my lack of ability to do what I want to do and to achieve what I want to achieve.

Without sufficient ability, I will get frustrated.

I will get frustrated having to depend on other people to do things for me.

When my boredom and lack of authority incapacitates me, it will become intolerable.

When my ennui and lack of power angers me, it will show my incompetence.

Together, Boredom and Ennui will disable me, make me very frustrated and deplete my self-esteem.

# Character, Personality & Intellect

Our character is defined by the role that we play in life, which is determined by our abilities in the physical world and how we serve people in a material way.

Our personality is determined by our emotional needs and how we compete with others for our emotional energy. Extrovert personalities need other people to meet their needs in an active way, whereas introvert personalities meet their own emotional needs in a more passive way.

Our intellect is how we define our level of knowledge and when we believe that knowledge is power, our intellect defines our level of power or authority over others.

Our character, personality and intellect define our physical, separated sense of self.

Our Identity is our true sense of who we really are spiritually.

We determine a person's character, personality, and intellect from what we see with our visual eyes and hear with our audible ears that are our physical senses.

We determine our spiritual identity with our spiritual senses of seeing, feeling and knowing. Those without the eyes to see and the ears to hear will have to read the parables.

When we see a person's character, we understand the role they are acting out in life.

When we feel a person's personality, we understand what they need emotionally in their life and whether they are capable of meeting our emotional needs.

When we know a person's intellect, we understand the beliefs that form the cornerstone of their conviction.

When we can see, feel and know our self, we can experience, explore and discover our true identity of who we really are.

## **Christening, Baptism or Initiation**

We are christened into the Christian Religion and follow the beliefs of its pious leaders, which becomes our fate.

We are baptised into the flowing waters of the rivers of sin and our baptism of water makes us aware of the game of sin and virtue, also called the morality of right & wrong.

Or, we are baptised into the flaming fires of hell on earth and our baptism of fire alerts us to the game of light & darkness, also called the battle of good over evil on our journey of life & death.

We are initiated into the Game of Life when we are awakened to our true journey of personal development & spiritual growth to discover our initial identity and to experience our vision, mission and purpose for this life-time.

## **Clarity, Direction & Presence**

With Clarity & Direction, I have Presence.

I have Clarity when my female energy is positive.

When I am Being Connected, Sensitive & Emotional, I have Clarity.

Clarity requires Awareness.

When I am inclusive, attached & irrational, my energy is negative and I become confused.

I have Direction when my male energy is positive.

When I am Being Exclusive, Detached & Rational, I have Direction.

Direction requires Consciousness.

When I am disconnected, insensitive & unemotional, my energy is negative and I become lost.

When I am Exclusively-Connected, Sensitively-Detached, & Emotionally-Rational, I have Conscious-Awareness and I have Clear Direction.

With Clear Direction, I have Presence.

Without Presence, I will become lost, confused and frustrated.

## **Complimentary, Complementary or Alternative**

A Complimentary treatment is one that is favourable or free, or both.

Complementary medicine is a treatment that complements and works with, or without, modern accepted medical practice in an holistic way.

Alternative medicine is a treatment that is employed instead of a modern medically accepted practice.

An alternative treatment is not necessarily either complimentary or complementary, although it may be either, neither, or both.



Whether a treatment is either complimentary, complementary or alternative depends on the perspective of the practitioner, the perspective of the patient, or both.

Complimentary treatments may be prescribed alongside traditional medically prescribed treatments, but this does not necessarily mean that the two treatments complement each other and produce a balanced outcome.

Any treatment that is seen as complimentary and favourable to the patient by a medical practitioner is prescribed as an accepted treatment, not as a complementary additional treatment.

What a medical practitioner sees as an alternative treatment is actually an additional treatment that may be complimentary and favourable but not necessarily complementary and holistic.

A complimentary treatment may be favourable or free without being complementary.

For an alternative treatment to be complimentary it is required to be complementary.

# Collections, Attachments & Connections

Collections are things that I collect in life because they have value.

They are similar things that have come into my possession and have become my possessions.

Attachments are things that I collect in life that I value because I need them emotionally.

Things that I am attached to I need emotionally and value emotionally because of what they give to me emotionally. If I did not value something, or I did not need it, why would I collect it?

Connections are things that I collect in life because they fulfil one of my True Values.

I do not need my connections, but I truly value the enjoyment that I experience when connecting to them.

My connections are not physical or material.

My physical and material collections, I discovered to be attachments.

My Connections are my:

- Daily Life Lessons
- E-Books

- Articles
- Revelations
- Fundamental Questions
- Conundrums
- Limiting Beliefs
- True Values

I collect them all on my web-site, yet I am attached to none of them.

## **Compulsive, Obsessive, Possessive**

Obsessive is the need to do.

Possessive is the need to have.

Compulsive is the need to be.

An obsession is an unreasonable behaviour that we are driven to do as a pre-occupation that disables us.

Possessiveness is a demeaning belief that we have to have or have to own as a possession, without which we will become incapacitated.

Compulsion is an in-essential, un-necessary need to be who we think we should be, lest we be seen as in-competent.

Our obsessive incapability is due to our disconnection from our ability and causes low self-esteem.

Our possessive incapacity is due to our disconnection from our authority and causes low self-confidence.

Our compulsive incompetence is due to disconnection from our power and causes low self-worth.

Our obsessive acts become our dramas.

Our possessive words become our beliefs.

Our compulsive thoughts become our emotional needs.

Dramas are obsessive acts that disable us.

Beliefs are possessive words that own us and incapacitate us.

Needs are compulsive thoughts that disempower us.

When we feel the essence of our power, we are empowered and inspired with self-worth and no longer need to be compulsive and incompetent.

When we know the meaning of our authority, we are authorised and authenticated with self-confidence and no longer believe that we are possessive and incapacitated.

When we see the reason of our ability, we are enabled and infused with self-esteem and no longer act obsessively, pre-occupied and disabled.

## **Contentment, Disappointment & Satisfaction**

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.

## **Courtesy, Etiquette & Manners**

The standards of behaviour of the Upper classes is called Courtesy.

The Aristocracy behave as they wish and they see fit. They conform or humble themselves only to their Sovereign,

which they see as being courteous or acting as they would in a Royal Court.

The standards of behaviour of the Middle Classes is called Etiquette.

Etiquette is the standard of behaviour that people who wish to better themselves choose to aspire to.

Etiquette is how the middle classes believe that the upper classes behave and thus aspire to emulate them.

The standards of behaviour of the Lower Classes is called Manners.

Manners are the manner in which the majority of working class people approve of other working class people behaving.

Lower Class people see working class people as having impeccable manners. Upper class people see the manner of working class people as disgusting.

Standards of Behaviour are the standards of behaviour that we find tolerable and wish others to adopt, irrespective of whether we call them manners, etiquette or courtesy.

All people who tolerate others are standardised by their class.



When I become 'Accepting' of all others, I allow all others to follow their own standards of behaviour, knowing that it is their behaviour and their standard and not mine.

With unconditional 'Acceptance' of all others, boundaries are no longer necessary.

## **Criticise, Condemn & Complain**

I criticise my frustrated ability. When my ability is frustrated and does not come up to standard, it is open to piercing criticism of what I am doing.

I condemn my angry demeanour. When my power is depleted and I am in need of emotional energy, I am open to scathing sarcasm as to who I am Being.

I complain about everything that I find to be intolerable and unacceptable. When my authority or choice is undermined, it is frankly open to cynicism of what I have chosen to have.

My Inner Critic needs to accomplish, achieve and succeed. It suffers greatly when it is incapable of achieving high standards of performance in what it wants me to do.

My Inner Judge condemns because it needs to be just, be right and be good. It suffers greatly when accused of the in-

competence of being guilty, wrong and bad, because of who I am Being.

My Inner Complainant needs to be comfortable, safe and free. It suffers greatly with the incapacity of making wrong choices and not being able to have everything that it wants and desires, exactly as it wants and needs me to have.

## Criticism, Sarcasm, Cynicism

Sarcasm is bitter, caustic irony that sees the bad in others good. It is a form of anger created by a negative perspective of life that highlights incompetence.

Criticism is a detailed negative analysis of a situation or of an action. The critic seeks to eradicate imperfection by highlighting it. It is frustration created by the inability of others.

Cynicism seeks to destroy the stronghold of social conventions. A cynic is intolerant of the authority of society in general and suffers the intolerance of its own inability to act from its own authority.

Sarcasm, criticism and cynicism are the three weapons of the Interrogator that are designed to cause embarrassment, shame and humiliation and send the Aloof scuttling off to their cave.

We are critical of a person's inability; we are cynical of a person's incapacity; and we are sarcastic about a person's incompetence.

Criticism undermines our ability and destroys our self esteem; cynicism undermines our authority and destroys our self-confidence; and sarcasm undermines our power and destroys our self-worth.

Low self-esteem through criticism is shame; low self-confidence through cynicism is embarrassment; and low self-worth through sarcasm is humiliation.

Shame experienced through criticism creates frustration; embarrassment experienced through cynicism creates intolerance; and humiliation experienced through sarcasm creates anger.

Sarcasm is fed by the resentment of non-approval; cynicism is fed by the remorse of non-acceptance; and criticism is fed by the regret of non-acknowledgement.

The need for approval is without power and attracts sarcasm; the need for acceptance is without authority and attracts cynicism; and the need for acknowledgement is without ability and attracts criticism.

# Customers, Clients or Consumers?

Customers, Clients or Consumers are not necessarily the same person.

A Customer is the person who buys or purchases the goods or services on offer.

A Consumer is the person who uses or directly receives the benefit of the goods or services.

A Client may be a customer or a consumer, or both or neither.

A client may be an agent acting as the buyer or the purchaser for a consumer or a customer.

When working as a Coach for a large Organisation; the CEO is the customer, the HR department is the client and the employee being coached is the consumer.

Being customer driven may also be a case of being consumer driven and client driven as well.

Fulfilling the needs of the customer or client may not always be aligned with the needs of the consumer.

The role of a Coach is to align the needs of the Coachee, who is the consumer, with the needs of the customer as directed by the client.

# Detached, Rational & Exclusive

Being Detached, Being Rational & Being Exclusive are all prime male attributes.

Being Exclusive is:

- Being Self-Confident
- Standing in my own Authority
- Knowing my path in Life
- Expressing my True Identity
- 

Being Detached is being:

- Independent and self-sufficient
- Transparent to life's dramas
- Emotionally unattached to people and personal possessions
- Willing to change, step out, explore, discover & experience new horizons
- 

Being Rational is:

- Approaching life in a logical way
- Creating order out of chaos

- Understanding how to solve problems
- Being able to analyse a situation and respond appropriately

## **Determination, Dedication & Commitment**

Will Power is the power of my will, not the Power of I Am.

It is the power of my ego Self when disconnected from who I really Am.

Three aspects of will power are:

### **1. Determination**

Determination is my mental choice that is driven or determined by my personal beliefs, personal standards and personal boundaries. My determination is relative to my conviction.

### **2. Dedication**

Dedication is an emotional feeling that is driven by my emotional needs and the attachments that are dedicated to myself. My dedication is relative to my need for emotional power.

### 3. Commitment

Commitment is my physical involvement in a life drama that is driven by either my belief or my need to be in that drama, or both. The degree of dedication to my conviction will determine my commitment.

My will power is relative to my determination, my dedication and my commitment, although it may appear to be the other way about.

## **Dreadful, Frightful, Or Fearful**

Frightful people and Dreadful people are both Fearful.

Fearful people are limited in life by their fears and false beliefs.

People with breeding see well-bred people as frightful and common people as dreadful.

They judge others as being either frightfully good or dreadfully bad.

Common people judge others to be frightfully bad or dreadfully good.

Middle class people have no distinction and judge others to be both frightfully dreadful and dreadfully frightful.



Being frightful, dreadful or fearful is seen as normal for an unawakened soul.

Unawakened people have been taught that fear is a positive attribute and many have been taught to be god-fearing.

An awakened Soul understands the limitations of fear and the necessity to overcome limiting beliefs and become Fearless.

Becoming fearless requires one to overcome being frightened, in dread and in fear.

We inherit our limiting beliefs and fears from our family & relatives, in accord with our breeding and our ancestral lineage.

The attainment of Fearlessness is not an inherited quality.

## **Empowered, Guided, Authenticated**

We are motivated by our emotional needs until we become empowered with Love.

We are ordered by our beliefs until we become guided by our Light.

We are activated by our dramas until we become authenticated by Life.

We will become empowered to explore our purpose once we get our emotional needs met.

We will be guided to discover our vision once we have challenged our false beliefs.

We will be able to experience our authentic mission once we terminate the dramas in which we have a starring role.

When we feel our power of Love we will be empowered; when we know the authority of our Light we will be guided; and when we see our ability in Life, we will be authentic.

## **Ethics, Morals & Principles**

Ethics are the political opinions and ethos that a State or National Government believes to be right.

Morals are the religious dogma and doctrines that a Church or Sect believes to be right.

Principles are an individual's beliefs and convictions that they believe are right for them self.

When we allow our culture, our religion, or our ancestral upbringing to determine our beliefs, we are at the mercy of our fate.

Our destiny is to overcome the limitations of our ethics, morals and principles by challenging them and transforming them to become our own personal attributes, attainments and abilities.

Our ethics, morals and principles determine our character and personality, as we determine other peoples' character and personality according to their ethics, morals and principles.

## **Feeling, Sensing & Emoting**

I Feel the Power of my Soul's Love for my Self.

I Sense the emotional state of being of another.

I Emote my own emotional state of being.

I am emotionally aware of my own moods and attitudes.

I am sensitive to whom other people are being emotionally.

I experience the pure feeling of my Soul as inspired revelations of bliss.

My Feelings are my direct communication with my Soul intuitively.

My Sensitivity is my ability to relate to other people's moods, atmospheres and attitudes.

My Emotional Intelligence is a measure of my understanding of my own emotional states of being.

My thinking is expressed through and relative to my emotional state of being.

I am sensitive to other people's beliefs because their thinking is relative to their emotional state of being .

My Soul's Thoughts are conveyed with a pure feeling of Love.

## **Frequency, Wavelength & Vibration**

Frequency and Wavelength determine the vibration of Energy.

Energy is the 92% of the universe that is not Matter.

Frequency and Wavelength are not a duality. They are the triality of energy that includes vibration.

All Energy is the Consciousness of Source.

True Consciousness resides in the Realm of the Absolute – The Reality of the Trinity.

Divided Consciousness exists in the Realm of Relative Dual Reality.

In the duality of Relative Dual Reality existence, frequency is divided by polarity, which is either positive or negative.

This means that frequency travels in two directions simultaneously – backwards and forwards.

From a positive perspective, frequency is seen to flow forward. Backward flowing frequency is experienced as negative energy.

In dual reality, wavelength is divided by gender, which is either male or female.

Gender allows a left or a right perception.

On the right side of an energy wave is perceived female energy, whilst male energy is perceived on the left side of an energy wave.

The up and down intensity of our energy vibration completes the Holy Trinity of our Energy Consciousness.

Polarity, gender and intensity allow us to experience the frequency, wavelength and vibration of energy as a relative dual reality in a three dimensional energetic world.

# Fulfilment, Contentment & Joy

When I attain the ability to consciously choose to do what I truly value, I will be eternally fulfilled.

When I am filled full of the experiences in life that express true value for my Self, I am fulfilled.

Doing what I truly value is Self fulfilling.

Attaining fulfilment is consciously choosing to be Happy.

Doing what I truly value and having what I truly value makes me very happy.

When I am happy and empowered, I do what I truly value to do.

Fulfilment is mental happiness.

Happiness is fulfilling when I consciously (mentally) choose to do and have what makes my Soul happy.

Joy is the feeling of doing what I love whilst Being my Soul.

Contentment is the ability to be physically happy with enough of everything.

With Fulfilment, Contentment & Joy, I am Truly Happy.

# Giving, Receiving & Sharing

Giving and receiving is the transfer of ownership from one person to another with agreement by both parties. Theft is the transfer of ownership without agreement when ownership becomes in dispute.

Sharing has no ownership. Therefore we cannot share anything to which we have an attachment of ownership. Ownership means it's my own. Sharing means it's not my own.

What we own belongs to us by virtue of our attachment to it. When we become attached to something that we do not own, we are driven to acquire it and make it our own. This requires someone to give it to us and receive something in return, unless we steal it, which is theft.

This transfer of ownership is an act of giving that has a conditional act of receiving attached to it. What is given and received may be material, emotional or intellectual and every act of giving has a conditional act of receiving attached to it, otherwise it is sharing.

Sharing is often mistaken as giving half of what we have to someone else but there is always a condition attached to this giving, which is usually that the recipient gives half of what they have to us.

What we see as fairly sharing everything we have is called give and take, but is still the act of giving and receiving. Di-



viding belongings equally or giving and receiving to each other in equal amounts creates the agreement of joint ownership and co-dependency.

When we own belongings together, we become jointly attached and dependent on everything that we jointly own. Whatever our partner has as their own, we will seek to acquire so that equality or equal ownership is restored.

In a co-dependent relationship, couples are jointly attached to everything until they fall out and fight over the ownership of everything they owned together. This is called divorce.

Shared ownership is an oxymoron because true sharing has no ownership and no attachment. When we share our lives with another, we renounce all attachment and ownership materially, emotionally and mentally in the acceptance that everything is ours.

The giving and receiving of joint ownership is about 'you' and 'me', together in the separateness of co-dependency.

Sharing is about 'us', in the sensitive detachment of separate togetherness in an inter-developmental partnership.

## **Good, Better, Best**

From my physical perspective, I see myself as good.

Others may judge me to be bad from their perspective, but I see myself as good.

Personal Development is about myself getting better.

Getting better is about acquiring more knowledge via my 5 physical senses.

Getting better is also a requirement when I am sick, ill or ailing and not feeling good.

My goal is to become better and better at living in this physical world, so that I can be the best that I can be.

The paradox is that the best that I can be is not the best that I can be.

From a spiritual perspective, I am already the best that I can be.

To become better, I am required to grow and develop my Self spiritually as well as physically.

Getting better spiritually is about acquiring more experience via my 3 intuitive senses.

There is no limit to my personal spiritual growth and how better that I can become spiritually.

In my physical world, I am good, getting better, with my intention to become the best.

In my spiritual world, I am my best, getting better, with my intention to be Good.

“None is Good but the Lord”

My Soul is Good.

My Self is getting better through my Journey of Personal Spiritual Development & Growth.

It is not my intention to become better than other people or better than my Soul.

Being better than others will never make me the best or Good.

## **Greatness, Gentleness & Goodness**

Greatness is the quality of attaining Goodness & Gentleness.

The attainment of Goodness is the pathway to Wellness.

Wellness is the attainment of Health, Wealth & Wisdom.

The attainment of Gentleness is the pathway to Happiness.

Happiness is the attainment of Contentment, Fulfilment & Joy.

Gentleness is the attainment of Oneness, Equality & Choice.

Goodness is the attainment of Acceptance, Allowance & Approval.

A Great Life is Expansive & Effortless.

When I flow effortlessly through Life with expansiveness, I will attain Greatness.

Greatness is the attainment of my Power, Authority & Ability.

## **Holy Trinity**

Mother Theresa is a shining example of a true “Mother”.

A Holy “Mother” is symbolic of the Power of Love.

A Holy “Father” is symbolic of the Authority of Light.

A Holy “Son” (Jesus) is symbolic of the Ability of Life.

“Mother-Father-Son” is the Holy Trinity.

The Power of Love is also called the Holy Spirit.

“Power-Authority-Ability” is the Whole Spirit.

“Love-Light-Life” is the Divine Triality.

The Divine Triality is the Whole Spirit or Holy Spirit.

Mother Theresa is recognised for putting the “Mother” back into the Holy Trinity.

Mother Theresa became a powerful and influential figure because of who she was being, the power of her love, not for what she did. The work that she did was just the vehicle through which she expressed who she really is.

Who she was being, her state of Beingness, was recognised to be very powerful and very influential.

Theresa of Calcutta is the embodiment of the ultimate “Mother”.

To canonise her as a saint would in her own words: “Become her darkest hour”. She chose to be a role model for Life, not the Roman Catholic Church.

## **Honest, Credible & Faithful**

Being Honest is being lawful.

Being lawful is being true to other people in our society by following their rules and laws.

Being Credible is being believable.

Being believable is conforming to one’s own personal standards of behaviour on a consistent basis. It is having consistent beliefs. It is walking one’s own talk and having bounda-

ries that do not conflict with one's standards. It is being true to one's Self.

Being Faithful is following one's own path and being in integrity.

Being in integrity is being whole and at One with one's Soul.

Being at one with one's Soul is being True to one's Soul Path and in co-operation with one's Soul.

Being honest, credible and faithful all involve being the Truth.

The question is: "Who's Truth am I Being?" The Truth of my Soul, the truth of my self, or someone else's truth.

## **Hope, Expectation & Desire**

Desire is a future projection of our sub-conscious emotion.

Expectation is a future projection of our sub-conscious will.

Hope is a future projection of our sub-conscious mind.

Our sub-conscious emotion feels without the power of our Heart.

Our sub-conscious will thinks without the authority of our Soul.

Our sub-conscious mind understands without the ability of our super-conscious Mind.

Our Heart realises its power through the feeling of Love.

Our Soul manifests its authority through the knowing of Light.

Our Mind creates its ability through the seeing of Life.

Desire is driven by a need, not the power of Love.

Expectation is driven a by belief, not the authority of Light.

Hope is driven by a drama, not the ability of Life.

We desire everything that we need physically and emotionally.

We expect our reality to be in line with our beliefs.

We hope that our life dramas will turn out for the best.

Passion is a past feeling of our sub-conscious emotion.

Judgement is a past thought of our sub-conscious will.

Trust is a past experience of our sub-conscious mind.

Passion and desire have no magnitude or competence as our power.

Expectation and judgement have no force or capacity as our authority.

Hope and trust have no potential or capability as our ability.



We realise our magnitude and competence of power by feeling Love in a state of Being in Awareness.

We manifest our force and capacity of authority by knowing Light in a state of having Consciousness.

We create our potential and capability of ability by seeing Life in a state of doing in conscious-awareness.

## **Imagination, Dreams, & Reality**

Our thoughts create our reality. The Universe has no distinction between our real thoughts and our imaginary thoughts. Real or imagined is just a duality of our mind and both are creating our reality. Everything in reality has been first created in someone's imagination.

Imagination is as creative as observations of reality. The reality that we observe is the reality we create until we change that reality through innovative imagination.

Whereas imagination has the power of creativity, our dreams do not. What we dream at night is a rehearsal of what we are attracting whilst awake, but we do not attract what we dream. What we dream at night remains a dream until we remember it when awake. We then have the ability to con-

sciously attract that experience, or not give it another thought.

We limit our creative ability when we confuse our imagination with our dreams. Dreams are our mental experiences whilst asleep. Imagination is a 'day-dream' of a future reality, or fantasy, whilst awake. Day-dreams are creative whilst night-dreams are not.

We also limit our creative imagination with false beliefs: "In your dreams" infers that it is not a reality and therefore not true and cannot happen – so it won't. "It's only a dream" means it won't happen in reality – so it won't. "It's just your imagination" limits the power of your imagination with the power of your belief.

"Life just Is" whatever we think, imagine and dream it to be consciously. Our thoughts, dreams and imaginings will always materialise when given enough time and enough emotional power in the absence of limiting beliefs.

Limiting beliefs are our fate, whereas the absence of limiting beliefs is our Faith. Our true Faith has no limiting beliefs. Unfortunately many religions preach limiting beliefs and few religions encourage innovative imagination, personal dreams or individual reality as the truth.

# Instructors, Personal Trainers, & Coaches

An Instructor teaches me how to carry out a task and teaches me the instructions for using objects and equipment.

A Personal Trainer teaches me how to achieve my personal objectives.

The difference between an instructor and a personal trainer is that the personal trainer connects me to the emotional energy required to motivate me to meet my objectives, as well as instructing me how to meet those objectives.

An instructor gives me the ability to complete my chosen task, whereas a personal trainer gives me the power and motivation to complete my chosen goals.

A personal trainer motivates me by allowing me to meet my emotional needs whilst achieving my desired objectives.

A Coach empowers me to fulfil the potential of my own ability and guides and supports me to fulfil my objectives in the most beneficial and acceptable way.

Once I have been taught the ability to fulfil my objectives, my Coach enables me to aspire to the excellence of my innate ability by connecting to me to the true power and authority that inspires and empowers me.

An Instructor works with my ability to achieve.

A Personal Trainer works with my emotional power to achieve.

A Coach works with my authority to achieve.

## **Intention, Perspective & Vision**

My Intention is what my conscious ego chooses for my Self.

My Perspective is formed from the experience of my physical senses and filed as my sub-conscious programming that is called my id and from which I access my memory.

My Vision is the blue-print for my life that is the purpose for my being alive in physical form and my mission on Earth to attain. It is communicated to my Self through my intuitive senses by my Super-conscious entity that I call my Soul.

When my intention and my perspective are out of alignment, I get frustrated with my lack of presence.

When my intention is out of alignment with my vision, I get very lost with my lack of direction.

When my perspective is out of alignment with my vision, I get very confused with my lack of clarity.

Only when my intention, my perspective & my vision are all aligned will my direction appear to be present & clear.

# Kismet, Fate, & Destiny

Kismet is a predetermined or unavoidable destiny.

A pre-determined destiny is my fate.

When my destiny is pre-determined, I am not consciously choosing it.

An unavoidable destiny is my fate. When my destiny is unavoidable, I have no choice.

My Destiny is the choice of my Soul.

I am following my Destiny when I am aligned with my Soul's choice.

When I am aligned with my ego's desires, I will encounter my fate.

When I abdicate my choice, I encounter my fate.

When I tolerate my life and what is occurring in my life, I am receiving my fate.

The difference between my destiny and my fate is my perspective of what I am experiencing.

When I accept what is occurring in my life without toleration and see it as a gift, I am receiving what I am destined to receive.

When I am effortlessly flowing with life, I am allowing my destiny to arrive.

My Fate is what I will have to tolerate when my ego Self chooses or fails to choose.

My Destiny is aligned with my Soul's choice.

My Soul's choice is never pre-determined and always avoidable.

Kismet is therefore my fate but not my Destiny.

## **Me, My Self, & I**

The Eternal Triangle is Me, Myself & I.

Me is the conscious aspect of me that exists in the contrast of this dual reality world of physical relativity.

Myself is the sub-conscious aspect of myself that me is not conscious of. Myself operates and manages the automatic and the autonomic functions of the physical, mental and emotional body that is me.

I am or I, is the super-conscious aspect of who I am that resides in my unconscious. My super-conscious I, remains unconscious to me until the I becomes spiritually awakened, and I become aware of the spiritual nature that I am.



My supra-conscious entirety (entity) is an Eternal Triangle, Triality or Triune Reality of my conscious me, my sub-conscious self and the super-conscious Being that I am.

The conscious me (my ego) has a personality and a character that is determined by the emotional needs and the programmed beliefs that are held by my sub-conscious self, (my id).

The Consciously-Aware and spiritually-awakened Being that I am, holds the Truth of who I really am, which is my True Identity (Id-Entity).

One is an Eternal Triangle who originates from the Source of All that Is, which is Oneness.

## **Needs, Beliefs & Dramas**

When we are not feeling contentment, we are experiencing a drama that is affecting our health. When totally content, we are healthy and when totally healthy, we are content.

When we are not feeling fulfilled, we are holding a belief that is affecting our wisdom. When totally fulfilled, we are wise and when totally wise, we are fulfilled.



When we are not feeling Joy, we are in need of emotional energy that is affecting our wealth. When totally joyful, we are wealthy and when totally wealthy, we are joyful.

Needs, beliefs and dramas interfere with and resist our happiness.

We cannot feel joy when we have unmet emotional needs.

We cannot feel fulfilled when we are being directed by limiting beliefs.

We cannot feel content when we are involved in playing out a drama in our life.

A drama is a role that we play act in life that is based on a belief that we have been given in life that is re-inforced by an emotional need that is unmet in our life.

An emotional need is a state of being without our true power.

A limiting belief is a personal truth that stops us connecting to our true authority.

A drama that we act out is created by the beliefs and the needs of our ego Self.

Life is a continuous drama until we connect to the power and authority of our Inner Coach.

# Observing, Evaluating, Discerning

Observing, Evaluating, then Discerning is the process of growth and development through conscious personal choice.

We observe what others are doing and who others are being.

We can judge our observations to be good or bad actions by others, or we can be accepting that our observations are just that – observations.

With our observations, we can evaluate the value to our self, of what others are doing or being.

We can value the energy or the emotion of the person that is taking action and evaluate how valuable or worthy that energy is to our self.

We evaluate who others are being (their state of being) so as to discern whether their attributes (the state of being attributable to them) is of value to our self.

Personal Development & Spiritual Growth are a process of appreciating in value and self worth.

Once we have observed and evaluated who someone is being and what someone is doing, we can then discern whether their state of being and their action will add value to our Self, or depreciate who we are Being.

We observe and evaluate in order to discern whether our beliefs and our behaviour are expansive or contracting.

# Platonic, Human & Divine Love

Platonic means in alignment with the philosophy of Plato.

Plato was an Ancient Greek Lover of Wisdom who was exclusively connected to his Soul.

Plato believed in the Wisdom and Truth of Love.

When our Love has Wisdom & Truth, it is Pure and Divine, and our Power has full Authority.

Divine Love has no division, no separation and no duality.

Human love when divided by gender is expressed as either lust or emotional need, and when divided by polarity is expressed as either love or hate.

Platonic Love is neither male sexual lust or female romantic sensual need.

Platonic Love is neither loving to want and own, which is envy, nor liking whatever is seen as good and kind, or hating whatever is seen as bad and evil, which is unkindness.

Human love is a passion that we want and need, desire and lust after, when we are disconnected from our True Source of Power, which is the Platonic Love of our Soul for our Self.

Platonic Love translates as an unconditional sharing of our own Personal Power with another who is unconditionally connected to their own Personal Power and Authority.

A Truly Platonic Union is an interdevelopmental relationship of Being 'Together in Togetherness'.

## **Powers, Principalities, & Dominions**

Powers are the standards, values, manners, and worth, that enforce our boundaries to ensure that our emotional needs are met.

The powers of darkness are realised through our emotional needs. The powers of light are created by our manners, standards, etiquette, values and our need for self-worth. The antidote to the powers of light and darkness is being in Divine Love.

Principalities are the principles, morals, and ethics, which form the foundation of our belief systems.

The principalities of darkness are manifested by our false or limiting beliefs. The principalities of light are made manifest by our principles, morals and ethics, which we believe make up our self-confidence. The antidote to the principalities of light and darkness is knowing our Divine Light.

Dominions are the systems, rules and laws that govern our earthly physical existence and render it legal and legitimate.

The dominions of darkness are created by the dramas that are created by the conflict between our beliefs and our emotional needs. The dominions of light are the systems, rules, and laws that we require to protect our self-esteem and our status in life. The antidote to the dominions of light and darkness is seeing the divinity of Life.

With the Power of Love, the Authority of Light, and the Ability of Life, our inner demons no longer have credibility, reality or truth.

## **Pro-active, Reactive, Responsive**

Pro-active means taking action to produce an end result.

Reactive means tolerating a result or effect and making the best of it.

We react to a negative outcome. When we can no longer tolerate the outcome, it becomes intolerable and we instinctively react.

Being pro-active requires us to have a clear intention of what we want and a focused action plan for achieving it.

Responsive means accepting whatever turns up with a positive perspective because we know that it is perfect for us.

Being responsive requires us to take responsibility for what ever turns up in our life, because we know that at some level we created it.

Once we accept that we created a situation or occurrence, we are able to respond responsibly.

Being responsive is seeing whatever turns up in our life as a gift.

The best response is always Gratitude & Appreciation.

## **Problems, Challenges & Opportunities**

A problem is a negative occurrence that needs to be solved.

A problem is seen to be bad because it is something that we do not want.

A challenge may be either a positive or a negative situation, depending on whether we succeed in the challenge or not.

A challenge may be viewed as good or bad depending on whether the outcome is a success or a failure. It is not the challenge that is good or bad but our perspective of the outcome.

An opportunity is a positive experience that we accept without hesitation.



An opportunity is good because it will give us what we think or know that we want.

A situation, an occurrence and an experience are all the same thing. However how we perceive them is always down to our own unique, individual and exclusive perspective of Life.

Whether Life is a challenge, a problem, or an opportunity is just a matter of personal choice.

Whether we see Life as a challenge, a problem or an opportunity is indicative of our Emotional Energy.

## **In Form, Inform, Information, In Formation**

We are in form once we are born into physical form or reality.

We are born into form without any information of who we are and why we are here.

At birth, we are new creations in formation.

We develop in our formation as we gain more information and knowledge.



We become informed when we are awakened to knowing our spiritual inheritance.

In form, we are a spiritual being experiencing a physical existence, whether we are informed of this or not.

Absolute reality is beyond physical and spiritual form. It just is without form or formation.

Knowing who we are is the only information that we ever need to know

Information is knowledge, whereas knowing is creativity in formation.

Our form is the bench mark of our physical experiences.

Form follows function until we become informed of our spiritual origin.

We form our outer world consciously, once we become informed of our inner formation.

## **Seers, Gnostics & Sensitive's**

We all default naturally to one of the three spiritual senses of Seeing, Knowing or Feeling.

Seers default naturally to their sense of Seeing with their spiritual eyes. Our spiritual eyes connect us to the genius of our imagination.

False seers have the gift of foresight and prophecy, which sees one probable future but limits all other possible futures that are available to us through choice.

The unawakened who are not alert to their own messages may well seek the services of a prophet or fortune-teller to advise on their future. In such cases they are not creating their own future from their own imagination but accepting a future from the imagination of another that will become their fortune by chance and therefore their fate by default.

Gnostics default naturally to their sense of Knowing with their spiritual ears. Our spiritual ears connect us to the revelations of Knowing that are our Truth.

Gnostic means the One who Knows, and the One who Knows, knows only their own path, and they Know that they know only their own path.

False Gnostics congregate to form a religion called Gnosticism that portends to have the Knowledge of the mysteries of Life. Like all religions that are using ancient texts and the gift of hindsight to pass on ancient knowledge to modern followers. Those who truly Know, know that this is not Divine Revelation in the present moment of Time.

Sensitive's default naturally to their sense of Feeling with their spiritual hands. Our spiritual hands connect us to the clarity of our Power and Inspiration.

False sensitive's feel the presence of the spirit world through insight and have an insight into the spiritual world that is not Divine and Holy.

It is through inspiration that we feel our Power not through insight. Insight is for the clear seeing whereas Inspiration comes to those who Feel with Clarity.

## **Self Esteem, Confidence & Worth**

When my ego values itself, it does so in vain and my-self worth may be seen by others as vanity.

When my ego confides in itself, it is confident but my self-confidence may be seen by others as arrogance.

When my ego holds itself in high esteem, my self-esteem may be seen by others as pride.

When my ego does not value itself, I will disapprove of myself and need the approval of others and need to be loved by others.

When my ego confides in others instead of itself, I will tolerate the authority and choices of another and I will need acceptance from others and I will need to be included by others.

When my ego lacks faith and esteem in my ability, I will fail to succeed and need acknowledgement and attention from others.

When my Self values the attributes of my Soul and feels worthy of being my Soul, I attain my true worth and the Worth of my True Self.

When my Self confides exclusively in my Soul and is confident of my own unique path, I attain my true confidence and the Confidence of my True Self.

When my Self holds my Soul in its highest esteem, I attain my true esteem.

With the power and authority of my Soul, I attain the Esteem of my True Self.

## **Selfish, Unselfish or Sincere**

Selfish is being the subject of one's fate.

Unselfish is being the object of someone else's fate.

Sincere is being our adjective truth – our destiny.

Since-here is being in the truth of the moment. Since means because of or the result of. Here means the present or the now.

Sincere is the truth of our reality in this present moment of time at this place in space. Sincere is our own unique, individual and exclusive space-time-reality.

Present means here in space. Potential means our attainable reality. Hear means receive our revelation in that moment. When space, time and reality become as one, we become present to hear our potential.

When we know each moment of time, we become scient.  
When we feel each perception of space, we become potent.  
When we see each perspective of reality, we become present.

With the science of Light, we become sincere; with the potential of Love, we become expansive; and with the presence of Life, we become effortless.

With selfishness, we resist and contract with the mind of our ego. With unselfishness, we conform and appease our subconscious will or the ego of someone else.

Selfish or unselfish is a drama of relative duality, which is designed to meet our emotional needs as a result of our limiting beliefs.

Effortless, sincere and expansive is the way, the truth and the life.

## **Sensitive, Emotional, Connected**

Being Sensitive, Being Emotional & Being Connected are all prime female attributes.

Being Connected is:

- Feeling Inspired & Empowered
- Knowing who I am and my purpose in Life
- Seeing the bigger picture of Life
- Understanding my true value & worth

Being Sensitive is:

- Being aware of the emotional feelings of others
- Knowing how energy inter-relates between people
- Understanding the cause of moods and atmospheres
- Being aware of the existence of a non-physical reality

Being Emotional is:

- Being aware of my own emotional state of being
- Consciously managing how I feel emotionally
- Responding to life's dramas in a positive way
- Being heart-centred and emotionally intelligent

## Space-Time-Reality

An aeon is a Space-Time-Reality.

An aeon has a Space and this one version of space is called a Universe.

An aeon has a Time and the period of time that an aeon has existed is its Age.

The age of our planet in this universe is measured at 4.6 billion earth years.

This means that during this Aeon of Earth, our planet has at this point in time circled its Sun and Mother Star 4.6 billion times.

An Aeon has a Reality, which is continuously changing and each major change creates an Era of that Existence.



The nature of space-time-reality is continuous change. It is the presence of both time and space that allows reality to change.

There have been many Eras of Reality, during many Ages of Time, in many Aeons of Space-Time-Reality.

My Life is but one existence, at this time, in this place, during this reality.

This experience, that is my life, is only possible within an Aeon of Existence that allows the triality of space, time and reality to co-exist in perfect harmony.

## **Temporal, Secular, & Genuine**

Temporal means of this time. A temporal view is seeing the world in the context of this age or time, without the capacity to know the world in each moment of time. It is without the revelations of what we can have in life. It accepts how things are done now.

Secular means of this world, place or space. A secular view is seeing a perspective of the world from one's own physical and material vantage point, instead of perceiving a world view that is a bigger comprehensive picture of our spiritual

existence in this world. It is without the inspiration of who we really are. It accepts how things are done here.

Genuine means of this reality. A genuine view is seeing the world as it appears to be through our physical eyes, instead of the genius of seeing what we can do when we see life through our spiritual eyes. It is without the imagination of what we can really do. It accepts that only one reality exists.

What appears to be temporal, secular and genuine is an illusion that we have created in our time, space and reality.

What is actually real is what ever we choose to recreate, because whatever we choose to create in each moment of time becomes our perception of the world and our perspective of reality.

We all have our own exclusive time, our own individual space, and our own unique reality, in which to discover, explore and experience life.

## **The Presence of Present Presents**

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.

## **Thought, Word & Deed**

A thought is a conscious energy received mentally.

A word is a conscious energy transmitted emotionally.

A deed is a conscious energy expressed physically.

“Transmit all words with the emotion of Love”.

“Receive all thoughts with a mind of Light”.

Express all deeds with a will for Life”.

## **Virtue, Value & Worth**

Virtue is the quality of my emotional attributes & attainments.

The better the quality of my emotional state of being, the more virtuous I am.

The quality of my Beingness is the measure of my value & worth.

I value my attributes that have value to me.

I am worthy of my attainments that have worth to me.

When my attributes connect me to my emotional power, they have Value.

When my attainments are a measure of my mental authority, they have Worth.

My relative value & worth is a measure of my virtue.

I have both power & authority by virtue of who I am Being.

The ability of my virtue is its connection to my true source of power & authority.

When virtue is a triality of my value & worth, life is divine.

When a virtue is a duality of my sin, life is in conflict and is a trial.

## **Victims, Villains & Heroes**

All Heroes are potential Villains.

All Villains are potential Victims.

Villains become the victim of the heroes heroic action.

Heroes become the villain of the villain's victimhood.

Heroes, villains & victims are all roles played out in the drama of conflict, intimidation and revenge.

In the control drama of the 'intimidator & the poor me', there is always a villain, the intimidator, and a poor me, the victim.

The hero rescues the victim from their assailant by intimidating the villain and making them a victim of the heroes heroic action.

Victims, Villains and Heroes are all potential heroes, villains or victims because they all share the same energy vibration.

Whether I am being the victim, victimising a victim or saving a victim from being victimised, I am participating in the same drama of victimhood.

A True Hero is one who overcomes their own Victimhood.

My True Hero is my Saviour – My Soul.

I am never a victim of my Soul and my Soul is never a victim of anything.

## **Vision, Vision & Vision**

Vision is my ability to see the world through my physical eyes.

My eyes allow my vision of the physical world.

My physical vision is one of my five physical senses.

It is my sight of my outer world.

Vision is also my ability to see and experience my world intuitively.

My intuition allows me to see my spiritual world.

It allows me to perceive my world from a spiritual perspective.

Seeing intuitively is one of my 3 spiritual senses.

When I see intuitively, I have insight.

Experiencing my intuition keeps me on track and aligned with my vision.

My Vision for my life is my life path.

Following my vision for my life requires both my physical and my spiritual vision.

I am required to see my life from a physical conscious perspective with a spiritual awareness of perception.

I live my life with vision, vision, & vision.

## **Work, Rest & Play**

Work, Rest & Play are a Divine Triality of Life.

When this triality is out of balance, it is no longer divine.



When I try to balance work and life to achieve a work-life balance, I will fail because work and life are not in conflict or opposition.

When work is tension and rest is relaxation, I have created a duality that will unfold as a drama, that excludes play from my life.

Rest is what I do when I am asleep. When asleep I am at rest from physical life. Rest is essential for a healthy life. Rest allows me to recover physically, mentally and emotionally in order to remain healthy.

Play is what I do when I finish work. Play is how I enjoy my life doing what I truly value. Play allows me to express my power and feel my wealth.

Work is the expression of my vision, mission and purpose for my life. It is following my life path and revealing my destiny. It is following my Light and revealing my Wisdom. It is aligning with my True Self.

With my work, rest and play in balance and harmony, I become an expression of my True Self.

A Healthy Life needs Rest, a Wealthy Life allows Play and a Life of Wisdom requires Work.

# Three Creative Abilities

My Creative Ability is both physical and spiritual.

My Physical Creativity is determined by:

1. My power to materialise objects and possessions, which requires money. With enough money, I can materialise anything physically.
2. My authority to manifest things, which requires knowledge. With enough know-how, I can manifest anything physically.
3. My ability to manufacture goods, which requires status. With enough status, I can manufacture anything physically.

My Spiritual Creativity is determined by:

1. My power to visualise. With enough power, I can see my purpose, which is who I am being.
2. My authority to idealise. With enough authority, I can know my vision, which is why I am here.
3. My ability to realise. With enough ability, I can realise my mission, which is what I have come here to do.

When I know who I am and why I am here, I can realise my own life and make my own life a reality.

I have the ability to create my own Life, not just obtain the props, gadgets, toys and attachments that I believe that I need in my life.

## Three Distinctions of Happiness

When our Ego is 'happy' with its power, it is pleased by an emotional need that has been met.

When the Ego is 'happy' with its choice, it is delighted with the conviction of its belief.

When the Ego is 'happy' with its ability, it is proud of the character that is acting out a drama.

Whenever we are proud, pleased or delighted, we are happy with the personality, the character and the drama that our Ego Self is playing.

When we feel our Soul's Power, we explore Joy.

When we know our Soul's Authority, we discover Fulfilment.

When we see our Soul's Ability, we experience Contentment.

Joy, Fulfilment & Contentment are the attributes of our Soul that attain True Happiness.

Only when we attain the attributes of Joy, Fulfilment and Contentment our Self, will we explore, experience and discover the True Happiness of our Soul.

## Three Distinctions of the Soul

### Connected or Attached

We are attached to physical and material possessions and dramas.

We are connected emotionally to our Spiritual Vision & Purpose.

### Emotional or Sensitive

We connect our Self sensitively to our Soul to feel its guidance.

We attach our self emotionally to another to discover their emotional state of Being and their emotional needs, to see if they can meet our emotional needs.

### Exclusive or Excluding

We exclude others from our Life in order to find space, to be alone or to be aloof.

We are exclusively on our chosen path when we follow our divine authority and connect to our exclusive power.

Our Soul: Is exclusively, emotionally, connected to our Self.  
Our Self: Seeks to be sensitively, rationally, detached to Life.

## Three Levels of Authority

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 my-

self. 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.

## **Three Purposes of Relationship**

The Purpose of Relationship is threefold:

1. To meet the emotional needs of both partners in a relationship.

I have a relationship with anyone who meets my needs emotionally. I develop my personality and my character in order to relate better to other people and be more successful in getting my emotional needs met by them. This may be the case whether it is with a marriage partner, a family relative, a friend, a work colleague, or even a family pet.

This is called a Co-dependent Relationship and is 'being together in separateness'.

2. To enable me to grow and to develop personally in a spiritual way.

On a spiritual path of development and growth, other people are essential as a mirror image of who and where I am on my path. As it is impossible to see the aspects of my own identity that I have chosen to develop, other people are attracted to me as my opportunity to see in them what I wish to change in my Self.

This is called an Interdependent Relationship and is 'Being Separate in Togetherness'

3. To allow me to share the attributes and attainments of my true identity with others.

By sharing the highest aspects of who I am with another who has attained those attributes, allows us both to experi-



ence and to enjoy the exponential benefits of our mutual development and growth.

This is called an Interdevelopmental Relationship and is 'Being Together in Togetherness'.

## Three Ways of Competing

There are 3 Ways of Competing:

- Competing for
- Competing against
- Competing with

I compete for myself against another.

I compete for my team against another team.

Competing for and against is a duality.

The duality of competing for and against creates winners and losers.

When I compete with my Self, I improve, I grow, I develop, I become better, and I win.

I always win and I never lose.

When I compete with another, we both improve, we both grow, we both develop, we both get better, we both win and neither of us loses.

I compete for myself against another when I have a need to win.

When I compete against myself, I always lose.

When I compete for my ego against my Soul, I always lose.

I compete with my self when I truly value my own development and growth.

My Soul always competes with my Self, never for or against my Self.

My Soul always competes with others, never for or against others.

When I am not competing, I am just a spectator of life, I am not participating.

I can choose to compete in life, I can choose not to compete in life and I can choose how I compete in life.

There are always 3 choices in life and always 3 ways of competing in life.

# Three Types of Justice

Criminal Justice is:

- Man's attempt to create a fair system that victimises villains and compensates victims.
- A system of legalised revenge for the unjust deeds that Man performs against their fellow Man.
- Confines 'bad' people in a place of security so that 'good' people can feel safe.

Social Justice is:

- Man's attempt to create equality for all members of their society.
- Required in a society that believes that "all men are created equal but some never-the-less are more equal than others".
- Required in a society that encourages the need for education to provide knowledge; status to provide authority; and money to provide power; and encourages people to compete for all three.

Universal Justice:

- Just Is.

- Is provided by the 'Law of Attraction' according to the 'Golden Rule'. What we do unto others will be done unto ourself.
- Applies to all people, equally fairly and justly.

## Three Types of Truth

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 avail-

able 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.

## **Co-operating, Conspiring, Colluding, Conniving, Contriving, Collaborating**

When a group of people work together as a team, in unity for the common good, they are seen to be Collaborating.

Co-operating people collaborate.

When a group of people work together as a team, in unity against the common good, they are seen to conspire, collude, connive or contrive.

I conspire when I plan an illegal action with another.

I collude when I actively participate in an illegal action with another.

I connive when I passively participate in an illegal action with another.

I contrive when I invent an illegal action with another.

Whether others are working together for the common good, or against the common good, is a matter of opinion based on a subjective consensus view of what is good for common people.

It depends on whether one is working for the good of common people or just for the benefit of a minority group.