## 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 a holistic way.

Alternative medicine is a treatment that is employed instead of a modern medically accepted practice.

An alternative treatment is not necessarily either complementary or complementary, although it may be either, neither, or both.

Whether a treatment is complementary, 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.

## Complimentary

Something is Complimentary when it is my choice and has my authority.

With my authority it compliments my path.

Whatever compliments my path is favourable.

I favour compliments because they highlight my path.

Whatever is free is favourable and whatever is favourable is complimentary.

My path is always free and when my path is free it is complimentary.

When I am free to comply with my path, I compliment my path, and my path is complimentary and favourable.

When my choice is authorised, it complies with my highest vision for my Self and it is complimentary to my journey.

There is no greater compliment than my Self in alignment with the inner guidance that aligns my Self with my path.

## Complementary

Something is Complementary when it unifies, completes and makes whole.

A complement is a complete entity.

My energy vibration is complete when its frequency & wavelength are complementary and in harmony.

My emotional power is complete when my male & female wavelengths of energy are complementary and synergistic.

My thoughts are complementary when their positive & negative frequencies are neutralised and in balance.

In a relative dual reality world, every extreme experience has an equal and opposite complementary experience.

Every emotional state of being has a complementary state of being, until it is attributable as divine and complete.

A complimentary thought is always healing, complementary and holistic.

A complementary emotion is always healed, complimentary and favourable.

An emotion always complements a thought, even when neither the thought nor the emotion is complimentary.

When my thought and emotion is not complimentary, there is always an alternative that is complementary.

Keith Collins

The Inner Coach

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theinnercoach@me.com

http://www.theinnercoach.eu