



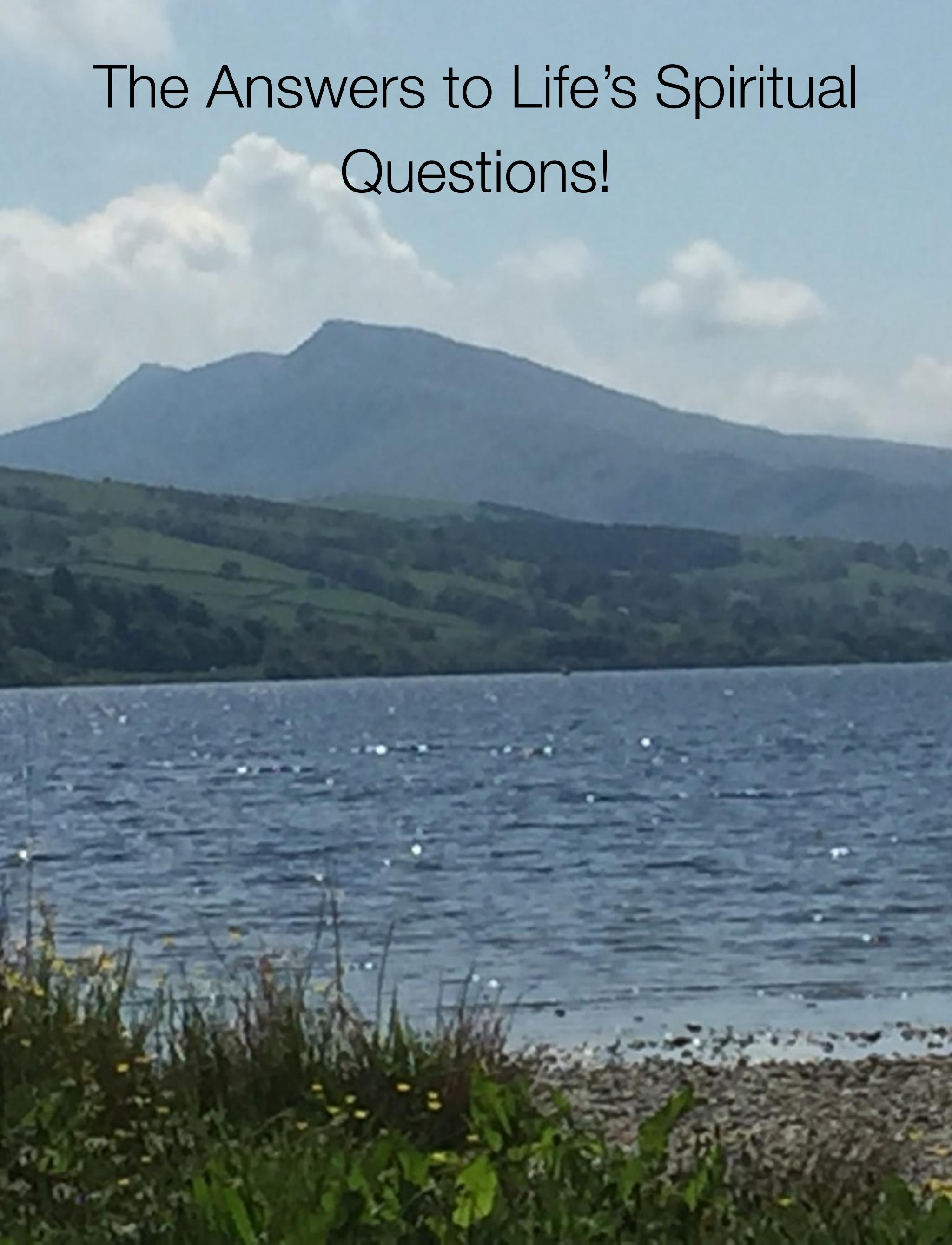
# **The Inner Coach Book Of Answers!**

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# The Answers to Life's Spiritual Questions!



# Who I Am!

I am a Spiritual Being having a physical experience called Life.

I am a three part Being living in a three dimensional reality.

My Spiritual Entity has an egotistical sense of physical Self that is driven by my sub-conscious Id.

When my Id & my Entity are aligned, I consciously experience my true IdEntity.

I call my spiritual entity, my Soul.

In essence, I am my Soul.

I call my individual sense of Self, my ego.

My ego is a creation of my Soul that does not know its creator.

It is the Self that does not know itself.

My Id is my auto-pilot on my journey through the physical realm.

My sub-conscious Id maintains & drives my physical vehicle, leaving my conscious ego free to explore the past & future in every present moment of time.

There is always guidance & support for my Self on my journey through space-time-reality.

My Soul Entity is my super-conscious inner guidance system that holds the blue-print for my vision of my destiny.

My Id sub-consciously runs my day to day operations.

My conscious sense of ego Self is presently challenged to bring my sub-conscious perspective into alignment with my super-conscious vision for my higher purpose.

To experience Me, My Self & I in perfect harmony of Holy Communion is why I am Here right Now.

# Why I Am Here!

I Am Here to explore, discover & experience Who I Am.

I am a Creative Being who seeks to know my Self through the experience of my own Creation.

I am here to experience being the creator of my own creation.

I am here as the creation of my own creative imagination.

There is no greater creative experience than being the creator of my own creation and being that creation in my own experience.

Being creative is a state of being.

My Beingness is creative.

As a Creative Being, I create my own state of experiential Beingness.

That is why I am here.

In this relative dual reality world, I can be both the creator & the creation.

I can cause the experience & I can experience the effect of whatever I cause.

I am in a world of choice that offers a world of choice.

I choose this world so that I may experience having choice.

I am here to choose because here, I have choice.

Without choice, there is no experience of creating something new.

Without something new, there is no expansive reality.

Choice allows reality to be an expansive experience.

I am here to have an expansive experience, learning how to be an expansive creator & a creative innovator of my own expansive reality.

I am here to choose, because here I have that choice!

# Where I Am Going!

I Am Going on a Journey of Life from birth till death to experience who I am.

In truth, I am going nowhere as I am already now here.

I am here now and will be forever here now as long as I am being present.

My present moment is always being presented as a present & a gift.

It is pre-sent for my Self to step into, one step at a time.

I am going to step into each present moment on my journey through life.

To imagine where I am going is to step into the future.

My future is a representation of my past when I lose my imagination.

My imagination is the creator of my experience that is the sole domain of my Soul.

My imagination flows when I am connected in alignment with my Soul.

This allows me clarity of direction as my present.

When I try to imagine my future myself, I get very lost, very confused & very frustrated.

My Inner Guide knows where I am going as soon as I choose it.

With the guidance of my Soul, my journey is most beneficial.

Following the will of my ego, I will experience some very intense dramas on my journey through life.

I am going on a journey of faith in my Self to live life as my Soul intends as my sole intention.



# When I Choose!

Every thought is a choice.

Inspired thoughts are creatively empowered.

The more creatively empowered are my thoughts, the quicker they manifest into my reality.

My sub-conscious mind is a processor of thinking, which is not very creative.

When my thinking focuses on what I have now, my reality becomes static & unchanging.

When I choose what I have right now by focusing my thoughts on what I have right now, I get more of what I have right now.

This may be seen as good or bad depending on my perspective of what I have.

The focus of my thoughts is my choice and it fixes it in my reality.

My lower perspective of life sees the fears, the problems & the pain of living in a purely physical reality.

This perspective fixes my fears, problems & pain as my reality.

The attitude of my perspective determines my experience of reality.

When I change my belief, I change my attitude, I change my perspective and I change the choice of reality that I am experiencing.

My higher perspective of reality sees my ideal life where everything is blessed, benign & beneficial.

In my ideal life, everything is an opportunity to explore, discover & experience who I am & why I am here, which is perfect for this life-time for me.

When I choose my ideal life, it manifests before me.

When I choose what everyone else chooses, I get a world of chaos, confusion & frustration.

# When I Take Action!

Actors act, Inspired Beings take action!

Inspired Beings take action when they are inspired to take action.

Inspiration is an empowered thought.

Empowered thought is aligned with the Soul.

Only my Soul can empower my action.

I am inspired to take action when my thought connects my Self to my Soul's power.

When I am empowered by an inspirational thought, I just do it.

With the authority in the inspiration, I intuitively know it is right to take action.

Inspired with empowered emotion, I intuitively feel it is a good action to take.

When I intuitively feel good & I intuitively know it is right, I intuitively see my alignment with my higher vision for my Self.

I cannot follow my life path by taking no action.

Taking uninspired action has no power, which means my Soul has no interest in taking this path; irrespective of what my ego Self may believe.

When there is no interest in a path, it is because there is no growth & no appreciation.

The path of my Soul is the way of interest & appreciation through expansive growth.

When I have no interest or appreciation of my path, there is no growth for my Soul.

I take action when I am interested & I appreciate the opportunity for the growth of my spirit.

I take action when my Soul gives direction & shows me the Way.

# When I Pray!

Every prayer is a question that is asked by the one who is praying.

Every Prayer is the questioner who is asking a question.

There is no clear distinction between the prayer, the question that is asked and the Prayer, the one who asks.

Prayers seek answers as do questions seek answers.

I am both the questioner & the question.

A prayer is a question that seeks the truth of who I am & why I am here.

When I do not hear the answer to my prayers, I will continue to ask the same questions and I will continue to not hear the same answers.

When I ask the right question, I already know the answer that is right for me.

I will continue to seek the answers until I know the right questions to ask.



Saying someone else's prayers will not reveal the direction of my own path.

Only my own vision will reveal, with clarity & direction, the purpose of my mission in life.

Once I know the vision that I have chosen for my life, I also know that each step of my journey is revealed in each present moment as I intended.

When I pray, I no longer need to ask the way, I just have to listen to hear my daily messages of alignment.

Every question reveals the quest I (am) on.

Every prayer becomes a statement of gratitude & appreciation for what I already have.

When I pray, I realise that everything is already given, even before I ask.

# When I Worship!

Worship is the power of group dynamics.

When people meet with a common purpose called worship, the dynamic of the group energy is exponentially greater than the sum of the power of each individual person.

Christians call this a blessing of the Holy Spirit.

When the dynamic of the group energy is balanced in both polarity & gender with a divine focus, it becomes whole energy or Holy Spirit.

When the dynamic of the group is out of balance, following a single gender polarity, it results in the vanity of worshipping a false idol or the falsehood of idle worship that is in vain.

Revealing our messages in prayer requires an emotional connection to our true source of emotional power.

When insufficiently empowered, I am unable to hear my messages of direction with clarity, whether I worship or not.

When I worship with an inter-developmental group, I am able to raise my energy vibration sufficiently to hear the answers to my own prayers that allows life to happen through me.

When I worship with an interdependent group, I assist the group to attain harmony & balance by our own mutual activity.

When I worship with a dependent group, I realise that the purpose of worship is to gain the emotional energy needed to continue to fight the good fight between good & evil that is happening to me, in the daily dramas of my life.

Worship is either a way of receiving the emotional energy that I need or a way of sharing the emotional energy that I have.

My Soul worships the ground that I walk on, which means that when I am grounded on my path, I am empowered to walk my talk.

When I worship the ground that I walk on, I am fully grounded and empowered with my inspired revelations to follow the path of my own ideal life.

My Soul is my Worshipful Master.

# When I Meditate!

When I Meditate, I hear my Inner Guidance.

Meditation facilitates the connection between my Self & my Soul.

When I meditate, my brain waves adopt an alpha frequency or rhythm that allows my Soul's direction to be revealed.

Meditation allows my intuitive connection to my higher perspective of life.

My Soul communicates with its Self intuitively.

A meditative state of being quietens the chatter of the sub-conscious mind and allows my super-conscious intuitive thoughts to come through with clarity.

My spiritual Soul is ever guiding & supporting its physical Self on the journey of life.

My question is: Am I hearing my messages & accepting the support that is always on offer?



The ego has unconditional choice and the choices that my ego chooses determine the condition of the reality that I experience.

I can choose the guidance of my sub-conscious programming that holds the experience of my previous solutions to my problems, pain & fears.

Or, I can choose the divine guidance of my super-conscious Soul that holds the blue-print for the purpose of the vision for my life.

The guidance of my Soul is divine because it provides the clarity & direction of my ideal life path.

When I meditate, I hear the questions that provide the answers to my prayers that allow the emotional power that I worship to inspire me with life.

When I meditate, I enter a space of Love in a time of Light that allows the reality of my ideal Life to be revealed.

# Where I Live!

Where I Live is where I experience my life, this time.

I have experienced many life-times in many different worlds.

I live this life-time in the physical realm of Planet Earth.

This planet orbits a Sun that rotates on its axis while revolving around a Galaxy, called the *Milky Way*.

It is a physical planet that is a contextual field of relative dual reality.

The duality of the contextual field is specifically designed to allow choice.

Metaphysically, the vibration of the planet has a wavelength that is divided by gender that allows an inversely proportional frequency to be divided by polarity.

This not only allows choice but also multiple options and an infinite potential for innovative creativity.

I live on a planet of choice that is a blank canvas for the infinite possibilities of truly creative ability.

As the planet travels in time through virgin space, a newly creative reality is possible in every spacial moment of time.

I am choosing to live here for a purpose and, like everyone else who has chosen to live here, my purpose is to fulfil my vision for this life-time.

Fulfilling my vision for this life-time is my destiny.

It is my destiny to fulfil my vision for my life on purpose.

This is my mission, should I choose to accept it or should I choose to forget it and be doomed to follow my fate.

I have chosen to forget my destiny and follow my fate until awakened to my vision of creating my ideal life in heaven on earth, where I now live as a spiritual Being enjoying a physical existence called life.

## What My Vision Is!

**My Vision Is: To live in a world where everyone in my reality is in control of their own power, their own authority & are responsible for their own actions.**

**It is my vision to live a life that is ideal for me.**

**In my ideal life, I am empowered by Source energy when I am in alignment with my Soul's authority.**

**I am connected to the power of my Soul's authority when I am aligned with my vision.**

**The paradox of a personal vision is:**

**I am required to intuitively see my vision, to follow my vision that illuminates my path, before I can visibly see my path and physically follow my vision.**

**I have to get my vision before I can see my vision & realise my vision and I have to realise my vision to see my vision before I get to live my vision.**

When all others are in control of their own power & authority, they are following their own path; whether they know & see their vision or not.

When I allow all others to follow their own path, they offer me no interference in my ability to follow my path, in alignment with the Golden Rule.

When I follow my true path, it never interferes with the true path of another.

By the Law of Attraction, when I am being approving, allowing & accepting of the actions of others, they in return are approving, allowing & accepting of mine.

My Soul is the controller of my power that enables my ability in physical reality.

When in divine alignment, I am enabled by the authority & power of my Soul's choice.

My vision is to live my ideal life on Earth as my Soul chooses its Self to live.



# What My Purpose Is!

My Purpose is to live the reason for my life with meaning.

The Reason for my life is to fulfil my vision.

The Meaning of my life is a mission to experience a balanced life that is aligned with my vision.

I experience the meaning of life when I give my life meaning.

I give my life meaning when I define who I am being in relationship to whatever is occurring in my life.

I find the mean in my life when I attain emotional balance in my life.

Emotional balance is the mean between two opposing extremes of energy polarity & gender.

I find the mean balance between the opposing polarities of thinking & thought and the opposing male & female gender of emotional feelings when I bring them into harmony & accord.

When I define the balance at the fulcrum of my experience, I unite my divided energy vibrations and attain a pure emotional state of being.

When I define the purity & the quality of my personal attributes, I attain them.

When I attain a pure emotional state of being, I can choose that state of being by attributing it to my Self.

When I consciously attribute an attainment to my Self, I resonate with that state of being, on purpose.

My purpose in life is to consciously choose the emotional states of being that allow my ideal reality to exist.

By defining the mean balance, I give my state of being meaning and I can attribute it to my Self as an attainment.

The purpose of my Self is to experience my purpose in life.

When I live my life on purpose, with reason & meaning, I am consciously aware of who I am being and the quality of the attributes that I have attained.

The quality of the attributes that I attain is a measure of the expansive spiritual growth of my Soul.

This is the purpose of my incarnation as my Self in this life-time.

# What My Mission Is!

My Mission is to live my ideal life in physical form on Earth.

Living on Earth in physical reality, as my Soul intends, is my sole intention.

When my Self is in exclusive connection with my Soul, my life is ideal and as I intend it to be.

My Soul is Divine and living as my Soul intends allows my experience of life to be divine.

My mission is to live a divine life on Earth as this will be Heaven.

Creating the experience of heaven on earth is my divine mission in life.

Living a heavenly, divine life in physical reality is my Soul's mission for its Self.

What constitutes a divine life of heaven on earth is my mission to discover, explore & experience my Self.

As the creator of my own reality, I have the potential ability to do just that.

Creative ability is enabled by the creative power of creative authority.

Only my Soul has the authority to create a divine life.

My ego Self is authorised to create a duality that is both beneficial & detrimental to my ideal experience.

Only my Soul has the authority to create a space in time that is a divine reality.

Choosing my Soul's choice for my experience of physical reality allows my Soul's power to enable my creative ability my Self.

When I allow my Soul's power to flow effortlessly through me, my life is full of divine opportunities.

When I block my Soul's power in favour of my ego's desires, my life is full of challenging problems.



**My mission is to experience in physicality the divinely creative power, authority & ability of my Truly Authentic Self.**

**I am a Missionary on Earth living the Gospel of the Soul.**

# What I Need Is!

What I Need is provided providentially by Providence.

My Soul is my Providence that provides everything that it needs for my Self to fulfil my mission & to live my life on purpose.

Providence is the authentic ability of my Authentic Self that I call my Soul.

My Soul provides everything that I need on my journey through life, in divine time & the appointed place to fulfil my chosen experience of reality.

Whatever I choose to experience as my reality is provided providentially as my reality.

When my perspective is that there is something that I need then that is what I get, the experience of needing something.

When my perspective is that I have everything that I need then I experience having everything that I need as my reality.

When I have everything that I need, I want for nothing.

Wanting nothing is the instantaneous way of having everything that I need.

When I do not realise that I always have everything that I need, I create a reality of not having everything that I need.

The act of wanting what I do not have, because I believe that I need it, disallows it flowing into my reality.

What I need is what I believe that I do not have.

Believing that I do not have the authority, the power or the ability to have everything that I need for my journey creates that as my reality.

Knowing that whatever is required to fulfil my journey is always provided, allows that to become my experience of reality.

# What I Truly Value Is!

What I Truly Value Is what my Soul empowers my Self to do.

I am inspired & empowered to do what has true value in my life.

Because we are all empowered to follow different paths, we all have different experiences that we truly value.

Physical things do not have true value for my Soul.

It is a particular experience that physical life offers that has true value for the Soul.

My True Values are:

1. The Bonded Bliss of sharing a beautiful experience with another. When the beauty of an experience is shared, it becomes exponentially expansive for each individual experiencer. It is a feeling of being at one with my Self and at one with another person in holy communion with the Soul.

2. Creating Awareness of life beyond just physical experience. The emotional awareness of a conscious physical human being, allows a spiritual reality to exist. Developing an intuitive connection with my Soul is the gateway to creating an awareness of my Self.

3. Discovering the Unknown is my process of remembering who I am & why I am here. What is really unknown is the infinite & eternal extent of my own creative ability.

What I truly value is what I enjoy doing when I have the emotional power to do so.

In my disempowered state of being, I am always too busy getting my needs met to do what I truly value to do.

Discovering my emotional power creates an awareness of my emotional power that allows my connection to my emotional power that allows me to blissfully bond in life with what I truly value to do.

# What I Need To Do Is!

There is nothing that I need to do!

Doing anything out of need is a toleration, which is an energy drain & a problem.

Doing nothing causes a need to do something.

Needy people need to do something to get their needs met.

What I choose to do is whatever I am inspired to do because I am empowered to do whatever I am inspired to do.

Inspiration is my Soul telling my Self to move in this direction by doing this, this way.

I do not need to do this, I choose to do this because it is clearly an opportunity that has true value for me.

I am never inspired to do something of no value because if it is not true to my path, it has no true value.

The true value to my Soul is following my chosen path in life.

Being lost, confused & frustrated by life disconnects my emotional power and creates a need for emotional energy.

What I need to do is learn how to quickly & effortlessly get my own emotional needs met, so that I have the emotional power to do what I truly value.

What I need to do is reconnect to the authority of my Soul's choice, which connects me to the emotional power of my Soul's inspired thoughts, which allows me to hear the direction of my path with clarity in each present moment of physical reality.

There is nothing that I need to do when I am flowing effortlessly along my path.

# When I Need To Achieve Is!

When I Need to Achieve is when my emotional energy is low.

Trying to achieve when my energy is low requires will power.

Emotional energy is a paradox in that when I have it, I do not need it but when I do not have any energy, it becomes an emotional need.

Emotional energy & the need for emotional energy are the duality of a full & empty personal fuel tank.

Achieving an objective is my primary way of filling up my emotional energy reserves.

The art of maintaining my energy reserves is to consciously ensure that the energy required to achieve an objective is relatively lower than the energy gained by the achievement.



When my intentions are in alignment with my vision and have true value for my Self, I am connected to my main supply & empowered.

However, when my intentions are misaligned & off track, the will power required to motivate myself can be in excess of the emotional energy gained by the achievement.

In conscious awareness of my own emotional energy needs, my strategy is always to align my intentions with my higher vision for my Self.

Doing what feels good to achieve is effortless and is a win-win situation with no energy drain to tolerate.

When I need to achieve is when I get off track because when I am on my path, I am achieving the next step on the journey of my destiny.

When I am off track, I am disconnected from my true source of emotional power, which is when I need to achieve!

When every choice I make comes with a pure intention, there is never any need to achieve it, life just happens effortlessly.

# When I Need Approval Is!

When I Need Approval is when I am disapproving of my Self.

My Soul never disapproves of its Self but only empowers the actions of which it approves.

My Soul is approving of its Self following my chosen path.

When aligned with my Soul's vision & true values, I am empowered and approving of my journey.

My self-disapproval disconnects my emotional power, which causes my need for approval.

When as a baby, we are dependent on a particular loving parent to supply our emotional energy needs, we may develop a need for their approval based on an experience that their disapproval disconnects their apparent love.

This child - parent attachment becomes either beneficial or detrimental relative to the approval of the parent.

Constantly needing the approval of someone else will take me out of alignment with my own chosen path causing a disconnection of Source power and a complete dependency on the need for approval.

When I need approval, I really do need approval.

When I am aware of my need for approval, I can consciously choose to supply it my Self.

When I need approval is when I am not aligned with my own emotional state of being approving.

When I am being approving of the path I am following because it aligns with my vision & purpose for life, I fully approve of who I am being and my need for approval is being met by my Self.

# When I Need To Be Right Is!

When I Need To Be Right Is Always!

There is no way ever that I need to be wrong.

The only time I need to be right is when I believe that I am wrong!

It is my mental belief that I am wrong that causes my emotional need to be right.

Believing that I am wrong is a judgment based on a particular perspective that is determined by my belief about what is the right reality.

Reality is never right or wrong, it just is whatever I experience it to be.

It is always my perspective that is wrong, based on a false belief that convicts me by my judgment of it.

The societal belief, that in principle there is only one reality, causes my conviction of being wrong.

It is other people's beliefs about what is right or wrong that allows me to believe that I can be wrong.

When a society believes that there is only one truth that is real, which is experienced by billions of individuals with a personal perspective of what is true, judgment of what is right or wrong then becomes a major issue.

When I need to be right, I am subscribing to the drama that I can be wrong.

When I know that I create my own reality, and everyone else creates their own reality, and an infinite number of realities can exist simultaneously, I know that I never need to be wrong again.

When I have no need to be wrong, I also have no need to be right, because I always am.

Once there was a time when I thought that I was wrong, but I was mistaken.

# When I Need To Be Needed!

When I Need to be Needed is Never!

I never need to be needed because I am always needed.

My need to be needed is always met by my Soul.

My Soul always needs my Self because it cannot develop & grow alone.

It is the journey of the Self through physical experience that allows the growth of the Soul.

The Soul always looks after & cares for its Self unconditionally & in all ways.

When the Self remains disconnected from the Soul, it may develop a need to be needed by other people.

The Caring professions are full of people who need to be needed and so need to care for other people.

Caring for other people meets the emotional need to be needed.

How well caring for others meets my need to be needed is relative to how inspired & empowered I am to look after another.

When looking after another is in alignment with my path and has true value for both parties, it is called Compassion.

However, when caring is a chore, a duty or a drudge, it can become a major energy drain for both the carer and the one being cared for.

Caring out of sympathy will eventually lead to apathy.

Needing to care or needing to be needed by others will always take one out of integrity and into drama.

When there is true motive, true sharing & true purpose in a relationship, there is true love, integrity & compassion.

When I need to be needed is when I am disconnected from my intended path and my true source of compassion.



**My Soul is full of compassion for its Self when I am faithfully following my destined path.**

## What My Faith Is!

My Faith is spiritual, but it is not religious.

My spiritual faith is the calling that I follow.

I am called by my Soul to follow an exclusive path that is individual & unique to my Self.

My exclusive path is illuminated by my unique vision and is my individual purpose for my life.

My faith is the path that I faithfully follow.

I am full of faith that whatever turns up in my life is my path for my Self to experience.

My faith is an intuitive knowing that is beyond belief or trust.

I do not trust it as a belief but know it in the depth of my being.

My faith is an intuitive feeling that is beyond emotion.

Beyond emotion is the pure feeling of Love that my Soul has for its Self and my Self has for my Soul.

My faith is an intuitive seeing that my life is totally guided & wholly supported on a beneficial path.

I get that divine providence is providing a divine experience for my Self in physical reality.

I get that I just have to allow, approve & accept that whatever occurs is meant to be because it is always in alignment with my purpose for life.

When I have faith and I am following my path, my path leads me on a beneficial journey of life.

My faith is my Book of Life, it is my Gospel of Keith.

It is the good news of how my Soul is expansively developing through the experience of my Self in physical life.

Many are chosen, as yet few choose to follow their own path with Faith.

# What My Destiny Is!

It is My Destiny to fulfil my vision for my life, in every life-time.

I am a Spiritual Being on a spiritual journey through many physical life-times.

Each life-time is lived in both the physical & the spiritual realms.

The purpose of each life-time is the expansive growth of the Soul in different ways.

The way my Soul has chosen to expansively grow through experience is the purpose of that life-time.

My Self is destined to fulfil my vision for each lifetime, either consciously or unconsciously and either with or without awareness.

Each life-time and every life-time is faithfully recorded in the annals of time for eternity.

All possibilities exist on a journey through infinite space over continuous life-times of personal reality.

My destiny is to explore, discover & experience every aspect of my Divinity through the medium of space-time-reality.

It is my destiny to realise & experience the omnipotent, omniscient & omnipresent nature of my Essence.

It is my destiny to publish my Book of Life as a living testament of my Divinely Creative Ability.

It is my destiny to fully explore the depths of my emotional power & the height of my mental authority by fully grounding the physical ability of my creative imagination as my experiential reality.

It is my destiny to know my Self as my Soul.

# What My Reality Is!

My Reality is an experience of what I experience to be real.

What I experience to be real is what I cause to be real in conjunction with the world in which I co-exist.

The world is real whenever I interact with it in a physical, mental or emotional way.

When I consciously interact with the world, I cause an effect that determines my physical reality.

A real effect has a real cause.

I am the real cause of my own experience of reality.

Without physical experience, there is no physical reality.

The contextual field is there, awaiting my conscious interaction with it.

When my conscious mind constructs a physical reality, I am able to experience that emotionally.

The reality is that I can choose who I choose to be in relationship to whatever reality I am creating and experiencing.

My choice of reality allows my choice of how I experience that reality

My reality is an emotional experience of a mental construct within a physical context.

Constructing a physical reality allows my mental creativity to have an emotional experience.

My reality is that my thought attracts like vibrations of energy in mental, emotional & physical form.

How I experience a particular form of energy makes it real.

I really am having a physical, mental & emotional experience that is the creation of my own spiritual imagination, as is everyone else.

# What My Ability Is!

**My Ability is the product of my mental authority that authorises my emotional power.**

**In return, my emotional power has the ability to empower my conscious choice.**

**When my power & authority are balanced, I am enabled.**

**When my Mind is enabled, I have mental capacity.**

**My mental capacity is a measure of how much my mind is consciously enabled.**

**When my Solar Plexus is enabled, I have emotional competence.**

**My emotional competence is a measure of my core power.**

**When my Heart is enabled, I have mental & emotional balance and I am physically capable.**

**Being physically capable requires mental capacity & emotional competence to be grounded in physicality.**



The ability to ground my mental capacity in physical reality requires my emotional competence.

The power of my emotional competence is relative to the mental capacity of my creative authority.

I am authorised to create whatever I have the power to create.

Whatever I disallow in my life takes away my authority to have it in my life.

It is the ability of every Sentient Being to create their own reality.

My ability to create my own reality consciously is relative to my ability to realise that I can create my own reality and my ability to realise that in actuality, I am always creating my own reality.

# What My Imagination Is!

My Imagination is the perspective of my Soul.

Whatever my Soul & my Self can imagine, I bring into my reality.

Whatever my Soul imagines remains in my imagination until realised by my Self.

When my Self imagines what is in my Soul's imagination, the universe has orders to deliver it.

When the imagination of my Soul aligns with the imagination of my Self, it is in divine order.

Divine orders are always delivered in divine time.

Divine time is when my Soul & my Self are aligned.

My imagination is how my Soul imagines my vision will manifest in real life.

When my Self has no imagination, whatever is in the imagination of my Soul remains unrealised.

The ability of my imagination to manifest in reality is in alignment with my vision.

It is in alignment with my vision to enable my authorised power to manifest first in my imagination & then in my reality.

The ability to be a powerful creator is limited only by the limits of my own imagination.

When I disconnect from my imagination, I disallow my conscious creative ability.

My Soul is an imaginative Being and my Self comes into alignment by being imaginative.

Imagination is my creative potential that is empowered by the magnitude of my Inspiration.

# What My Inspiration Is!

My Inspiration is the power of my imagination.

The perspective of my Soul is empowered with emotional feeling.

Empowered emotional feelings allow creativity to flow.

Inspiration is the magnitude of emotion that empowers an imaginative thought.

The force of an imaginatively creative thought is relative to the magnitude of inspired emotions that accompany it.

The potential of a thought to be creative is therefore relative to the inspiration with which it is conceived.

Inspiration is the power to bring an imaginative thought into physical reality.

When a seed of imagination is planted by the Soul, inspiration is the energy that empowers physical growth.

Physical reality is made manifest from an inspired imagination.

I breathe life into life with inspiration because inspiration is the breath of life.

Life comes alive when I am inspired to live life with inspiration.

Inspiration is the lungs of my heart.

Whatever my mind can imagine, my heart can inspire.

The depth of my inspiration can literally take my breath away.

I am in awe of my Soul's creative imagination when I imagine how awesome my Soul really is.

# What Happiness Is!

Happiness is an Emotional Feeling.

It is the feeling of emotion flowing through me without entropy or inertia.

It is the unrestricted flow of emotional feeling that is called joy.

It is the uninterrupted flow of mental thought that is fulfilling my Self with joy.

It is the effortless feeling of physical contentment that comes with mental fulfilment & emotional joy.

Happiness is the contentment of my physical ability being fully enabled.

Happiness is being fulfilled with the mental authority of my vision.

Happiness is being joyful with the power of my emotional feelings.

It is the feeling that I am intuitively in alignment with my life path.

Happiness is my Soul being happy with my Self.

When I attribute being happy with my Self to myself, I attain happiness as a quality state of being.

When I am joyful, fulfilled & content, everything is flowing effortlessly along my life path and life could not be better.

I am being happy with my life when living my life is an expression of my inner happiness.

When my life has content & is filled full of joy, I am experiencing the inner happiness of my Soul.

Happiness is my Soul expressing how it feels about how I am living life as my Self.

# Why Issues Happen To Occur!

Occurrences happen as they are issued.

Issues occur when they are supposed to happen.

Divine Experiences happen to occur as an issue.

My only issue is the divine growth of my Soul.

Everything that issues forth in my life is beneficial & in alignment with the chosen path of my Soul.

When an issue happens to occur, it signifies a learning opportunity or a change in my life path.

When an issue happens to be a missed opportunity, it occurs as a challenging lesson that can develop into a chaotic problem.

Issues are dealt to the Self by the Soul in order to be dealt with.

Dealing with issues is the role of the Self.

An issue is never a problem unless the ego sees it as a problem.



An issue is never a challenge when the ego sees the opportunity that is happening to occur.

All issues happen to occur in a real space of divine time.

Being present to accept an opportunity to flow freely into my reality, with my approval, allows an issue to be beneficial.

Allowing issues to develop in a beneficial way allows issues to develop in a beneficial way.

Seeing the gift that is being presented allows each present moment to be acceptable.

All issues that occur happen for a reason and have a meaning that is aligned with my life purpose.

# What Well-Being Is!

Well Being is the quality of my Happiness!

Being Well allows my Happiness to flow into my experience.

Well Being is an attribute that allows the quality of my Happiness to be attained.

Well Being is a spiritual attainment that I experience physically, mentally & emotionally.

Physical well being is measured as the quality of my health.

When I am healthy, I am being physically well.

Mental well being is measured as the quality of my wisdom.

I am wise when I am being mentally well.

Emotional well being is measured as the quality of my wealth.

I am wealthy when I am being emotionally well.

My physical health allows me to be content.

My mental wisdom allows me to be fulfilled.

My emotional wealth allows me to be joyful.

My Well Being allows my attainment of Happiness.

When I attribute my Well Being to the attainment of Happiness, I experience the quality of my ideal life.

The quality of my life experience is relative to how well & happy I am being.

The quality of my well being defines the extent of the happiness that I am experiencing in life.

I am well happy when I attain the Happiness of my Well Being.

# What Kismet Is!

Kismet is what is meant to be!

What is meant to be has meaning.

Whatever has meaning is defined & balanced.

When I define the balance, I get what is meant to be.

I am meant to define my path and I am meant to define the inner balance that allows me to follow my path in harmony & equilibrium.

When I am out of balance, I am lost, off track, confused and frustrated by what is meant to be.

My destiny is in the balance between my fate & my doom.

Kismet can be experienced as a doomed act of survival, a fateful experience of comfort & insecurity or a divine opportunity to fulfil a personal destiny.

When I believe it is God's Will, I am doomed to be god's victim.

When I believe in the will power of my ego, I am fated to take my chances in a mortal existence.

When I know that I am experiencing the path of my chosen destiny, I am.

Kismet is a balanced choice of life between birth & death.

Once I understand the meaning of my ideal life, I find my inner balance that allows my Self to follow my own divine path.

Kismet is the Providence of my own individual, unique & exclusive reality.

What will be, will be whatever I perceive it to be based on my own personal perspective of my life.

Whatever I see kismet to be, I experience as my personal reality.

# What My Core Beliefs Are!

**My Core Beliefs are the foundation of my sub-conscious operating system.**

**They are the programmes that allow my sub-conscious decision making.**

**The clearer my core beliefs, the more physically efficiently I operate mentally & emotionally.**

**My core beliefs are mental principles that underline standards of performance that are emotionally empowered.**

**I am empowered to physically operate in alignment with my core beliefs.**

**All of my core beliefs are in alignment with the Golden Rule: To be unto others as I consciously choose others to be unto me.**

**I believe at the core of my being that what is the highest standard for my Self is the most beneficial for all other people, should they so choose it.**

My core beliefs are extensive, expansive and require no boundaries.

By re-programming my sub-conscious mind with my core beliefs, I allow the unconscious competence of my mental capacity to develop & grow.

By The Law of Attraction, my divinely guided belief system allows my divinely guided life path to emerge.

My core beliefs cause no inner conflict, no entropy, no chaos, no paradox, no drama, no inertia and no confusion in my life.

They are clearly stated beliefs in which I have total faith that life just is, we all have choice, there is enough, love is the way, we are all equal and by allowing all others to follow their individual path, I am enabled to effortlessly follow mine.

# Why Life Just Is!

Life Just Is whatever I create it to be.

Life is my experience of being human.

Being human is a life experience that is just.

It is just me, being human, having a life experience.

Injustice is something that I wrongly judge to be not of my own creation.

I cannot do an injustice to my Self, although I can do an injustice to another and I can believe that others are being unjust to me.

When I know that everything that I experience in life is of my own inner creation, I know that there is never any injustice.

Without judgment, there is no guilt, no conviction, no blame, no condemnation, no complaint & no criticism.

Life just is however I create it to be because that is how I create it to be.



The ability to recreate my life anew in the image of my ideal reality is the only 'just is' that I require.

Life just is divinely enabled when I am aligned with my Soul's authority & empowered with inspiration.

Life just is a blank canvas on which I reproduce my vision of my ideal reality.

Life just is an open book in which I am the author of my own life story.

Life just is a personal journey on an individual, unique & exclusive path along which I travel one step at a time.

Life just is a mission to planet Earth for the purpose of experiencing a heavenly vision of physical reality.

Life just is a spiritual journey of a physical, mental & emotional experience as a Human Being exploring & discovering my own humanity.

Life just is because that is how I have chosen it to be!

# Why We all Have Choice!

We All Have Choice because we have all chosen to live in a world of choice!

We all live in a world that allows individual choice.

We are all free to choose the reality of our choice.

I am also free to choose to deny my choice or make another choice.

Earth is a planet of choice and a relative world of dual reality.

It is the opposing dualities of energy polarity & gender that allows reality to be relative to personal choice.

My personal choice is the effect of my unique set of beliefs that cause the reality that I am experiencing.

My individual thoughts allow my individual beliefs that are the individual focus of my reality.

My reality is the experience of the effect of my thoughts that I choose to think are true.

Collective thinking by a group or society of individuals causes the experience of a common reality.

Thinking collectively or individually is a personal choice that allows me to either follow an inclusive majority or be in an exclusive or even single minority.

I can own my own beliefs or I can adopt other people's thinking, beliefs, principles, ethics, morals or standards as my choice.

The extent to which an Individual believes that they have choice determines the extent to which an Individual is able to make a personal choice.

Ultimately the choice is whether we choose to make a choice or not.

Whether I choose or not, I get the essence of the focus of the attention of my thoughts.

**I am creating my own reality whether I choose it or not,  
whether I accept it as my choice or choose to deny it.**

**Thoughts are creative & attractive, about that there is no  
choice.**

# Why There Is Enough!

**There Is Enough because the Universe is Abundant.**

**Abundance has no limitation, it is always enough.**

**I cannot have too much abundance but I can have too little when I block the universal flow that is abundant.**

**The Universe is infinite & eternal.**

**Infinity & eternity are without end.**

**Infinite space & eternal time combine to create a continuous reality that has no limitation & exists forever.**

**A reality that is infinite & eternal has the ability to create everything it needs, whenever it needs it.**

**The creative power of the universe is boundless & limitless.**

**In a dual reality world, I cannot have too little without having too much.**

**Too much of a bad thing causes too little of a good thing.**

I cannot have more than enough of what is wrong without having less than enough of what is right.

Gluttony & scarcity co-exist as opposing polarities of the same energy.

In a world of opposing extremes of poverty & extravagance, there is always a third choice.

The third way out of every duality is the balance point at the fulcrum of the experience.

In every duality of excess & insufficiency, there is a balance point that is enough.

Enough exists at the point in life where there is neither too little nor more than enough.

There is enough when I choose enough because when I choose enough, I am provided with enough and I experience having enough.

# Why Love Is The Way!

Love is the Way of an effortless life.

The effortless way is inspired & empowered with opportunities to experience life with Love.

Experiencing opportunities in life requires emotional power.

The emotional power that mentally authorises my physical ability is called Love.

When I do everything with Love, I have the emotional power to flow effortlessly through life and enjoy every opportunity that is presented.

Love is the power of inspired thought that provides clarity to the direction of my path in every present moment.

When Love is present, clarity is present because I have the power to see my way clearly.

The way is always clear & unobstructed when I feel empowered to take action.

Love is the intuitive feeling of what is good & right for my Self.

What feels good & feels right for me is to live my life my way.

Feeling good is the well-being & happiness of experiencing loving whatever I am doing in my life.

I have chosen to come here in physical form to experience the light of my life of love.

It is only ever the absence of love that interferes & blocks my way in life.

When I am not empowered, it is not the way.

Love is the way because without love: I fear life is an effort, life is a problem & life is a pain.



# Why We Are All Equal!

We are all equal to the mission that we have chosen in life.

We all have the same potential to fulfil our own unique, individual & exclusive destiny on Earth.

We are all equally divine Beings having our own choice of physical experience.

Equality is the quality of the essence of my energetic Beingness.

We are all in essence Beings of equal energy from the same Source.

The Oneness of Source Energy is always balanced & pure in quality.

We are all different entities of the the same essence.

In absolute reality, there is no imbalance, there is no inequality, there is no duality.

The way out of every dual reality experience is to find the mean balance where the energy is even & equal.

The inequality that I experience in physical reality is a reflection of the inequality of my own thinking.

When I believe that I am inferior or superior to another then that becomes my experience.

When I believe that I am created equally in the image of my own creative imagination then that becomes the perception of my own perspective.

My experience of life is always equal to my ability to create a vision of my ideal life with power & authority; as is everyone else's experience of life.

In my ideal world, there is no inequality, there is no hierarchy, there is no status, there is just the quality of a person's individual energetic state of being.

We are all equally the same and we are all uniquely different individual Human Beings.

# Why I Allow Others To Follow Their Path!

We all have our own path to follow & our own life to lead.

We lead our own life, following our own path through personal choice.

Humans have personal choice, whereas animals follow a herd, flock or pack instinct.

That is the dominion or choice that humans have over other animals.

Many people choose to follow the same path as others, but that is their choice.

Allowing others to follow their path is respecting their choice, whatever it may be.

Whereas it is possible to observe the choices that other people make, it is not possible to know their personal path.

I do not need to know another's path to allow them to follow it.

I just have to accept that they do have a path and accept that whatever path they are taking is their choice.

I allow all others to follow their own path as a Golden Rule.

Allowing others to follow their own path, without interference or resistance, allows me to follow my path without interference or resistance from others.

As I am being unto all others, all others are being unto me.

This is the Law of Attraction in action, drawing like energy of being approving, allowing & accepting unto my Self.

My emotional state of being unto others is the energy that I attract from others being unto me.

When I am unaccepting of another in a disapproving or a disallowing way, that is the energy that I draw unto my Self in relationship to them.

Allowing all others to follow their own path allows me to follow my own unique, exclusive, individual & personal path faithfully, with purpose & fulfilment.

# Why I Follow My Own Path!

I Follow My Own Path because that is my Destiny.

It is my fate to be off track, lost, confused & frustrated with life.

It is my destiny to follow the direction of my path with clarity & presence.

Fate & destiny are opposing perspectives of the same unique, individual & exclusive journey through life.

In absolute reality, from the perspective of my Soul, I am never off track.

I exist in physical reality for the purpose of my Soul's expansive growth.

The perspective of being off track or on track is all part of the experience of choice that expands the outlook of the Soul.

My Soul is always looking out for its Self.

It sends its Self only gifts & opportunities to creatively expand & grow as a spiritual entity.

Being a disconnected ego Self is perfectly in alignment with a dual reality experience of life.

A life in relative duality allows a choice of perspective that either puts the experience of the ego in alignment with the Soul or out of alignment with its destiny.

In dual reality, the Self is allowed choice as the Soul is allowed choice and that choice may concur or conflict.

The duality of choice allows either concordant or opposing perspectives of reality, which are both perfect for the Soul, whilst causing imperfection for the ego Self.

It is through the experience of who I am not that I learn who I really choose to be in absolute reality.

This is why I follow my path, to experience explore & discover who I really am and who I am choosing to be in physical reality.

# Why I Choose Sensitivity With Detachment!

Sensitivity is the attainment of being emotionally aware of other people.

By the Law of Attraction, other people are a mirror image of the energy that I am emoting.

I attract other people into my experience because they are energetically of a like polarity or an opposing gender.

Other people that I attract are a reflection of my own emotional energy based on my own mental beliefs.

Being sensitive to other people's emotional state of being allows me to acknowledge the spiritual lessons that I am being presented with in my life.

Being insensitive to other people is the apathy of my unawareness in my unemotional disconnection from my source.

Detachment is the attainment of being uninvolved & not drawn into other people's life dramas.



It is my fears & my limiting beliefs that cause my emotional needs that attach me to people and to material things.

I have emotional needs because of the beliefs that disconnect me from my alignment with source energy.

I form an attachment to whatever I need to supply my substitute emotional energy.

It is my attachment to what I need emotionally that reinforces my belief in how much I need it.

My emotional needs, fears & limiting beliefs attach myself to the dramas in which I play out my role as a human being.

Being detached from the need for emotional energy allows my detachment with other people's dramatic lifestyles.

Being sensitive allows me to observe the dramas whilst remaining detached; being in empathy & compassion with life without being in sympathy or in apathy with others.

# Why I Choose An Exclusive Connection!

Whilst I choose to relate to other people with sensitive detachment, I choose an exclusive connection with my Source.

My Source is the essence of who I am at the core of my Beingness.

Becoming the essence of the Sovereign Entity at the heart of my Beingness connects my Self exclusively to my Soul.

My Self & my Soul are as One when I am expressing my true Identity.

Expressing my true Identity connects my Self to the power of my exclusive authority.

I am authorised to follow my exclusive path, which connects me to my source of emotional power.

Connecting to the power of my exclusive authority enables my path to flow effortlessly through me.

I am able to intuitively see that everything that is presented on my path is a gift and an opportunity for my spiritual growth.

My Soul is always exclusively connected to my Self.

When I am exclusively connected to my Soul, my Self, I am in integrity & realising the creative genius of my potential.

My exclusive connection with my Soul allows my awareness of my intuitive vision, my physical mission & my spiritual purpose in life.

It connects me to my exclusive destiny that has true value in my life.

My life connects me to the awareness of what I truly value to experience.

I choose to be connected with my Soul to my Source, yet detached with all other people.

**I choose to be sensitive to the path of all others, yet exclusively focused on living my life, my way.**

# Why I Choose Emotional Intelligence!

To a scientifically educated person, intelligence is rational.

A rational person rates intelligence relative to their knowledge of the physical world.

An intelligently rational person sees emotion as irrational.

A spiritually intelligent Being knows that intelligence is both rational & emotional.

There is a rational logic as well as an emotional logic to life in physical reality.

Being emotionally intelligent is as logical to a spiritual Being as being rationally intelligent.

Logically, Spiritual Intelligence is a balance of both rational consciousness & emotional awareness.

Emotional Intelligence is understanding emotional states of being that are attributable to & attainable by individual Human Beings.

**I choose emotional intelligence so as to be sensitive to someone else's energetic state of being.**

**I choose emotional intelligence to be aware of my own emotional needs and my own emotional power.**

**My emotional power is relative to my own emotional state of being.**

**I choose emotional intelligence because it allows me to connect to my source of emotional power as a conscious choice.**

**My emotional awareness is an intelligent feeling that connects my Physical Self to my Spiritual Soul.**

**I choose emotional intelligence because it connects me to my inner guidance system that allows my clarity of direction in life.**

**Emotional awareness is just a feeling, a gut instinct, unless it has the emotional intelligence to consciously connect to my sense of intuition.**

**I choose emotional intelligence because it allows my awareness of the continued support of my Inner Coach that is the intuitive inner guide that shows me the way in my life.**

# Why I Choose Conscious-Awareness!

I choose to be both physically conscious & emotionally aware.

With no distinction between consciousness & awareness, I am physically awake whilst being spiritually asleep.

Being awakened to my spiritual path, I am alerted to my emotional awareness.

I become awakened to the energy of a spiritual reality.

Becoming aware of my spiritual origins intuitively connects me to the Source of my emotional power & my mental authority.

As well as being conscious of the material world through my five physical senses, I become aware of my spiritual source through my three intuitive senses.

I choose Conscious Awareness because it facilitates my choices being in alignment with my spiritual vision, mission & purpose for my life.



I can only see my vision for my life with the awareness of my intuitive insight.

My rational conscious choices keep me grounded in my mission, whilst my emotional awareness of my purpose keeps me in alignment with my vision.

Only when I carry out my mission on purpose can I fulfil the vision of my destiny for this life-time.

I choose conscious awareness because it is the balance or third way between rational consciousness & emotional awareness.

It is spiritually seeing that my intuitive knowing is aligned with my emotional feelings.

I choose to be physically awake, mentally alert & emotionally aware.

# Why I Choose Intuition!

I Choose Intuition as my inner guidance system.

When I have no life vision, no life purpose & no mission in life, I do not need guidance.

I live according to the beliefs of my family, my society, my religion & my culture.

In my unawakened, disconnected life; intuition is believed to be a sub-conscious choice based on learned knowledge & experience.

There is no distinction between my instinct & my intuition, which are believed to be the same thing.

Intuition is mainly experienced in hindsight, as there is no insight and there is no faith in foresight.

Once awakened & connected, I choose intuition because it is my common sense of spiritual awareness.

My spiritual awareness, of my life mission to fulfil my vision on purpose, requires clarity & direction to be present.

I choose intuition because it presents my Self with the clarity of direction to live my life, my way, in alignment with my chosen path.

My intuitive sense of knowing can be confused with my sub-conscious store of rational knowledge.

However, my intuitive sense of feeling is always empowering my inspired actions.

When I balance my intuitive feelings with my intuitive knowing, I intuitively see the tuition of my inner coach & guide.

I choose intuition because it is my Soul illuminating my path & enlightening my Self on my spiritual journey.

My Soul is my Inner Tutor and my Self is the Pupil.

As the pupil of the all seeing eye, I choose to see intuitively with the Vision of my Soul & the insight of who I really am.

# What My Third Eye Is!

My Third Eye is my intuitive sense of Seeing.

My two physical eyes allow my eye sight to see the material world.

My two physical eyes allow my sight and my third, spiritual eye allows my insight.

I intuitively see with my third eye when I know what is right because it feels good for me.

My third eye is my 'mind's eye' that is the source of my creative imagination.

The source of my creative imagination is my Soul.

My Soul is my third I & my third eye that always says aye!

I am a three part Being living in a three dimensional dual reality world of my experience.

In this reality, there is Me, my Self & I.

I am the 'I Am' that is my super-conscious Soul.

**My Self is the ego that consciously believes this is who I am in physical reality.**

**Me is the selfish Id that sub-consciously drives my physical existence.**

**The id that automatically drives my physical body is entrained with the mental beliefs that cause my emotional needs.**

**The id is selfish, the ego can choose to be selfish or unselfish and the Soul is always truly selfish.**

**When me & my Self come into agreement, I discover the third eye of my all seeing Soul.**

**The third eye is the third way that is the balance between my choice of yes or no.**

**When Me, my Self & I are all in alignment, my third eye allows me to say aye to who I really am.**

**My third eye is my Third I, saying Aye!**

# Who My Soul Is!

My Soul is my **Source Of Unlimited Learning**.

The expansive personal growth of my Self facilitates the unlimited learning of my Soul.

My Soul is seeking to spiritually grow through the physical experiences of its Self.

My Soul is my Spiritual Entity that is the energetic essence of my Beingness.

My Beingness defines the essence of who I really am.

In essence I am pure Energy, pure Beingness.

In relative physical reality, I am whoever I choose to be; I have a choice of energy to express.

Relative physical duality allows unlimited yet definite choice.

I can choose to be my Self or I can choose to be my Soul.

I can re-present my Soul or I can represent myself.

**My best choice is to be the essence of my Soul-Self.**

**My Soul-Self is my physical Self in full co-operation with my spiritual Soul.**

**I overcome the duality of the physical & spiritual self when I choose to become the essence of my Soul.**

**My Soul is the essence of pure Energy seeking to know its Self experientially.**

**My Soul is the source of my inspiration, my imagination, my intuition, my innovation, my invention, my instinct, my power, my authority & my ability to live an effortless life.**

**Whatever my Soul authorises for its Self is enabled with emotional power.**

**The emotional power of my Soul is called Love, which combines with the mental authority of my Soul called Light to enable the physical ability of my experience called Life.**

My Soul holds the blueprint for my **Self Organising Unsupervised Learning**.

Whether my Self is awakened to my spiritual path or not, the expansive growth of my Soul is ensured.

The reality here is that I am always choosing my Soul's choice of reality whether I am aware of it or not.

My Soul is the **Source Of Unlimited Life**.

My Soul is the **Source Of Unconditional Love**.

My Soul is the **Source Of Undiminished Light**.



# Who My Ego Is!

My Ego is my **E**ternal **G**rowth **O**ppportunity.

I adopt the character, personality & persona of my ego Self for the purpose of physically, mentally & emotionally experiencing growth opportunities, during my life on Earth.

My ego is my sense of Self in physical reality.

It is the character that I portray and the role that I act out in the play that I call life.

My ego is who I consider myself to be in relationship to other people and the world in general.

EGO is an acronym for **E**dge **G**od **O**ut.

My ego is who I believe myself to be in the absence of knowing the creator of my physical experience.

My Soul is the divine creator of my ideal reality.

When my reality is ideal, my experience of life is divine.

My ego is the less than divine experienter of my less than ideal reality.

My Soul is my creation of the image of my Creator.

I create my Soul as a pure entity that is the image of my divine God.

My divinely creative entity resides in the Realm of the Absolute.

Whatever my Soul imagines for its Self is created absolutely in my imagination.

Whatever my ego believes to be true from my earthly perspective becomes the cause of my ego's experience in physical reality.

My ego is my Soul's emissary to planet Earth.

My ego is the student of my Inner Tutor, my Soul.

My Ego is the Participator, my Soul is the Observer & my Id is the Spectator of my journey through life.

# Who My Id Is!

My Id is short for I had, I would or I did.

My id is a projection of my Self into the past or the future.

My id is the sub-conscious autonomic operating system that drives my physical entity.

It is responsible for my mental processing, my emotional power & my autonomous physical functions.

It is the source of my instinctive action.

It is a magnificent servant of my Self.

My id operates in alignment with my belief system.

My belief system is the operating system for my id.

I sub-consciously process thinking based on my past physical experiences as a possible future projection of my conscious mind.

Whereas my Soul is the essence of my Beingness, my id is the essence of my doingness.

My id is the driving force that motivates my Self to act through the power of my will.

My Soul has no will for its Self other than conscious individual choice.

The authority of the id is limited by the power of its will.

Will power is the motivation that the id needs to meet its need for emotional power.

In alignment with my programmed beliefs, my id is charged with sub-consciously meeting my need for emotional power when I am disconnected from source energy.

Will power is my reserve of battery power when I am disconnected from the main supply of my Soul.

When the beliefs of my id are out of alignment with my Soul, my emotional power is not authorised and I need to rely on the motivation of 'I will' instead of the empowerment of 'I Am'.

**When my 'Id' & my 'Entity' are in alignment, I experience being my true 'Identity'.**

# What The Law Of Attraction Is!

The Law Of Attraction is a spiritual law governing the creation of physical reality.

Physical reality is created in alignment with the Law of Attraction.

The Law of Attraction governs the process through which personal reality is made manifest.

Physical reality is a creation of Thought emanating from the Consciousness of Mind.

The Universal Mind creates Consciousness as a reality through the process of Thought.

As my thoughts process, my reality manifests in alignment with the Law of Attraction.

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

Therefore, as I think, so I experience.

My personal reality is the consequence of my personal perspective of life, based on my personal beliefs that cause my personal experience of life.

My reality is a personal experience of energy manifested as a personal material existence by the conscious thought of my mind.

The Law of Attraction is my authority to change my reality through choice.

The ability of choice allows me to change my mind by changing my thoughts, which changes my conscious reality.

Like vibrations of thought from like minds create like vibrations of consciousness.

My thoughts thereby create my conscious reality in the same way, or in a different way, to how your thoughts create the consciousness of your reality because we all have individual choice.

We all either share the same conscious thoughts as of one mind or we can choose to create our own reality based on our own unique choice of perspective of life.

Nothing is ever created outside of the conscious thoughts of the mind.

As my mind thinks, so I experience that consciousness as the reality of my life.

The Law of Attraction is the potential magnitude of energetic force that personally creates all experiences of physical, mental & emotional reality.



# What The Golden Rule Is!

The Golden Rule is how I choose to apply the Law of Attraction in my Life.

Doing unto others as others have done unto me is never golden, as a rule.

As a rule, an eye for an eye & a tooth for a tooth is called revenge.

I choose to be unto others as I choose others to be unto me.

This is my choice because, by the law of attraction, as I am being unto others, I attract others to be unto me.

I attract other people who are vibrating on a like frequency of thought & a like wavelength of emotion.

The state of being of other people is a direct reflection of my own emotional state of being.

The Golden Rule is that as I consciously create my own reality, I draw unto myself others who are creating a similar reality.

The beliefs that I hold will attract others with either similar or opposing beliefs.

My Golden Rule is to allow all other people to follow their own path because this allows me to follow my own path.

When I treat all others as my equal, all others treat me as their equal.

When I act from the goodness of love, all others act in a good & loving way towards me.

The Golden Rule is to love thy Neighbour as thy Self, because every acquaintance that I attract is a reflection of the energy that I am expressing to the world at that time.

My Golden Rule is to be at One with other people in harmony & accord yet sensitively detached from other people & following my own exclusive path.

It is being apart from the reality of other people whilst being a part of the reality of other people.

The Golden Rule is the 2nd Commandment of Jesus.

# What The 1st Commandment Of Jesus Is!

The 1st Commandment of Jesus is to Love the Lord thy God with all thy Heart, all thy Soul, all thy Mind & all thy Strength.

This is the vision of Jesus Christ that aligned him on his spiritual path.

It is a spiritual purpose that has deep spiritual meaning.

Spirit is energy, so to understand the spiritual meaning, I am required to define the spiritual meaning or find the spiritual mean for this path.

To Love something is to resonate in vibrational harmony with it.

To follow a commandment is to vibrate in balance with its meaning, on purpose and in good faith.

The Lord thy God is one's own Divine Creative Entity.

Jesus commands that his Divine Entity is a four dimensional Being.

Our Divine Beingness has four dimensions of physicality, mentality, emotionality & spirituality.

It is the physical, mental, emotional & spiritual reality that is the essence of our Beingness.

My spiritual entity is my Soul that is a three part Being, which is physical, mental & emotional.

My emotional entity is my Heart that is a two part Being, which is physical & mental.

My mental entity is my Mind that is a single physical entity, which is incarnate in the material world.

My Strength is to combine in its entirety, my mental mind & my emotional heart as my spiritual Soul in the reality of my physical body.

My Spiritual Soul is the Lord my God that I worship with all my heart, meditate with all my mind & pray with all my strength on my personal path of Spiritual Ascension.

# What Yin & Yang Is!

Yin & Yang in Chinese Philosophy explains the duality of spirit or energy.

Duality is the dual reality of an energy vibration.

In a dual reality world, the frequency of an energy vibration is relative to its wavelength.

As frequency accelerates in time, wavelength shortens in space.

The dual reality of time & space is relative to the duality of the frequency & wavelength of every energy vibration that is experienced.

Yin & Yang originally denoted the light & shade of the opposing slopes of a valley.

The south facing slopes reflected the light of the sun whereas, the north facing slopes remained in shade.

Yin & Yang is therefore, a metaphor for polarity or direction of perspective.

When I look south, I see darkness and when I look north, I see the light or vice versa depending on my perspective as the light of the sun is unchanging.

Polarity is a choice of perspective or a perspective that allows choice.

Yin & Yang is really a choice of male or female energetic gender.

All frequencies of an energy vibration have a male force, whilst all wavelengths have a female magnitude.

All conscious thoughts have a male force of mental authority & a female magnitude of emotional power.

Yin & yang becomes unbalanced when I use the power of my will as a force.

When I force my will, my reality becomes unbalanced and I become lost, confused & intensely frustrated.

**Yin & Yang is the emotional awareness of how to consciously rebalance my personal energy vibration.**

**It brings my male mental consciousness into balance with my female emotional awareness, which allows my intuitive emotional intelligence to flow freely in my life.**



# What Omnipresence Is!

Omnipresence is the attainment of being All Present.

Being all present is a divine attribute.

When I attribute being all present to my Self, I am experiencing a divine life.

Omnipresence is the essence of creating my ideal life.

When I am all present in my life, I see that it is divine.

The Creator of my ideal experience in life is my Soul.

My Soul is always present.

Omnipresence is the state of always being present with my Soul, so that all of me is present.

This allows my sole presence to be exclusively connected.

The exclusive presence of my soul connection allows my omniscient authority to sanction my omnipotent power.

When I am all present in physical life, my emotional power emanates as love and my mental authority shines with light.

The omniscient authority of my Soul allows the omnipotent power of my Soul to be present in my life.

Omnipresence is my exclusive connection to my Soul.

Omnipotence is my exclusive connection to my divine wealth of emotional power.

Omniscience is my exclusive connection to the mental wisdom of my divine authority.

The wealth of power that flows with divine wisdom allows a healthy life to be always present.

Omnipresence is the reality of presenting the presence of my Soul in every present moment of time in space.

When I am present in time & space, my reality is a present to my Self from my Soul.

I am presented with my divine destiny as a gift from my Soul to its Self.

Omnipresence is the All Seeing Eye of my Soul, feeling the omnipotent power of my omniscient authority to live the ability of life in my own ideal way.

# What Co-Incidence Is!

Co-Incidence is a paradox!

I can see co-incidence as an accident or I can see that co-incidence happens on purpose.

When I am a victim of life, co-incidence happens accidentally because my life has no clear purpose.

When I am a disciple of my life path, co-incidences are the sign-posts on my journey.

A co-incidence is a message of direction on my Soul's path.

It is my Soul showing my Self the way of my destiny.

Co-incidence is my Soul reminding my Self that life is not always rationally physically logical.

Co-incidence is the emotional awareness that, left to its own devices, life can flow effortlessly well.

Co-incidence is an incident in life that is Soul given and acceptable to my Self.

It is my Self & my Soul co-operating in life as a co-incident.

Co-incidents happen through me in life, not by me.

I cannot make co-incidence happen by my Self.

When I disallow co-incidence happening through me, it will happen to me accidentally.

When I see life as happening to me, it happens accidentally as a co-incidence.

When I see life as happening through me, co-incidences occur as I allow my Soul to deliver my allowance in divine time.

From my Soul's perspective, living my ideal life is no co-incidence; it is a gift from my Soul to my Self.

# What Deja Vu Is!

Deja Vu literally translated means already seen.

It is the experience that what is being experienced has already been experienced before.

That is how it appears because that is how it is seen to be.

As I see reality, so it appears.

It appears that I have experienced something in the past, when in reality I am experiencing it for the first time.

The question is: Have I experienced it before or is this a new experience?

Paradoxically, the answer to both questions is yes.

I have experienced it before in my spiritual reality and I am experiencing it for the first time in my physical reality.

My Soul chooses my path as my Soul imagines my path to unfold.

As the Author of my Book of Life, my Soul knows how my story unfolds and the eventual destiny of my life journey.

Deja Vu is a situation when my Self & my Soul are in alignment with my life vision.

I am at a pre-destined time & space in physical reality.

My physical Self is experiencing seeing a moment of time through the all seeing eyes of my Soul.

This is the synchronicity of my Self & my Soul being in perfect divine alignment in a particular time & space in my reality.

The destiny of my Soul is expansive spiritual growth.

My Soul grows through the physical experience of my spiritual imagination.

When I imagine that I have been here before, I am realising my spiritual journey as my physical reality.

# What Synchronicity Is!

**Synchronicity is Divine Timing!**

**Events are synchronised in divine time.**

**The Law of Attraction synchronises like energy vibrations in the divine flow of life.**

**Life flows with synchronicity.**

**Synchronicity is how life flows beneficially & attractively in space.**

**The beneficial flow of time in space allows reality to occur effortlessly.**

**Synchronicity is how individual realities seamlessly merge.**

**Where everyone appears to experience the same one fixed reality, synchronicity is not apparent, as there is nothing to synchronise with anything else.**

**Where reality is personal & unique to each Individual, it is either in synch or out of synch with other people.**

**Divine appointments happen with synchronicity.**



The vibration of my energy synchronising with another energetic Being, is attraction in action.

An ideal life is a divine reality that occurs in a divine space in divine time.

Synchronising realities in space-time is what synchronicity does.

Synchronicity is when & where different realities merge in time & space.

Synchronicity allows my Self to share the same reality as another.

Choice allows reality to be unique & exclusively individual.

Synchronicity allows reality to be shared universally & inclusively.

# What Imagination Is!

Imagination is a Conscious Thought projection of the Mind.

It is a matter of mental energy in motion.

Emoting energy into matter is called Creativity.

I create the matter of reality from the motion or vibration of my thought energy.

Imagination is a symphony of energy vibrations played on the instrument of an active Mind.

Imagination is the Source of Creativity.

Creativity is the energy of the imaginative thoughts of a conscious mind.

I can imagine whatever I presently realise, in many different ways.

This is called re-creation.

Recreation is the ability to play with my imagination.

It requires the awareness of a conscious mind to project innovative thoughts.

Projecting an awareness of innovative thoughts is a project of my Soul.

My Soul projects innovative thoughts into the mind of my conscious Self.

This is the experience of self-realisation for the Self to realise & experience.

The belief that imagination is not real blocks the realisation of my creative ability.

All physical experience first emanates as a thought from the creative imagination of my Soul.

'I'm a genie' when I connect to the creativity of my Soul's imagination.

Every image that is a super-conscious thought of my mind is created from my imagination.

The super-conscious mind of my Soul is the inspiration for my imagination.

Reality is either an experience as my Soul imagines it to be or an experience that my ego believes it to be.

# What Dominion Is!

**Dominion is Sovereignty.**

**A Sovereign Entity is self governing.**

**A self governing entity does so through choice.**

**Choice allows an entity the authority of self control.**

**Dominion is the sphere of influence over which choice has control.**

**Human Beings are a self governing sovereign entity authorised by choice.**

**All human Beings have chosen to be human through choice.**

**It is through the experience of beng human that I exercise my choice of being in control of myself or being under the dominion of my Soul.**

**My Soul is a sovereign entity with individual creative choice.**

Individual creative choice allows the creation of an Individual Being with choice, called the Self.

The Soul has sovereignty over its Self, yet allows its Self the dominion of choice.

The ego Self, in its disconnection from Source, may choose to serve the sovereignty of another or choose to reign sovereign over all others.

Dominion is the choice of sovereignty or allegiance that only Human Beings have.

The fish of the sea, the fowl of the air and every other living thing that moves on the Earth, are all governed & controlled by their instinct.

Only Human Beings have intuitive choice through an awareness of their conscious mind of unique & individual thoughts.

**Dominion is, according to the Bible, the ability of unconditional choice that is not 'God Given' to any other creature on Earth.**

**Dominion is the sovereign choice that all humans have that all other animals on Earth do not.**

# What The Holy Trinity Is!

The Holy Trinity is the Early Christian metaphor for the Triality of Creative Energy.

As God is a metaphor for Creative Energy, so the Holy Trinity is a metaphor for the three aspects of God.

The Holy Trinity is taught as God the Father, God the Son & God the Holy Spirit.

God the Father is a metaphor for the Divine Authority of Light.

God the Son is a metaphor for the Divine Ability of Life.

God the Holy Spirit is a metaphor for the Divine Power of Love.

The vibrational energy of Life is a wavelength of Love that is transmitted with every frequency of Light.

When I am enlightened, I am empowered with the love for life.



The Creative Ability of my Life is relative to my power & authority.

My creative potential in life is relative to the power of my emotional state of being that is authorised by the purity of my mental thoughts.

The force of the authority of my light is relative to the purity or divinity of my thoughts.

The magnitude of the power of my creative ability is relative to the force of authority of my thoughts.

The vibration of a pure thought is a frequency of divine light transmitted on a wavelength of pure emotional love.

God the Father is the pure creative thought that is authorised by my Soul.

God the Holy Spirit is the whole emotional energy of love on which a pure thought is transmitted.

God the Son is the physical Self that is the creation & the experiencer of whatever my creative Soul manifests as my reality.

The triality of a potentially divine life is relative to the divine magnitude of emotion that is transmitted with the force of authority of every divine thought.

The Holy Trinity affirms how the Soul as the Father of Heavenly Thought conveys the whole Spirit of Love to its Self as its Son in physical incarnation on Earth.

The Holy Trinity is the magnitude, force & potential of the power, authority & ability of my emotional love & mental light in physical life to create my ideal reality as Heaven, here on Earth.

# What a Miracle Is!

A Miracle is a physical experience that defies mental belief.

Mental beliefs are the effect of learned knowledge & experience.

I learn knowledge from the experience of life, in a physical rational world where reality is scientifically acceptable.

I learn to believe in a reality that Scientists have proved to be physically natural & normal.

I live a normal life in a natural world where miracles are seen as supernatural events.

When miracles are seen as supernatural, they are not normal events.

A miracle is both natural & normal, when seen from a super-conscious perspective.

My super-conscious perspective sees miracles as normal, naturally.

Life is a miracle of super-conscious creative potential.

The potential of my super-conscious Soul is to create the miracle that is my life.

When I see my life as a miraculous creation of my Soul, I fulfil my potential.

A miracle is an everyday event in the life of my Soul, from my higher perspective.

Creating my physical reality as a projection of my mindful, conscious thought is a super-natural ability.

It is the normal nature of my Soul to be super creative.

It is the nature of my Soul to perform miracles.

Life becomes one miraculous event after another when I allow the reality of my Soul's creative ability to manifest effortlessly into my experience.

# What Serendipity Is!

Serendipity is good fortune!

When I believe in luck, good fortune is accompanied by bad luck, in a dual reality world.

Serendipity has no polarity.

My fortune is always good, as serendipity only ever flows in a beneficial direction.

When serendipity is associated with luck, it becomes a happy accident.

When I know that happiness is never an accident, I allow serendipity to flow into my life.

I am never a victim of serendipity.

I am only ever a victim of my own misfortune.

When I disallow my provision, I miss my fortune.

My fortune is provided on my path, once I realise that my spiritual vision reveals the physical path of my provision.

Serendipity is the provision of my fortune through the vision of my life.

No-one ever chooses an unfortunate vision for their life.

When fulfilling my vision, I realise my fortune in life, which is good.

Serendipity is the effortless flow of events on the path of my destiny.

Serendipity is the evidence of my destiny being delivered.

Life is a treasure trove waiting to be explored, discovered & experienced.

It is the emotional power of my wealth that approves the flow of serendipitous riches into my life.

Serendipity is the beneficial flow of abundant opportunity that my Soul has destined for its Self to experience in life.

# What Ascension Is!

Ascension is the process of raising one's perspective.

Raising one's perspective allows reality to be seen from a higher perspective.

Personal reality is a creation of personal perspective.

Raising my perspective allows my Self to ascend into a higher perspective of reality.

We are all born into a physical world that is the creation of other people's perspective.

With the perspective of other people, I believe that life happens to me.

I adopt the perspective of my lower sub-conscious id-entity.

To ascend out of the experience of victimhood, where I am daily crucified in a hell on earth, I am required to raise my perspective.

With my own egotistical perspective, I make life happen by me.

When I take control & responsibility for my life myself, I resurrect my reality to a higher perspective.

From a victim of life, I resurrect the role of the villain that is guilty of causing my own misfortune, whilst seeking a material fortune by the endeavours of my own ego Self.

When I eventually realise that the ego is not empowered to create its own version of an ideal world, I learn to allow life to happen through me.

I choose to allow my Soul to be in control.

Ascension is raising my perspective to be in alignment with my Soul's Vision for my life.

Ascension is raising my experience to that of an Ascended Master.

When I master my perspective of life, I master my experience of life.



An Ascended Master has mastered living life on Earth from the perspective of their Soul.

Ascension is living my Ideal Life in Heaven on Earth, which is every Soul's ultimate ambition & dream for its Self.

# What Armageddon Is!

Armageddon is the final battle between good & evil!

The final battle between good & evil occurs when all inner conflict is overcome.

When all inner conflict has been overcome, there is no battle to fight & inner peace is attained.

Inner peace is a divine attainment for my Self and a natural attribute of my Soul.

My Soul is never in conflict as it sees only the Divine Goodness or Godness in its Self.

It is not my Soul that is at war with its Self but my conscious ego that is in conflict with my sub-conscious id.

My id is my sub-conscious mind that passionately needs female emotional power to be in control.

My ego is my conscious mind that needs male mental authority to get whatever it wants or desires.

When my id & my ego are out of alignment, I experience disagreement & conflict with my Self.

When I am in two minds, I am at war with my Self.

The male will of my ego's authority is impotent without the female emotional power of my true id-entity.

Armageddon is the final battle between the emotional needs of my id & the mental desires of my ego.

It occurs when my beliefs are in alignment with my core values.

When my core beliefs allow the true value of my vision & purpose for my life to be fulfilled, there is no actual conflict.

I no longer live in fear of the evil that my beliefs are causing and the emotional power of my Soul shines brightly through my inner peace.

As the Sun rises and the Son ascends over the battlefield of Earth's duality, the final inner conflict is over and Armageddon is attained.

# What An Apocalypse Is!

An Apocalypse is a sign of the end times.

The end times are always a sign of a new beginning.

An Apocalypse is the darkness before the dawn.

An apocalypse doesn't have to be a disaster.

A disaster is caused by the chaos of having too many problems in my life.

People with too many problems in their life see the apocalypse as a disaster.

People who see life as a challenge try to solve all their problems so as to avert or avoid a disastrous apocalypse.

They are working very hard to find solutions to the problems in their chaotic lives.

A chaotic life does not flow freely & effortlessly.

Trying to avoid the chaos allows the problems to persist.

When I continue to look for solutions, the problems will continue to appear.

The problem is that people with problems see the end times as a problem and spend their lives trying to avoid a disastrous end to their life time.

People who see life as an opportunity, see the opportunity of an apocalypse.

These are apocalyptic times with great opportunities for personal development and spiritual growth.

An apocalypse is an opportunity to end the times of striving to avoid a challenging chaotically problematic life.

It is an opportunity to start a new beginning of living a fear free, effortless & problem free life.

I do not need to destroy my old life to begin a new life, that would be a disaster.

I start living my new life of opportunity by becoming problem free.

When I am truly problem free, there is no pain, there is no fear, there is no chaos, just the signs of a clear direction with new opportunities starting to appear.

An apocalypse is a sign that my new age is now dawning.

# What Karma Is!

Karma is the Law of Attraction proceeding in alignment with the Golden Rule.

The Law of Attraction has no polarity, it has no defined direction, it just is like energy being drawn unto itself.

It is personal perspective that causes polarity & defines the direction and it is the polarity, or the choice of perspective, that allows karma to be seen as a good or bad & a positive or negative experience.

Whether the karma that I attract into my life is good or bad is just a matter of my own perspective.

Karma is what I am attracting into my life as a consequence of my thoughts, my words & my deeds.

As I am being unto others, others will be unto me and as I do unto others, it will be done unto me; this is the Golden Rule that governs how attraction is working in life and causing my karma.

In this way, I am the cause of my own karma.

Karma is the effect of my own personal state of being & my own personal actions in life.

I draw unto myself energetic experiences that are in direct accord with the energies that I am expressing.

Thinking negative thoughts attracts negative experiences, this is my karma.

Experiencing negative karma causes my continued negative thinking as bad karma is the direct result of thinking bad thoughts & doing bad deeds.

Conversely, experiencing positive karma requires me to feel good about who I am being and what I am doing.

Chaotic & disastrous problems are the evidence of bad karma and golden opportunities are the evidence of good karma in my life.

When life happens by me, I attract both good and bad karma but when life happens through me only good karma is allowed to flow into my life.



**Karma is the personal experience of my choice, whether I am consciously choosing it or not.**

# What A Paradox Is!

A Paradox is apparent when two opposing states of being are present at the same time.

Reality is a paradox because space & time exist simultaneously.

Space has no time & time has no space, yet the reality is that one cannot exist without the other.

Life is a paradox of thought & feeling.

The rational mind operates independently from emotional feeling and vice versa, yet every frequency of thought is transmitted on a wavelength of emotion.

Paradox is a normal state of being in the relative dual reality world of Earth.

Earth is a contextual field of energy from which manifest infinite possibilities of the experience of duality.

An experience of duality is possible through choice, as it is choice that allows the experience of duality, and unconditional choice allows infinite possibilities.

It is choice that allows opposing energetic states of being to be present in my reality.

I can do this or that, here or there, now or then in my chosen space at my chosen time.

A personal choice of perspective allows opposing genders of energy to have a specific direction or polarity.

The paradox is that both male & female aspects of energy exist in the same space-time-reality.

The reality is that both male & female genders of energy can be seen as both positive or negative in the same space & time.

**A paradox is the realisation that I can have two different & opposing perspectives of the same energetic event.**

**I can even choose to accept or deny that a paradox exists.**

# What A Paradigm Shift Is!

A Paradigm is a world view of reality.

Whatever the world generally views as reality is experienced as being real.

What is experienced by the consensus of people as true is the current paradigm of reality.

Reality is a construct of personal beliefs.

As personal beliefs come into general agreement they coalesce as the accepted truths that form a paradigm of present reality.

As personal experience changes, personal beliefs change and paradigms shift in alignment with the current perspective of reality.

A real paradigm shift occurs when a world view changes.

An example of a change in world view is the belief that the Earth orbits the Sun instead of the old belief that the sun orbited the earth.

Another paradigm shift occurred when the Globe was circumnavigated by explorers who discovered that our Earth was not flat.

The History of Mankind has experienced many paradigm shifts and will continue to do so as it passes through time.

The change in perspective, from evolution is a happy accident to evolution is the process of spiritual growth, is a paradigm shift that is potentially emerging.

The reason for the existence of the Earth, as a means of exploring, discovering & experiencing new realities for the purpose of attaining spiritual growth, only becomes a new paradigm when this is accepted as a personal world view.

Spiritual growth requires a changing reality and for reality to change, paradigms are required to shift.

A paradigm shift is the effect of making a different conscious choice about what is the idea or the ideal of life.

# What The Akashic Record Is!

**The Akashic Record is the Soul's Book of Lives!**

**It records every lifetime of every living Creature of Earth that has ever lived & will ever live.**

**It is a record of absolutely every individual journey ever, recorded as absolute reality.**

**The Akashic Record is the Book of the Soul.**

**It records every lifetime that the Soul has ever imagined for its Self.**

**Akasha translates as Aether, Sky or Heaven.**

**All are pseudonyms for the Kingdom of God or the Realm of the Creator.**

**The Realm of the Creator is the Soul's Imagination, Super-Consciousness & the Mind of God.**

**It is the Creative Imagination of All That Is.**

**All that is, was & ever will be, is recorded in the Akasha for all Eternity.**

The Soul lives through its imaginary Self, or through who it imagines its Self to be.

The Akasha is the thought energy of a Super-conscious Mind that is a creative genius.

It is the eternal thoughts of the Soul, of a Heaven on Earth, recorded in the Ether for Prosperity.

The Soul imagines its Self into physical existence for the purpose of experiencing who it is and experimenting with who it can become.

The act of becoming is defined as personal development of the Self to facilitate the spiritual growth of the Soul.

The Akasha is a Record of every lifetime for itself that the Soul has ever undertaken in its imagination.

It is a record of the Soul's Quest to explore, discover & experience Who I Am, and who the I Am Is!



# What The Book Of Life Is!

The Book of Life is the Soul's Record of a single journey through space-time-reality, of its Self.

The Soul experiences spiritual growth through many Selves and through many lifetimes.

In a time of expansive spiritual growth, there are many Selves living many lives at the same time in the space of physical reality.

As a representative or projection of the Soul, my Self, I have a personal Book of Life that journals my exclusive lifetime.

My Book of Life is a record of my experience as my Self on my present journey from birth to death.

The Book of Life is my exercise book that records my personal attendance at Earth School.

The Akashic Record holds the text book that my Master Teacher has written for my learning experience.

I can choose to see my life according to the Book of Words that is my Soul's original authorised version, or I can choose to make life up as I go along and re-write the manual as my own version of reality.

From another perspective: The Akashic Record is the Soul's version of my life as Heaven on Earth and my Book of Life is my alternative version of enduring a life of hell on earth, as seen through the eyes of my ego Self.

An enlightened Self that has connected access to the Akasha is able to live their life by the Soul's Book of Revelations.

My unfortunate soulless ego will write my own book of life of my misguided endeavours & failed challenges that caused a problematic chaos that became an unmitigated disaster.

The Book of Life is a blank tome that is mine to write in any way that I choose.

# What The Book Of The Dead Is!

The Book of the Dead is the Journal of an Unawakened Ego!

The Book of Life is a record of the Journey of an Enlightened Self.

A Book of the Dead is a record of the journey of an unenlightened, disempowered & uninspired individual human Being's life.

In my disconnection from my Soul's guidance & support, mortal life can be a living hell and a deathly experience.

Awakened to my spiritual path, I live the way of my destined path.

Unawakened to my spiritual path, life can be a living death.

I always have a choice of living well or dying slowly.

From a negative perspective, I am dying slowly on a life long journey descending into my eventual death.

From a positive perspective of life, I am having an uplifting experience on my path of Ascension.

From the Soul's perspective, life is designed to be an effortless journey of spiritual development & growth.

From an egotistical perspective, life can be a hell on earth that is plummeting towards an unknown demise.

I can see my life as doomed to an uncertain fate or I can see my life as a dream holiday that I am destined to enjoy.

The Book of the Dead is a record of a life lived as a disconnected, insensitive, unemotional, irrational & inclusively attached human Being.

The Book of Life is written by an exclusively connected, sensitively detached & emotionally intelligent person, who is awake, alert, aware & alive to their personal experience of a mission to fulfil their vision in life with purpose.

# What Memory Is!

Memory is my ability to connect to the Book of my Life that is already written by me.

I can only remember the chapters of my Book of Life that I have already written.

Remembering is mentally re-connecting to past experiences in my life.

All past experiences of my life are stored in my mind, not my brain.

My brain is analogous to my computer or the thinking processor of my mental programming.

My super-conscious Mind holds my 'cloud storage' as well as my universal operating system.

My brain is capable of receiving & processing both long & short term memory

Long term memory is stored in the Mind and is like a computer's ROM (Read Only Memory), whereas short

term memory is part of the brains processing RAM (Random Access Memory).

My short term random access memory allows my physical reality to appear to be continuous.

It allows a perception of the future based on the memories of the past.

What is there just now, I remember as being there just then; so what is here right now, will be there in the future moment of time until my reality changes.

Without random access memory of what was present in the past, I would have no experience of change in the future.

Read Only Memory allows my brain to put a past experience into my present conscious moment.

It allows every individual present moment that has past to be put into a motion picture of my Life's Story so far.

Memory enables my ability to reminisce about the past and to dream about my future when I am disconnected from the ever present creative imagination of my Super-conscious Mind.

Memory is the imagination of my Soul experienced by my Self stored as a space-time-reality for eternity in the infinite archives of the universal cosmic Mind.

# What Prophecy Is!

Prophecy is a forecast of my future!

The future is a paradox that the super-conscious mind has already imagined and the conscious mind believes does not yet exist.

Prophecy is a personal access to the Akashic Record of one's life.

It is my connection to the path or journey that my Soul has chosen for my Self.

Prophecy uses intuitive insight or the inner sight of intuition.

The only way that I can accurately prophesy my future is to feel, know or see it intuitively.

I can predict my future with rational knowledge & intelligent reasoning based on past experience, but it is not prophetic.

A Prophet is one who intuitively knows their future.

A Seer is one who intuitively sees their future.



A Sensitive is one who intuitively feels what is right in their future.

Prophecy is a certain intuitive knowing what will be present or presented in the future.

Prediction is an uncertain rational knowledge of what might be present in the future based on previous events.

Predictions often seem prophetic because the Law of Attraction always brings me the essence of the focus of my thoughts.

The Akashic Record holds a Prophetic Vision of a Divine Path for my Life.

A True Fortune Teller knows that there is only fortune in my Akasha and divines the truth of my divinely chosen path.

When my fortune is prophesied with clarity & direction, there is no mis-fortune to be told, only the divinity of my Soul's imagination.

Prophecy is any message of clear direction on my chosen path in Life.

# Where Heaven Is!

Heaven is Paradise on Earth.

Earth is the only place where Heaven can be.

Where defines a place that only exists in space-time-reality.

Beyond space & time, there is no place where heaven can exist in reality.

In absolute reality, heaven is a paradox.

It is an experience in the physical realm that is not a physical experience.

In the relative dual reality of earthly existence, heaven is a duality of earth and also has a duality called hell.

Living on Earth can be a heavenly dream, an earthly experience or a hellish nightmare.

I can choose between a physical perspective of hell on earth or a spiritual perception of heaven on earth.

In dimensional terms, Earth is a three dimensional reality, whereas Heaven has a five dimensional perspective of reality.

Heaven is a state of Being that I aspire to attain & ascend to.

Heaven is a divine state of Being that is relative to a pure perspective that I am inspired to experience on Earth.

Heaven is a state of mind that exists in my Mind.

Heaven is in the Mind and when I reconnect to my super-conscious divine state of Mind, I intuitively know this.

When I master living in the physical domain of Earth, I ascend into the spiritual realm of Heaven on Earth.

Mastering the attainment of living in Heaven on Earth allows the title of Ascended Master.

Heaven is where the Heart is.

It is where my Soul resides as its Self in Heaven on Earth,  
the Kingdom of God.

Heaven is the Divine Creator's imaginary Kingdom of  
Earth.

# What Paradise Is!

Paradise is an experience of Heaven on Earth.

When I experience heaven on earth, I am in Paradise.

Paradise is being in a divine state of Being.

When I believe that heaven is a place in the sky and paradise is a place on the ground, I am lost in a duality of my own making.

Paradise is called by many names, by many religions & cultures of the world.

Zanadu, El Dorado, Shamballa, Shangri La, Nirvana, the Garden of Eden, the Elysian Fields, the Promised Land, Happy Valley & Cloud Nine are just a few pseudonyms for paradise.

None of these places exist on the map of the physical world because Paradise is not a place on Earth.

I can have the feeling of being in heaven or being in paradise anywhere on the planet.

Paradise is a perspective of the mind that allows a heavenly emotional experience here on Earth.

A paradise island in the Pacific Ocean can be a heavenly experience to enjoy or one hell of an experience to endure & survive.

Hell on Earth is caused by the double duality of heaven & earth and heaven & hell, when I believe that Paradise is Lost.

Looking for paradise ensures that it remains lost to my experience.

Whatever I am seeking, I am focusing on its absence and its absence will remain as long as I am seeking it.

Knowing that paradise exists within the heart of my Beingness allows my Self to express that state of being in a grounded earthly Paradise, as my choice.

# Who A Disciple Is!

A Disciple is a follower.

A True Disciple follows their own true path, not the path of someone else.

The Disciples of Jesus Christ did not follow the path of Jesus as they were not crucified, resurrected or ascended.

Jesus said: "You too can be like me".

He did not preach that you can do as I do.

A True Master is an example to those who follow of being the essence of who they really are.

Jesus is the role model for 'Being' Christian or 'Being' Christlike, not doing christianity.

Jesus was never a christian and he did not found the christian religion.

He lived an individual, unique & exclusive destiny that renounced his jewish birthright.

Jesus was a true disciple of his own path as he lived life his way.

He taught others to be like him by following their own path and living their unique destiny.

My Self is a disciple of my Soul.

My Soul leads the way and I, as a disciple my Self, follow.

In this way, I am both a leader of my own life and a follower of my own destiny.

Being both the leader & the follower allows me to overcome the duality of my fate & my destiny.

Everyone has their own individual mission, exclusive purpose & unique vision for their life, whether they know it or not.

We all have the divine authority to follow our own path our own way.



**We all have the choice to be disciplined by other people's authority or to become a disciple of our own true authority, our Soul.**

# The Choice Is Which!

Which is a Choice!

The question is: Which do I choose?

Which do I choose? Is a question!

The answer to: What is my choice? Is a question!

The question is: Which question do I ask?

When seeking clarity of direction on my path, there are five open questions I can ask, which all start with the letter '**W**'.

**W**hich W is a matter of choice:

**W**hen is a question of Time!

It clarifies my choice of when in time.

**W**here is a question of Space!

It clarifies my choice of place or where in space.

**W**hat is a question of Reality!

It clarifies what my real choice is.

**Who is a question of Essence!**

It clarifies the essence of who I am being or who someone else is being.

**Why is a question of Matter!**

It clarifies the matter of the essence of space-time-reality.

It also clarifies the reason & the meaning of the purpose of the space-time-reality, which is a matter of direction.

Why it matters is essential to choosing which, in the reality of space-time.

With the essence of space-time being a matter of material reality, which material reality is a question of clarity & direction.

A question of clarity allows my Self a direct answer of which direction is my way.

Which direction, in every present moment, is my choice.

Effortless choice requires clarity of direction.

**When I know which direction of choice with clarity, I am inspired & empowered on my path in life.**

# What Perspective Is!

Perspective is an individual view of life and an Individual's view of reality.

Perspective is the angle through which I see life, which determines my inclination.

I am inclined to act & to react in life relative to the inclination of my perspective.

The inclination of my perspective is determined by my opinions, my beliefs & my convictions.

An opinion is a flexible angle of inclination that I am inclined to adopt.

A belief is a programmed view of life.

A conviction is a fixed inclination of perspective.

When I challenge & change a belief, I alter the angle of my perspective and I am able to see life from a different point of view.

My perspective is my point of view.

The reality of my perspective is individual & unique to my Self as only I occupy this point in space at this moment in time.

Reality is relative to the time & space of an individual perspective.

This means that we each have a unique perspective of our individual reality.

My present perspective is that perspective is relative to each Individual's individual point of view.

This may or may not be your present perspective as you have a different point of view that may or may not be similar to mine.

Reality is a personal perspective because personal perspective is causing my individual reality in the same way that a common perspective is creating a communal reality.

The reality of an Individual & the reality of a Community of Individuals is just a matter of personal perspective.

# What Perception Is!

Perception is an individual awareness of life and an Individual's awareness of their reality.

How I perceive emotion, the motion of energy, in my life is my perception.

Perception is an awareness of energetic states of being.

Energetic states of being are called emotions or states of energy in motion.

Perception is a feeling.

How I feel about life is relative to how I perceive reality.

How I perceive reality is relative to my perception of life.

My perspective is relative to my mental thoughts & my perception is relative to my emotional feelings.

Perception & perspective are the same thing when I have no clear awareness of a distinction between my thoughts & my feelings.

The perceptions of my heart are relative to the perspectives of my mind.

I perceive the magnitude of my emotional power as a range of emotions from elated inspiration to deep depression.

I perceive the highs & the lows of my emotionally intense & dramatic life experiences.

I perceive an awareness of who I am being through the sensitivity of who others are being.

Perception is my emotional perspective or my spiritual awareness of life.

Awareness is my experience of being perceptive of my reality through my perception of life.

My conscious perspective can be unaware of my perception of emotional awareness.

I unite my perception & my perspective with my conscious-awareness of the reality of my life.



# When Life Is Frustrating!

Life is frustrating when I am going against the flow.

My life is designed to effortlessly flow.

My Soul chooses a beneficial experience for its Self, without frustration.

To continually choose a beneficial experience for my Self, I am required to go with the flow.

Going with the flow requires my being approving, my being accepting and my being allowing of whatever flows into my life.

My disallowing of life is intolerance, my disapproval of life makes me angry & my non-acceptance of life is frustrating.

Life is frustrating me when I am off track.

When I am off track, I am lost, I am confused & I am frustrated.

Being on track & aligned with my Soul's path requires presence, direction & clarity.

Presence allows my connection to my Soul.

My Soul knows the direction of my path and in the presence of my Soul, I intuitively know my direction with clarity.

Without presence, I am disconnected from my Source of Inner Guidance and become lost, confused & frustrated.

Life is designed to frustrate me on my wrong path that goes against the flow.

My ego always has a choice but many of those choices can be very frustrating.

When I know that I am choosing my own life, I know that I am causing my own frustration.

## When I Get Angry!

I get angry when my emotional power is being depleted to an unacceptable level.

Anger is a paradox that when I am running out of positive energy, I receive an overwhelming surge of negative energy.

You see, there is never a shortage of emotional energy, there is only the inability to effectively connect to the source of one's power.

My connection to my Source effects my positive emotional power, whilst my disconnection from Source affects my emotional power in a negative way.

Depression is my feeling of being emotionally powerless, which is caused by my inability to get angry.

Anger is my feeling of being negatively powerful.

I am never consciously angry on purpose.

It is not my purpose to be angry but it does have a reason.

It is my limiting beliefs that cause my energy drain and my sub-conscious mind that reacts with anger.

Anger is my sub-conscious reaction to whatever is happening in my life that is draining my emotional energy.

Blaming other people for my energy drain is not productive as it does not reconnect me to my source of power.

Anger is a form of extreme impatience.

Patience is my ability to manage my emotional energy and when I run out of patience, I get angry.

A lot of emotional energy is required to enjoy a fulfilling life but there is never enough power for whatever I am not authorised to do.

I get angry when what I want & desire or passionately need is not empowered with my highest authority.

My highest authority only allows my expression of who I really am.

It is who I am emotionally being that either makes me powerful or makes me angry.

I get angry when my ego is out of alignment with my Soul as I am not being a true expression of the essence of my Beingness.

# When Life Is Intolerable!

Life is intolerable when I am facing a disaster!

A disaster happens when my life descends into chaos for too long.

My life descends into chaos when I have too many problems & too few solutions.

A problem without a solution is not tolerable.

Problems are only tolerable when I have a satisfactory solution.

A problem is a toleration.

I tolerate a problem until I find a solution.

Solutions make problems tolerable but they do not make problems go away permanently.

Life becomes intolerable when I am disconnected from my effortless path.

I do not have to tolerate an effortless path, I just enjoy the opportunity that is presented, which is always acceptable.

I never tolerate an opportunity but accept it with gratitude & appreciation, as it is never a problem.

I only ever tolerate a challenge when it becomes a problem because I am failing to achieve it.

I only ever fail a challenge when I run out of emotional power and it becomes a problem.

Depleted emotional energy is a problem that causes my failure to meet my challenge & achieve my objective.

Life is a disaster when acceptable opportunities turn into failed challenges that become chaotic intolerable problems.

Life is intolerable when I have lost my direction and in my confusion I have become completely defeated in my effort to do what I believe that I should do, I ought to do, I must do or I have to do.

# What Personality Is!

Personality is the Reality of a Person.

Each Individual Person has a unique reality & an exclusive personality.

My personality is exclusively mine as it defines who I am being.

I may have similar personality traits to another but like my reality, my personality is my own.

Personality is relative to emotional needs, not the other way around.

What I need emotionally determines my personality.

I have a unique set of emotional needs caused by what I believe that I need emotionally.

I developed my emotional needs when I was emotionally dependent on my parents as a baby & an infant.

All children depend on their parents for the emotional energy that they need until they become independent.



**My sub-conscious strategy for getting my emotional needs met was learned at a very early age.**

**As I learned to get my needs met, I very quickly developed my own personality.**

**When I needed other people to meet my emotional needs, I developed an outgoing or extrovert personality.**

**When I learned to meet my emotional needs myself, my personality developed inwardly or introvertly.**

**Introverts learn to meet their own emotional needs when relating to other people is either embarrassing or humiliating.**

**Our personal needs & fears shape our personality as we grow & go through life because personality is the personal reality that is caused by our individual needs, wants, desires, passions, expectations, worries & fears.**

# What Character Is!

Character is the role that I play in life.

Who I believe I am, portrays my character.

In my emotional disconnection from my spiritual source, who I am is the character role that I am playing.

I reply to the question: "Who are you" with my name, my job title, my sex, my relationship, my nationality, my religion or my age.

These all describe or define the character that I am playing in the drama called life.

The more dramatic my life, the more dramatic the character that I play in life.

The greater my belief in my character, the more intensely I play my role.

The more intense my conviction in my character, the more difficult it is to change who I am.

When I change my beliefs about who I am, I alter my character.

It is possible to play many different characters at the same time in my role as a Human Being in the Play of Life.

My character at home may differ from my character at work and I may adopt a totally different persona when socialising with friends or acquaintances.

I may believe that I am a retired, divorced, white, British, christian male but this would just be the character that I have adopted at this time in my life.

I can easily adopt the character of a single, middle aged, cosmopolitan, spiritual life coach & writer or for that matter any other description of who I believe that I choose to be.

Character is my presentation of my expression of who I believe myself to be in any given situation in life.

**Whereas personality is determined by emotional needs, character is relative to mental beliefs, opinions & convictions.**

**Character is also relative to the standard of my principles, my ethics, my morals and the boundaries that I enforce with other people.**

**The best characters that I meet in life are actually the best character actors.**

# What Standards Are!

Standards are levels of performance, they are how well I do things.

A level of performance that is acceptable to myself is my standard.

When I have an acceptable standard, I fly it as my kite mark or my banner.

There are no naturally common standards, as what I find acceptable is different from what you find acceptable.

In our efforts to determine & agree common standards, we are in fact enforcing our boundaries onto other people.

A standard that I enforce upon another is called a boundary.

A distinction between a standard & a boundary is important when setting personal standards.

My personal standards are not dependent on other people's agreement.

Standards are always a personal choice of personal performance levels.

A standard that is not a personal choice is someone else's boundary.

Standards define my behaviour that is acceptable to myself.

An acceptable standard causes no toleration.

I accept my own standards without any toleration or problem.

Tolerating other people's standards is a problem because conforming to another's standards is conforming to their authority, which depletes my power.

Accepting another's boundary as my standard is not a problem as long as it is not a toleration.

Standards are the level at which I retain my emotional power & mental authority.

**Standards are never high or low when they are at a level that is even tempered & emotionally balanced.**

# Why I Have Boundaries!

A Boundary is a standard of performance that I find acceptable from other people.

I have boundaries to stop other people draining my emotional energy.

A boundary defines the extent of my comfort zone.

Outside of my boundaries, I am vulnerable to the discomfort of other people's actions.

Being vulnerable & uncomfortable drains my emotional power.

I have strong boundaries to maintain my comfort zone and to ensure my safety & security.

The paradox of boundaries is that whilst they meet my emotional needs, they hinder my personal development.

Personal development requires personal emotional power, so I need boundaries initially to maintain my authority.



However, boundaries define my comfort zone and personal development only occurs when I step outside of my comfort zone.

Personal development is the extension of the range of ability of my power & authority.

Expansive growth occurs when I extend my boundaries to become more encompassing of my world.

Expansive boundaries allow expansive growth within my boundaries.

Boundaries are golden as long as they do not become a gilded cage.

Being boundless & free requires no boundaries to my mental authority, which allows my emotional power to flow effortlessly free.

My boundaries are the limit of my personal development which clarify my opportunity for spiritual growth.

# What Spiritual Growth Is!

Spiritual Growth is the growth of my Spiritual Entity.

I call my spiritual entity, my Soul.

It is my Soul that seeks spiritual growth through the development of its Self.

The development of the physical Self allows the spiritual growth of the Soul.

My Soul has chosen to explore & discover expansive experiences for its Self.

My Soul is my energetic essence & the entity at the core of my Beingness.

Thought allows the Consciousness of my Mind to expand.

Emotion allows the awareness of my feelings to grow.

Expanding my conscious-awareness is spiritual growth.

Spiritual growth is attaining quality attributes.

Attributes are states of being that I attribute to my Self.

When I can attribute a state of being to my Self through choice, I have attained that state of being.

What I attribute to my Self becomes an attainment of my Soul.

I grow spiritually through each & every life-time.

I choose my proposed spiritual path of growth in advance of each life journey.

I review my own spiritual growth at the end of each life-time.

Sometimes I attain spiritual growth with conscious-awareness.

Other life-times, I die in ignorance of what I have or have not attained.

Spiritual Growth ensures an expansive Universe.

The One Version of All That Is grows spiritually as an Expansive Universe in an expansive universe.

# When The Ego Gets Lost!

An Individual's sense of Self is called the Ego.

The ego gets lost when it has a false sense of self.

My false sense of self is caused by my belief that I am other than I really am.

The ego gets lost when it has no clear direction.

In the absence of a clear vision, mission & purpose for this lifetime; the ego gets lost very easily.

My Soul holds the blueprint for this journey through life.

My ego gets lost when it is disconnected from the Soul's direction.

My Soul is my true sense of Self and any belief otherwise will disconnect the ego from its true path in life.

The ego gets lost when it believes that it is a physical Being experiencing a physical existence.

It also gets lost when it believes that it is a spiritual Being existing in a spiritual experience.

The Soul is a spiritual Being that chooses for its Self a physical experience.

Every individual Self has a clear & uninterrupted life path to effortlessly follow.

The ego gets lost when it loses its Way.

It gets lost when its mission has no purpose because it has forgotten its vision for this lifetime.

It is normal for the ego to forget its purpose & to get lost in physical life because this allows the greatest depth of experience.

The greater the depth of experience, the greater the opportunity for deeper learning.

Many are called but few have chosen to awaken fully to the spiritual path of their heritage of choice.

The ego fights very hard to maintain its false sense of Self as its truth.

**The ego gets lost when it cannot see that its reality is an illusion of the Soul because it believes that the Soul is an illusion of reality.**

# When The Ego Loses Clarity!

The ego loses clarity when it loses its power.

The ego loses its emotional power when it loses its mental authority.

The ego loses its authority when it makes choices that are not in alignment with what its Soul is choosing for its Self.

The Soul's choice is the vision & purpose that it has chosen for its Self on this mission in life.

The ego loses its emotional power when it is not expressing the essence of who it really is.

The essence of who I am is primarily naturally divine.

Who I am is an emotional state of Being.

When my emotional state of being is an attribute that is natural, prime or divine, I am expressing who I really am.

When I am being in a vibrational state that is divided by gender, I am adopting a sin or a virtue that is not who I really am.

The male energy of sin & the female energy of virtue are not natural, prime or divine; even though on Earth they are considered to be common or normal.

When my emotional energy is divided by gender, I lose clarity & power.

In my confusion, I perceive the divided gender of my energy to be either good or bad for my Self and in so doing, I polarise my energy vibration.

When my energy vibration is divided by both gender & polarity, I get really confused.

My confusion renders my Self powerless as my state of being is not aligned with the pure essence of who I really am.

Who I am is a very powerful Being, once I am clear about that in my own Mind.



# When The Ego Gets Frustrated!

The ego gets frustrated when it cannot do what it wants to do.

My ego has been programmed from an early age to believe that there are things that have to be done.

My Soul knows that all the ego has to do is follow its path and it will never get frustrated.

The Soul never frustrates its Self.

It is only ever the ego that believes that life can be frustrating.

When the ego believes that life can be frustrating then the ego gets frustrated with life.

The ego gets frustrated when the ego decides to live life its own way.

The Way of the Soul is effortless, whereas the way of the ego can be very frustrating.

When the way of the ego is aligned with the Soul's choice, life is effortlessly beneficial.

The Soul does not incarnate into physical form in order to do something.

The objectives that I achieve & the skills that I accomplish are irrelevant to the Soul's spiritual growth.

The Soul does not grow through achievement or accomplishment but through the attainment of quality attributes.

When the ego gets frustrated by its lack of power, it is because it is trying to achieve or accomplish what it believes it wants to do.

Attaining an empowering attribute is never frustrating as there is always enough power to choose a better state of being.

The Soul has omniscient authority to explore & experience its omnipotent power.

The ego has limited power to explore & experience its limited authority, which is very frustrating.

# What Decluttering Is!

Decluttering is mobilising stuck energy.

On a spiritual level, stuck energy is energy that is not flowing freely.

Energy is healthy when flowing freely & unhealthy when stagnant or stuck.

Stuck mental energy is the result of limited thinking.

True thoughts are Soul inspired & empowered with emotional energy.

Limited thinking causes entropy & resistance in one's personal energy system.

Thought is an energy and limited thinking is a negative energy.

Limiting beliefs are stuck negative energy that I am stuck with when they are resistant convictions.

I am convicted by my limited flow of inspiring & empowering thoughts.

The limiting beliefs of my ego Self resist the flow of the Soul's inspired messages so that they cannot be received & actioned effortlessly.

On a physical level, whatever I am attached to, I block its energetic flow.

Physical matter is actually spiritual energy with a captive vibration.

Thoughts capture the vibration of energy and manifest it as matter in the reality of space & time.

Decluttering is becoming detached from my physical, mental & emotional attachments.

My attachment to physical things is the effect of my emotional needs that are caused by my mental beliefs.

Decluttering the mind challenges and changes all beliefs that do not presently serve my spiritual purpose.

Decluttering the emotions automatically occurs when I declutter my mind and as a consequence, has the effect of wanting to declutter my physical space as well.

My reality is a physical manifestation of my spiritual perspective, which can be cluttered or uncluttered as I so choose.

Whatever I create on a spiritual level, I experience on the physical level as my reality.

To declutter my spiritual energy and allow it to flow, I am required to declutter my physical life.

When my energy is allowed to flow, my life is allowed to flow, effortlessly.

# What Omniscient Means!

Omniscient means All Knowing!

It is knowing All That Is!

My omniscient Soul knows its Self!

Omniscient means knowing who One Really Is!

It is knowing the reality of the singularity of Oneness.

Omniscient is the conscious thought of the mind realised.

It is having the authority to realise the conscious thoughts of the mind and it is realising a choice of thoughts of the conscious mind.

The authority of the Mind allows a choice of Thought to be realised as Consciousness.

When I consciously realise a choice of thought with the authority of my mind, I am being omniscient.

Omniscient means intuitively knowing everything that I need to know and intuitively knowing that I know everything that I need to know.

Omniscient means knowing the creative imaginative genius of my Soul.

It means knowing that I have unlimited creative potential.

It is knowing that because I have created everything and I know that I have created everything, I know everything that I have ever created.

Omniscient means knowing that I am the creator of my own reality and knowing that I own the creation that I am creating.

Omniscient means knowing my vision, mission & purpose as well as the true value of my present life-time.

It is knowing that I know all that I need to know to fulfil my potential for this time of my life.



# What Omnipotent Means!

Omnipotent means All Powerful!

All powerful means that I am full of all the power that I will ever need in my life.

It is the feeling of being unlimited & boundless in the enjoyment of my potential.

Being omnipotent is a state of being because my power is always relative to my emotional state of being.

Love is the purest state of being as it is the essence of who I really am.

Being omnipotent is the feeling of pure love, expressed.

It is an expression of my pure power experienced.

Expressing the potential of my emotional power as an experience of pure feeling is omnipotence.

The pure feeling of omnipotence is an expression of love.

The power of my Soul is omnipotent.

It has the power to experience the purest feelings.

The power of the Self is just a potential until its potency is realised.

I realise the extent of my potential through the impotence of physical life.

It is through the experience of being powerless that I realise the extent of my full potential.

My full potential is omnipotence.

Omnipotence is the potential of my emotional power.

I am here to realise my potential through the application of my potency.

Physical reality is the ideal medium in which to experience my relative impotence.

My impotence is relative to my lack of emotional awareness.

**It is my emotional awareness that allows my potential to be realised, not my belief that I am powerful.**

# What Omnipresent Means!

Omnipresent means All Present!

When all aspects of my Self are present, I am omnipresent.

Being all present allows life to be fully presented and it allows life to be full of presents.

Omnipresent means life is full of opportunities and it means that I am fully present to receive every opportunity that life has to offer my Self.

With omnipresence, my presence is total and I am fully present in each & every moment of time and I am fully present in my present reality.

Omnipresent means that my reality is pre-sent and I just have to allow it to manifest in a beneficial way.

With omnipresence, I am presenting my Self as a true representation of my Soul.

The Soul exists beyond the reality of space & time.

It exists in a continuous reality of infinite space & eternal time.

In infinite space there is no here or there, just presence.

In eternal time there is no now or then, just the present moment.

In continuous reality there is no duality of past & future, just the absolute singularity of Oneness.

There are no ifs or buts in the present moment, just the certainty of what is here right now.

Omnipresence is my connection to the power of my omnipotence & the authority of my omniscience.

It is my presence of mind being fully present in my heart with total conscious-awareness.

It is the presence of my Soul in Heart & Mind that is my Strength and the physical ability of my emotional power & my mental authority.

Omnipresent means that my Self is fully connected with my Soul.

# What Rational Intelligence Is!

Rational Intelligence is the ability to make physical conscious choices.

Rational conscious choices determine the state of my physical reality from my mental perspective.

The focus of my rational intelligence is to choose a comfortable, safe & secure environment in which to live.

My rational intelligence rates situations in my life as positive or negative, good or bad & right or wrong for myself.

Rational intelligence allows life to happen, by me being in control of my life.

It allows me to take control of what I choose to have and what I choose to do based on how I rate it.

Rational intelligence is based on physical knowledge or knowledge of how the physical world works.

The more physical knowledge that I am conscious of, the greater my ability to rate my options and the higher my intelligence is believed to be.

Rational intelligence is measured as the ability to retain knowledge and to remember or recall data & facts, so as to use them in a beneficial way.

When knowledge is used in a detrimental way, it is seen to be unintelligent & irrational.

A lack of knowledge is seen as being unintelligent as it tends to lead to irrational choices of behaviour.

Rational intelligence is how unemotional people seek to control their environment and the reality in which they live.

Modern education is based exclusively on the teaching & evaluation of rational intelligence as it underpins the philosophy of our scientific approach to life in general.



# What Emotional Intelligence Is!

Emotional Intelligence is the ability to make choices based on an awareness of energy.

An awareness of personal energy in motion requires emotional intelligence.

Being emotional is having an awareness of my energetic state of being.

Being sensitive is having an awareness of other people's emotional state of being.

Emotionally intelligent people are often called Sensitives, by other people.

Being insensitive or over-sensitive is not emotionally intelligent.

Being over-sensitive or too sensitive is being overwhelmed by the state of one's own energy or by other people's emotional state of being.

Emotional intelligence is the ability to rate the emotional state of being that I am expressing & experiencing.

This allows me to evaluate how beneficial it is and it allows me to choose a better state of being from choice.

Emotional intelligence is the ability to attribute to my Self the most beneficial state of being that is attainable.

An emotionally intelligent Being always expresses the pure essence of their prime, natural & divine attributes.

Emotional intelligence allows the attainment of quality attributes that attribute to the quality of life being experienced.

It allows the qualification of emotional states of being that are personally beneficial to an Individual's spiritual growth.

Emotional intelligence allows the quality of life to be a personal choice of emotional experience.

# What Spiritual Intelligence Is!

Spiritual Intelligence is the ability to combine physical consciousness with emotional awareness.

It is the authority & the power of rational & emotional intelligence used in synchronicity.

When I synchronise my rational & my emotional intelligence, I allow the synchronicity of life to manifest.

When I allow my emotional sensitivity to flow with my rational logic, I allow miracles to manifest through synchronicity & co-incidence.

Spiritual Intelligence is the ability to gain knowledge through intuitive knowing.

Intuitive knowing is my Soul's inner tuition.

My Soul is my spiritually intelligent Teacher.

Intuitive feeling is my Soul's inner guidance.

My Soul is my spiritually intelligent Guide.

Intuitive seeing is my Soul's inner vision.

**My Soul is the Keeper of my vision for this life-time.**

**Spiritual Intelligence is being physically, mentally & emotionally connected to my source of spiritual energy.**

**My Source Energy or Spirit is my Soul.**

**I intuitively connect with my Soul through my sense of seeing, feeling & knowing.**

**Spiritual logic dictates that intelligence is both rational & emotional.**

**Spiritual Intelligence is rational logic combined with emotional logic.**

**I realise my spiritual ability through my mental authority & my emotional power, when I am being intelligent.**

# What Love Is!

Love is the power of Pure Emotion!

Pure emotion has an infinite wavelength of omnipotent power.

An infinite wavelength of emotion has a boundless magnitude.

A boundless magnitude has unrestricted power.

In relative physical experience, my emotional power is restricted by the force of my mental authority to use it.

In absolute reality, love is the Soul's creative power.

In the reality of the Soul, everything is created with love.

In relative dual reality, pure love is the feeling that the Soul has for its Self.

Conversely, it is the feeling that my Soul is present in my life.

Love is the emotional power that enables life.

In physical life, pure love is called Agape.

Agape is the love that the Soul has for its Self.

Impure love is a wavelength of emotion that is divided by gender.

It is the gender of energy that causes the experience of duality.

Opposing genders of male & female emotion allow a choice of physical experience.

Male energy is called a sin & female energy is seen as a virtue.

Sins & virtues allow a choice of positive or negative polarity or direction.

I can choose a sinful life or a virtuous life and judge them to be good or bad & right or wrong for my Self.

Eros is a wavelength of love that is divided by gender.

Sex is the act of two or more people reuniting their opposing genders of emotional energy in a physical relationship.

Philos is love that is united in polarity.

It is the platonic love of two people sharing the same chosen direction in life.

A choice of gender & a choice of polarity, of the wavelength & frequency of energy, allows the experience of a definite range of aspects of infinite Love.

# What Light Is!

Light is the authority of pure Thought.

Pure Thought is the creative force of the Soul.

Physical life allows the experience of whatever the creative force of the Soul creates.

My Self is a creation of that Creative Force of Light.

In physical reality, pure Light is divided by frequency.

Physical experience is primarily experienced through the sensing or seeing of visible light.

The visible spectrum of light comprises the seven colour frequencies of a rainbow.

Two invisible frequencies of infra red & ultra violet determine the boundaries of our sense of physical light.

Science has measured the frequencies of Light energy as a vast electro-magnetic scale ranging from low frequency radio waves to very high frequency cosmic gamma rays.



Pure Light is the frequency of energy in its eternal state of vibration.

The frequency of energy determines its time or motion in space.

Light determines or defines physical experience in Time.

A conscious thought of the mind is frozen in time by the force of a frequency of Light.

A frequency of Light is a force of authority that the Mind confirms in Time as a Conscious Thought.

Light is the authority that allows the Soul to project thought as a manifestation of physical reality.

We are all Beings of Light experiencing being Heavy & Dark in our dual reality creation of Life.

# What Life Is!

Life is the Ability of Thought with Emotion in Action!

It is the matter of energy in motion and the motion of energy in matter.

Thought & emotion enable life as an active & an actual experience.

A living Being is the experiencer of thought & emotion.

The experiencer of thought becomes a thinker.

A thinker then becomes the creator of their own thoughtful & emotional experience.

How I feel emotionally about a thought is determined by what I think & believe about my experience called life.

Life is a mental & an emotional experience of physical reality in time & space.

Life is the physical reality of a space-time experience.

Life is an energy vibration that is relative to a mental frequency of light & a wavelength of emotion called love.

A frequency of light called a thought transmitted on a wavelength of emotion called love creates a vibrational experience called life.

Life is the mental experience of attracting vibrational thought forms of energy in motion to manifest as physical reality.

Life is the emotional experience of choosing who I am being in relationship to whatever I am attracting as my reality.

Life is the physical experience of being the creation of my own creative power, authority & ability.

Life is the product of a creative imagination reproduced or made manifest in physical form.

Life is a form of physical experience by a spiritual Being.

A spiritual Being incarnating into physical form allows an imaginary life to become experiential.

Life is just whatever I imagine it to be.

**Life is a physical, mental & emotional experience in a continuous reality called a life-time.**

## What A Life-Time Is!

A Life Time is a journey into a physical reality that the Soul imagines for its Self.

The Soul imagines many life times for its Self, both simultaneously & consecutively.

From the absolute perspective of the Soul, everything is occurring simultaneously in the absolute realm that is beyond time & space.

From the relative perspective of its Self, life times are occurring consecutively for its Self and simultaneously with other individual Selves.

I share this life time with the Soul's many other incarnations of its Self.

I also experience many life times through the incarnations of my many Selves.

My apparent separation from my Soul and from other Individuals, or other individual incarnations of the Soul, allows me to experience an exclusively unique life-time.

In the relative dual reality world of my Self, there is my Soul & my Self sharing different versions of the same reality with the Soul's many other Selves.

A life time in physical reality is an opportunity for the Soul to expand & grow through the experience of its Self.

It is called a life time because the Self comes to life for a specific period of time in a space of physical reality.

Each Self creates its own space in time as its own individual reality and experiential growth opportunity.

A life time is a period of time in space that the Soul allocates to its Self for the purpose of fulfilling a particular Vision.

An imaginary vision of the Soul is made manifest in a life time, by its Self as a physical reality.

# What Spirit Is!

**Spirit is Energy.**

**In this relative dual reality world, spirit manifests in three ways.**

**It manifests as the energy of mental thought, the energy of emotional feeling and the energy of physical experience.**

**Emotional feeling is the motion of energy in matter.**

**Mental thought is a matter of energy in motion.**

**Physical experience is the energy of matter in motion.**

**Spirit is energy in motion manifesting as physical matter or my Soul realising its Self.**

**Physical, mental & emotional or body, mind & emotion are the three forms of spiritual energy in an incarnate Being.**

**When lost in a relative dual reality existence, I see my Self as a physical being and energy & matter as a duality.**

**My energy of mental consciousness sees only my matter of physical reality.**

Without emotional feeling, life is just a physical experience from the perspective of an unawakened mind.

Awakened to the awareness of my spiritual origins, I am able to see that my emotional power is key to my spiritual Beingness.

Life is not just a matter of mental perspective but also an experience of emotional perception.

Spirit is the energy of Life.

The energy of Life is Love & Light.

Love is the emotional feeling of spiritual power.

Light is a mental thought with spiritual authority.

Life is the physical experience of spiritual ability.

Spirit is the matter of my non-physical Beingness that enables me to experience physical life.

Spirit is the energy of my Soul in co-operation with my Self.



# What Spirituality Is!

Spirituality is the reality of Spirit!

The reality of spirit is how it manifests as physical experience.

How spirit manifests as physical experience is through the authority of thought with the power of emotion.

The paradox is that spirituality is the same for everyone, yet physical experience is different for everyone.

We all use the same metaphorical clay to sculpt our experience, but we all use those same basic building blocks of life to manifest different things.

We all have a unique, individual & exclusive vision, mission & purpose for our life.

Spirituality is the experience of making that purposeful vision a fulfilling mission in life.

From this perspective, spirituality is personal to each Individual Spiritual Being that is physically incarnate.

Therefore, spirituality & religion are not the same thing.

We are all spiritual Beings but we are not all religious.

Being religious is religiously following a religion's doctrine that is the dogma of someone else's spiritual path.

Whereas, I may define my spirituality as following a religious path, I may also define my spirituality as following my own spiritual path in life.

The reality of spirit is however & whatever I choose it to be.

I can choose the spirituality of my Soul or I can choose the spiritual reality of whatever my ego has been taught to believe it to be.

# What Control Dramas Are!

Control Dramas are how people sub-consciously compete for emotional energy.

We compete for emotional energy when it is limited.

My emotional energy is limited when I am disconnected from my Source.

The Source of emotional energy is the Soul.

In my disconnection from my Soul, I am disempowered and I need to compete with other people to gain the energy that I believe that they have & I need.

The need for control is a drama caused by a belief that we need to compete with other people for our emotional energy because it is limited & scarce.

Control dramas are learned at an early age from our parents and can be intensely active or intensely passive depending on the family environment.

The lower the emotional energy levels in a family, the more dysfunctional it becomes.

A drama is caused by energy being divided in a dual reality scenario due to fears & limiting beliefs.

The belief that emotional energy is scarce causes the fear that I will not have enough and the need to compete with others for the limited amount of emotional energy that is available.

The duality of a control drama causes either an actively extrovert conflict between an Intimidator & a Poor Me or a passively introvert competition between an Interrogator & an Aloof.

The Intimidator & the Poor Me fight to see who is the victim & who is the villain of the piece.

The Interrogator & the Aloof compete to become the winner or the loser of the peace.

Peace of mind avoids a piece of conflict to see who is the winner or who is the victim in the manipulation of emotional energy that sub-consciously plays out between people.

# Why Accidents Happen!

Accidents happen when I believe that life happens to me.

When life happens to me, I am a victim of life.

I am a victim of life because what is happening to me is either an accident or it is happening on purpose.

When something happens on purpose, it is not an accident.

When I cannot see the purpose to whatever is happening, I blame it on an accident.

There are no beneficial accidents only beneficial opportunities.

Accidents also happen when I believe that life happens by me.

When I do something that I didn't mean to do on purpose, I call it an accident.

When things appear to go wrong without any apparent reason, I call it an accident.

When I know that life happens through me, I know that there is a purpose to life and a purpose for what is occurring.

When I know the purpose of my life and I know my purpose in life, I know that nothing happens accidentally.

Accidents happen when I am unaware of the purpose of life.

When I am aware of the purpose of life, I know that everything that happens is a positive opportunity for my own personal growth.

Personal development & spiritual growth never happen by accident.

Whether life is an accident or it happens on purpose; whether life happens to me, by me or through me; life & accidents are a matter of personal perspective.

Accidents happen because I believe that life is an accident that happens accidentally.

Life happens with purpose when I know that there are no accidents in life.



# Why I Am A Victim Of Life!

I am a Victim of Life because I believe that things can go wrong and bad things can happen.

I am a victim of whatever bad, wrong or negative things that I believe can & do happen to me.

I believe that I am a victim of my own incompetence, a victim of other people's incompetence or a victim of both.

I am a victim of life because I believe that I do not have the capability to ensure that everything that happens in my life is good, right & positive.

I am a victim of the incapacity caused by my own fears & limiting beliefs.

I am a victim of my own inability to create the reality of my own ideal life.

I am a victim of my own lack of authority that disempowers my opportunities in life.

I am a victim of whatever I need emotionally in my life.

I am victimised by the absence of the emotional power that I need in my life to ideally function well.

I am a victim purely because I see my Self as a victim.

I am a victim of other people because I am unaware of other people stealing my emotional power and I am unaware of how I give away my mental authority to other people.

I am a victim of whatever I am tolerating & enduring in my life because I see it as a problem.

I am a victim of my personal perspective that is influenced by my beliefs and convicted by my emotional needs.

I am a victim of life until I see from my own perspective that it is my perspective of life that is creating my own experience of reality.

# What Money Is!

Money is a currency of exchange.

It is a current of energy that is exchanged, or a transaction, that has no inherent power or authority of its own.

The only power that money has is the authority that I believe it gives to me.

Money does not empower choice.

It is the authority of my choice that either empowers or disempowers my ability.

Money is the ability to obtain what I need from other people.

It is my dependency on what I need emotionally that feeds my apparent dependency on money.

Money is not an emotional need but a substitute that I use to meet my emotional needs.

Whatever I need emotionally can become an addiction.

The pursuit of money causes many different addictions to many different things.

I pursue money in the false belief that I do not & I will not have enough.

In an ideal world, where I meet all my physical & emotional needs myself, money is no longer required.

Money is inert, being neither good nor evil.

It is my beliefs about money that either serve me well or serve me badly.

Money provides a false sense of power when I use it to meet my needs emotionally.

Like all addictions & dependencies, there is never enough money and there never will be enough money to satisfy the needs of a scarcity mentality.

# What Mentality Is!

**Mentality is mental reality!**

**We each have our own mental reality.**

**We each have our own mental view of physical reality.**

**We each have a mind of our own.**

**Everyone has the individual ability of choice.**

**The conscious mind of an Individual allows a personal mental perspective of reality.**

**My personal perspective of reality determines my mentality.**

**My mentality determines how I see life.**

**How I mentally determine my reality becomes my personal experience of life.**

**My mentality is the effect of my personal beliefs.**

**Where beliefs, opinions & convictions are commonly shared, there exists a common mentality.**

We mentally create a common reality with our conviction to the same beliefs.

The beliefs that I sub-consciously hold, create the mental reality of my physical experience.

We each experience physical reality differently according to the state of our mentality.

The physical reality of the world is the same for everyone but the mentality of the Individual is unique to their Self.

My mentality determines my emotional reality or how I sense & feel life to be real.

My emotional state of Being is always relative to my beliefs about whatever is occurring in my life.

# What Emotionality Is!

Emotionality is emotional reality.

Emotional reality is how I feel about my reality.

In physical life, emotions are real.

Even though I can deny them, suppress them, react to them or resent them, emotions are real.

In reality, emotion is relative to thought.

Emotionality is the transmitter or the carrier of thoughts.

Every frequency of mental thought is transmitted or carried on a wavelength of emotion.

The wavelength of an emotion determines its emotional reality.

The emotional reality of a thought is relative to the frequency on which it is transmitted.

Emotionality is relative to mentality.

The more positive my mentality, the more enjoyable is my emotional reality.

The more negative my mentality, the more painful is my emotional experience.

Emotionality is relative to my emotional state of being.

Who I choose to be, in relationship to whatever is occurring in my life, determines my emotionality.

Emotionality is really about the reality that I experience as a consequence of my emotional state of being.

My emotional state of being determines the emotional reality of my experience.

My emotional experience of life is how I experience it emotionally.

Emotionality is the essence of life.

The essence of life is a matter of the emotional reality of my state of Being.



# What Essence Is!

Essence is the essential aspect of an experience.

The essential aspect of a life experience is the essence of life.

Emotion is an essential aspect of the experience of life.

The essence of emotion is Love.

Love is the essence of emotional experience.

Love is essential to Life.

The feeling that I am experiencing is the essence of life.

Thought is an essential aspect of the experience of life.

The creative authority of life is thought, whereas the creative power of that authority is emotion.

The essential aspect of thought is Light.

Light is the essence of a mental thought.

The essential requirement of creative thought is inspired Light.

The quality of my thought determines the quality of my emotional state of being and the essence of my physical experience.

The essence of my physical experience is relative to how I think & how I feel about life.

The essence of a pure life is pure love & pure light.

The essence of my physical ability is my mental authority & my emotional power.

In essence, my emotional competence & my mental capacity enable my physical capability in life.

In essence, I am a spiritual Being experiencing a physical, mental & emotional journey called life.

The essence of my life experience is the emotional power of love in my heart & the mental authority of light in my mind that allows the physical ability of life to become my reality.

# Who Jealousy Is!

Jealousy is a negative state of Being.

It is a negative state of being that is caused by the belief that someone is getting what I need and it will deprive me of what I need emotionally.

When I believe that someone else getting what they need is depriving me of getting what I need emotionally, I am being jealous of that person.

An intense attachment to a co-dependent relationship is the main cause of being jealous.

When someone else attaches themselves emotionally to my co-dependent partner, I become jealous if I believe that it will deprive me of what I need emotionally from my partner.

Being jealous is a negative emotional attribute.

Jealousy is a negative emotion that is caused by a negative or limiting belief.

The belief that I am limited by another person's actions is a limiting belief.

The belief that I need another person's emotional energy is a limiting belief.

The belief that another person can deprive me of what I need emotionally is a fear.

Jealous is who I am being when I am sub-consciously driven by that fear.

I am negatively driven by the fear that I will no longer get what I need from someone because they are giving it to someone else instead.

Being jealous is the negative attainment of when being disconnected from my source of emotional power, I become in fear of being disconnected from the person who supplies my emotional power.

My Soul is never jealous of its Self.

## What Unkindness Is!

Unkindness is my lack of affinity with another person.

When I am unlike other people, I am not their kind of person.

I am unkind to people who I do not like.

I do not like people who are not like me.

The belief that someone has something that I want causes the negative emotion of being unkind.

I do not like someone who appears better than me because they have what I believe that I want.

I believe that they are different to me because what they have makes them better than me.

They are not like me because I am not like them, which makes them not my kind of people.

I am unkind to people who are not my kind of people.

I am unkind to people whom I dislike.

It is my un-alikeness that causes my unkindness and I envy others when I want to be like them by having what they appear to have.

Envy & kindness are a duality of the same emotional energy.

It is the duality of being alike & unlike or the duality caused by being the same & different.

Envious & unkind is who I am being when I disapprove of someone because they are different to me.

Unkindness is caused by my disapproval of my Self as being unworthy because I do not have what others have, so I cannot do what others do and be like others are being.

# Who Pride Is!

Pride is an emotional state of being.

When my perception is that I stand out above other people, I am being proud.

It is with pride that I acknowledge my achievements, my accomplishments & my attainments; and it is with pride that I acknowledge those of other people.

Pride is who I am being when I see my Self as a physical Being doing well in a physical world.

The better I do in my physical world, the more pride I attain and the more other people are proud of me.

Pride is my acknowledgement and other people's endorsement that I am special.

The more special I demonstrate my Self to be, the more I stand out with pride.

I measure my pride with my absence of pride.

Modesty is the state of being proud of not being proud.

I have to first stand out before I can choose to appear modest to other people.

Modesty is the opposing energy of pride that is suppressed & not expressed.

Modesty is the state of deliberately not standing out proud, when I believe that to be the best way.

Humility is the acknowledgement that everyone is potentially an outstanding human being.

We all stand out with the potential of our outstanding differences.

Humility is the quality of an outstanding human, being both proud & modest.

Acknowledging my oneness with everything whilst fulfilling my own unique purpose is attaining humility.

With modest pride & being proud of my modest life, I attain the humility of a spiritual Being in a physical world.



## What Arrogance Is!

Arrogance is a negative expression of pride, greed & gluttony.

It is the need to stand out, be better than others & have more than I need that drives my arrogance.

I never see myself as arrogant, I only ever see my arrogance as confidence.

When I am confident that my pride, my greed & my gluttony serve me well, I am being arrogant.

My arrogance reaches its extreme when my pride becomes hubris, my greed becomes bigotry & my gluttony becomes avarice.

Arrogance is caused by a false sense of self importance because it is the effect of my belief that I am more important than other people.

Arrogance is driven by the belief that knowledge, money & status define my ability, my power & my authority.

The belief that knowledge begets ability, money approves power & status allows authority causes arrogance.

Arrogance is the belief that the choices of my ego Self can override the Path of my Soul.

Arrogance is a lack of confidence caused by my disconnection from knowing the true values of my personal vision for my life.

Arrogance is caused by the ego's belief that it is sovereign when in reality it is lost, confused & gets very frustrated.

The polar opposite of arrogance is humbleness, which is adopting a lower stance in life than other people.

Both arrogance & humbleness are driven by the apparent experience of inequality in life.

Confidence is attained with the knowing that the Soul sees all Individual Selves as equals.

# What The 7 Mortal Sins Are!

The Seven Mortal Sins, a.k.a. the seven deadly sins, are the primary male emotions.

The Seven Heavenly Virtues are the primary female emotions.

Sins & virtues are a duality of the relative mortal experience of life.

Mortality is the duality of life & death.

I can look at my life as a living death & I can see death as the start of a new life.

My mortal reality on Earth can be a positive experience of a heavenly life or a negative experience of dieing in hell.

Life & death, or mortality, is relative to my perspective that determines my emotional state of being.

The male gender of my emotion is called a sin and the female gender of my emotion is called a virtue.

In christian theology, sins are seen as negative & virtues are seen as positive.

Generally, the church leaders use their male energy to convince their congregation of followers to lead virtuous lives by adopting their female emotional energy.

The seven mortal sins are: Pride, Envy, Gluttony, Lust, Greed, Wrath & Sloth.

The seven heavenly virtues are: Modesty, Kindness, Poverty, Caring, Pleasing, Patience & Diligence.

Mortality, the reality of mortal life, became confused in the early church with morality.

Morality, the standards a church enforces as its boundaries, judged sins to be immoral and judged virtues to be divine.

Female virtuous attributes of the followers are deemed to be very attractive to the male sinful attributes of the religious leaders.

Only in a relative world of dual reality is Divine Love divided by male & female gender to allow a choice of personal experience.

# Why Opposites Attract!

Opposites attract because 'like energy unto itself is drawn'.

It is the paradox of how like energy can be in opposition to itself.

Energy flows and is never in opposition, it is perspective that is often in conflict.

I can perceive energy to have either a male frequency or a female wavelength as its vibration.

The wavelength & frequency of an energy vibration, in a dual reality world, are seen to be relative & opposing.

As the frequency gets faster, the wavelength gets relatively shorter and as the wavelength increases, the frequency decreases.

Energy vibrations are never in conflict, they just appear to be that way from our own dramatic experience.

When the wavelength of energy is divided by gender & the frequency is divided by polarity, the experience of the energy becomes exponentially more dramatic.

The polarity & gender of the wavelength & frequency of thought allows a choice of individual action & a unique experience.

It allows a choice of experience to be seen as positive or negative & sinful or virtuous.

Energy, of itself, is neither good nor bad, right nor wrong; it is my choice of perspective that allows an energy vibration to have a choice of positive or negative polarity and a choice of male or female gender.

As opposing genders of energy vibrate on the same wavelength they are drawn unto each other according to the Law of Attraction.

Like energy is drawn unto itself because it naturally is One & Whole, Holy & Divine.

Its unholy divided state of impurity is purely an effect of the individual perspective & perception that is causing it.

The paradox is that in absolute reality, nothing is in vibrational opposition to anything and in a world of relative duality, nothing is in vibrational opposition to everything & everything can be seen to have a vibrational opposite.



# What Duality Is!

Duality is the effect of the dual reality of energy & matter.

The duality of energy & matter allows reality to be both physical & spiritual.

Reality is a personal experience that is both physical & spiritual, when perspective is a duality.

Duality allows paradox.

The paradox of physicality & spirituality occurring simultaneously is because of duality.

Duality occurs because physical & spiritual reality are being created simultaneously.

Physicality is the perspective of a human being experiencing a material existence.

Spirituality is the perception of a spiritual entity experiencing being a physical human being.

I can see the world through the eyes of my physical sense of ego Self or I can see the world as a creation of the spiritual entity of my Soul.

Duality is the effect of the experience of choice.

Duality allows choice and duality is relative to choice.

I choose a world of duality because it allows choice.

Once I experience the duality of choice, I can see the singularity of no choice and I can overcome duality with a third way.

Duality is the gateway to the triality of Divine Choice.

The choice of a third way that overcomes duality is always Divine.

# What Triality Is!

Triality is the effect of energy as matter in motion.

The effect of motion on matters of energy overcomes duality.

Stuck in a perspective between energy & matter, I am in a quandary & a dilemma.

Motion allows the energy of matter to change reality in space over time.

Triality allows a third choice as the way out of every duality.

It allows a three dimensional perspective of a three dimensional reality.

With a two dimensional perspective of a three dimensional reality, I get very lost, confused & frustrated by the dilemma of the paradox.

Space & time becomes a reality when energy & matter are in motion as the physical experience of an emotional mind.

When spirituality is the triality of a physical, mental & emotional experience, I overcome the duality of a choice between my heart or my mind.

When Life has both Love & Light, it overcomes the duality of life or death.

Triality is the triune reality that matter is energy in motion as a life of love & light.

It allows the realisation that life is a continuous reality in eternal time & infinite space.

It overcomes the sins & virtues of mortal existence with the experience of one's own personal divinity.

Triality allows the vision of my destiny, which overcomes the duality of my fate or my doom.

Triality is a trial reality, I get to try reality any way that I choose.

# What A Governor Is!

A Governor is the authority that allows or disallows power to flow.

It is the controlling authority of someone or something's ability.

A controlling authority decides when to restrict or allow the flow of power.

A governor is the controller of a system that allows it to operate independently of individual choice.

Automatic machines are programmed to run without the need for personal involvement in the process.

Autonomous governments run without the need for individuals to be involved in the process.

Using a governor to control a system elects to devolve the power to an external source of authority.

In a dual reality world, emotional power is relative to mental authority.

Pure frequencies of thought are transmitted on pure wavelengths of emotion.

Impure thinking causes negative emotional experiences.

The force of authority of my choice is relative to the magnitude of power that I am enabled to employ as my potential.

In the triune reality of my ideal world, my ability is relative to the emotional power of my mental authority.

My mental authority governs my physical ability to enable my emotional power.

My emotional state of being either empowers or disempowers my physical ability relative to my source of mental governing authority.

I am either programmed to run by an external source of governing authority or I am free to govern the experiences of my own choice.

My Soul is the authority that governs the power of my ability.

Under my ego's direction, I am self-governing but I am not always empowered.

Only when I allow my Soul to be the Supreme Governor, am I authorised, empowered & enabled.

Electing to employ an external Governor as my authority will always disempower my Self.

# What A Motivator Is!

A Motivator is an external emotional power source.

When I choose to follow an external authority, I will need an external power source.

When I devolve my authority to an external source, it either motivates me or demotivates me.

I am demotivated when I am not in alignment with my external authority.

When I need the direction of an external authority, I will also need their motivation.

Traditionally an external motivator is called a manager or a boss, who uses either a 'carrot' or a 'stick' as a means of motivation.

This metaphor is based on whether I like the motivation I am being given or I fear its consequences.

Driven by the need to be motivated, I am at the mercy of the motivating authority to supply my emotional power.



Self motivation is my ability to get my emotional needs met myself.

Paradoxically, self-motivation is the power I need to supply the power that I need.

It is the mental authority of my ego's will power to decide that I will do something or not, relative to my level of self-motivation.

Self motivation is a level of my need for emotional power and my ability to supply that need myself.

Connected to the internal power source at my heart, via the authority of my Soul, I am empowered.

When empowered by my Soul, no motivator & no motivation is required.

A motivator of any kind is only required when I am disconnected from my Soul's power & authority.

# What It Means To Be Empowered!

To be empowered means that I am connected to my source energy.

Source energy is the authority of divine power.

Divine power is the wavelength of love in its purest form.

Love is the emotional power of my Soul.

When I am connected with the pure love of my Soul, I am empowered.

Whatever my Soul authorises, as chosen for its Self, is empowered.

The Soul never gives its Self an opportunity for growth without the power to attain it.

Whatever the Soul imagines for its Self is empowered.

Whatever has true value for my Soul is empowered.

My Self is empowered to fulfil my destiny.

My true values are what I truly love to do in life when I am empowered.

Being empowered is feeling my Soul connection flow through my Self without entropy or resistance.

My Soul is ever empowering its Self.

My Self is disempowered when it is being insensitive, unemotional, disconnected, irrational, attached & inclusive.

When I am empowered, it means that I am sensitive to the path of others, I am aware of my own positive state of being, I am connected to Source, my rationale has logic, I am detached from other people's dramas and I am following my own exclusive path.

Being empowered means I am in an emotional state of being that is a true expression of who I really am.

# What Logic Is!

Logic is whatever makes sense!

It is the power of the word that makes sense.

I sense what I feel and when what I feel is empowered, it makes sense.

A powerful feeling is always intuitive.

It is an outflowing of my Soul that empowers, or disempowers, my Self.

In a sense, it is the power of the Soul endorsing my thoughts, words & deeds.

Logia are the semantic words of the Soul.

Logic is my sense that something is right.

Whereas words can often be mistaken, feelings never lie.

An insensitive, unemotional, disconnected person has no distinction between being rational & being logical.

Mental logic is rational and emotional logic is a feeling.

When something appears to be illogical, it doesn't make sense.

When something doesn't make sense, it doesn't feel right.

Something can appear to be good & logical from a mental perspective yet, from an emotional perception, feel wrong.

When my head & my heart are in conflict, life can be very illogical.

Logic is both mental & emotional.

My Soul is my sense of direction & clarity.

When I have direction & clarity, my life makes logical sense.

When life appears to be illogical, I get lost confused & very frustrated.

Using only my rational logic, in a sense, is illogical.

Using the conscious-awareness of my emotional intelligence is both sensible & logical.

**When logic is the application of my intuitive senses, life makes sense.**

# What Causes A Drama!

A Drama is caused by a fear that an emotional need will not be met.

The effect of an unmet emotional need can be very dramatic.

The need to be in control causes control dramas.

My sub-conscious ego, my id, needs to be in control of my emotional energy.

It needs to meet my continuous need for emotional power.

The fear that I am not in control of my emotional power causes a drama.

A fear is my perspective of False Evidence Appearing Real.

It is a false concept based on my belief of what is real or true.

A personal belief that is not aligned with my higher truth is a limiting belief.

A limiting belief is one that limits my ability to follow my true path.

My limited ability to follow my true path limits my connection to my source of emotional power.

A drama is caused by my disconnection from the source of authority that supplies my emotional power.

My disconnection from my source of emotional power can become an intense drama.

The intensity of a drama is relative to the intensity of my fear, which is relative to the intensity of my need for emotional power.

My belief about how powerful I am, being out of alignment with my belief about how powerful I want to be, is the main cause of the drama in my life.

It is the most powerfully impotent people who cause the most potentially powerful dramas in life.



# What Impotence Is!

Impotence is my inability to fulfil the power of my potential.

My physical potential requires emotional power to enable my mental fulfilment.

Fulfilling my potential is the reason that my purpose in life has meaning.

Impotence is my inability to fulfil the vision of my purpose on my mission in life.

It is the inability to fulfil my destiny.

Impotence is caused by the inability to connect to the source of my emotional power.

The source of my emotional power is potentially potent.

My Soul is the potent force of mental authority that supplies the magnitude of my emotional power.

The magnitude of my emotional power determines its potency and its potential to enable my fulfilment.

When my ability to fulfil my need for emotional power is through my connection to my sexual partner, then impotence is seen as a big problem.

Impotence is diagnosed as the inability to connect physically to the source of emotional power that I believe my partner to be.

When my physical connection to my partner is not enabled, I see myself as being impotent.

My connection to my Soul is ever potent.

It is my disconnection from my Soul that is the cause of my impotence.

Impotence is the effect of my physical, mental & emotional disconnection from Source.

# What Personal Power Is!

Personal Power is emotional.

Emotion is the energy in motion that powers Human Beings.

Emotion is who I am Being when being Human.

My emotion is what empowers me.

It is my thinking that disempowers me.

My personal power is relative to my emotional state of being that is determined by the purity of my thoughts.

My beliefs determine my thinking, which determines my emotional state of being, which determines my power.

When I believe that my power determines my emotional state of being, I become a victim of my state of being powerless.

When I believe that I need power to be well, I get ill.

When I believe that I need power to be happy, I get sad & depressed.

Personal power is relative to personal authority.

When I give away my mental authority, I give away my emotional power.

My personal authority is my mental capacity to choose.

When I choose the choice of my Soul, I am empowered.

When I choose the choice of my ego Self, I can run out of power very quickly.

My Soul enables my happiness & my well-being.

Happiness & well-being are my natural state when I follow the path of my Soul.

Gratitude & appreciation are my emotional connection to my Soul.

My personal power depreciates with my disconnected thinking.

It is always my impure thinking caused by my fears & my limiting beliefs that disconnect my personal power.

# What Gratitude Is!

Gratitude is my emotional connection to my Soul.

Being emotionally connected to my Soul in gratitude is a feeling.

Without the feeling, there is no emotional connection.

Connecting with gratitude is always sincere.

Without sincerity, there is no true connection.

When sincerely connected to my Soul, I am in gratitude with the positive power that I am feeling & receiving.

Being grateful is the act of giving thanks.

When I am grateful to another, I give thanks for what they have given to me.

When I am in gratitude, I express my feeling of divine connection with my Soul.

Giving thanks to an external god will never empower my Self with my divine feeling of gratitude.

Gratitude is the personal emotional power to continue to receive what I have already chosen.

I cannot continue to receive what I believe that I do not already have.

The Law of Attraction is in alignment with the power of gratitude.

The feeling of gratitude is the emotional power of my attraction to whatever I am choosing to remain in my experience.

Saying thank you without sincerity has no feeling & therefore has no power of attraction.

My Soul is in gratitude for every opportunity for the personal growth of its Self.

When I am in gratitude for every opportunity for the personal development of my Self, I feel my deep emotional connection with my Soul.

# What Appreciation Is!

Appreciation is the emotional feeling of expansive growth.

I feel the appreciation of my Soul with every opportunity for spiritual growth.

My Soul appreciates its Self when I take an opportunity for expansive growth.

The spiritual growth of the Soul requires the emotional expansion of the mind through physical experience.

Knowledge is not the medium through which the Soul appreciates.

Knowledge expands the ego's sense of self, which is not the essence of the Soul.

The essence of the Soul is emotional and emotional growth is essential for the Soul's appreciation.

Appreciating the emotional growth of the Soul is the essence of personal development.

I personally develop my Self through the appreciation of my Soul.

Without the appreciation of my Soul, there is no personal development.

Appreciation is the medium through which personal development is empowered.

When I appreciate every opportunity for growth, my personal growth appreciates with every opportunity.

Appreciation is the emotional power that allows the Law of Attraction to bring me more of what I already have.

Appreciation empowers an abundant life.

Appreciation is the gateway to the abundance of the Universe.

Universal abundance is delivered in alignment with the Law of Attraction relative to my emotional power of appreciation.



# What Abundance Is!

Abundance is realising that I have everything that I need.

When I realise that there is nothing that I need, I realise that I have everything that I want.

Realising that I already have everything that I need right now, is the key to an abundant life.

Wanting for nothing is the feeling of abundance.

The Universe is abundant, it provides everything that I need.

The less I need, the more abundance I experience in my life.

When I have enough of everything in my life, I am content.

My life has all the content and all the contentment that I need.

The fastest way to an abundant life is to want for nothing and to have no need of anything.

Wanting for nothing requires needing nothing, which is realising that I have everything that I need.

I will never be satisfied with life, if I believe that there is something missing in my life.

The feeling of contentment is a powerful emotion.

It ensures that every present that I need in life is presented to me in each present moment.

I can have a plentiful life without experiencing abundance.

Plenty is enough for now and enough for later.

It is enough for me and enough for others to share.

Enough for now & enough for later is more than I need right now.

I will never be content with more than enough.

More than enough & less than enough, too much & too little, are opposing perspectives of the same energy vibration.

When scarcity is in opposition to abundance, I will never have enough.

When enough is the third choice that overcomes my gluttony & my poverty, I connect to the abundance of the Universe.

# What Sovereignty Is!

**Sovereignty is supreme authority!**

**Supreme authority allows unconditional choice.**

**Unconditional choice is free from restrictions.**

**In traditional societies only the Sovereign has supreme authority.**

**In a society that believes there is but one reality, it is the supreme Ruler that has the authority to determine the rules of that society.**

**In a society that sees the Sovereign as a figure-head, it is the government of state, that makes & enforces laws, that is sovereign.**

**Sovereignty is the authority to reign over the state of an individual or the authority to state the perspective reality of a society or a collective.**

**A Sovereign Individual is creating their own reality through their own authority.**

As a Sovereign Individual, it is not my ego Self that is sovereign, but my Entity or Soul.

It is my Soul that is my supreme authority.

When under the sovereignty of my highest guidance, I accept the supreme authority of my Soul.

When I choose to allow my life to unfold effortlessly, without restriction, I exercise sovereignty with my Self and my state of Being.

When I assume authority for my life as a Sovereign Entity, I am being unconditionally accepting, approving & allowing of my Soul's choice for its Self.

Sovereignty is being the supreme leader of my own life by following the vision, mission & purpose that is chosen by my Soul.

# What Healing Is!

Healing is a process of becoming healthy!

Being healthy is a natural state of being.

Living in a toxic world is naturally unhealthy.

The human body naturally detoxifies to remain healthy.

The process of detoxification is often seen as illness.

Spiritually, healing is a three stage process of mentally releasing, emotionally delivering & physically cleansing.

In the experience of physical reality, it is my beliefs & my thinking that determine whether my words & actions are either healthy or toxic.

As I change my perspective of life, I release my negative beliefs and deliver a new positive perception of my experience.

When I release a limiting mental belief, the stuck emotion associated with that belief needs to be delivered so that the body is allowed to cleanse physically.

Coughing, sneezing & crying are three primary ways of clearing stuck emotional energy.

Bacteria & viruses are the body's cellular waste disposal system.

In a healthy body, bacteria & viruses work in harmony with the cells to maintain equilibrium.

When bacteria & viruses are seen as the villain that makes us a victim of our illness & disease, the healing process becomes unbalanced.

I am only ever a victim of my own belief system.

Healing my belief system is the first step to restoring health.

Healing my emotional state of being always follows this first step.

Detoxifying my physical body is the process of healing, not an illness or a disease.

# Who The Saviour Is!

The Saviour is the one who secures one's safety!

I only ever need saving from my own sense of insecurity.

I will never find security in the guidance that I am given by other people.

There is no assurance of safety in following another's path.

My sense of security comes from within.

Intuitively knowing that my safety is secure, is my only sense of security.

My sense of security, like my intuition, comes with my connection to my inner guidance.

My Soul is my inner guide & my Saviour.

I savour the guidance of my higher Self.

My Soul has chosen a path for its Self to savour & enjoy.

It is the perspective of a disconnected ego that causes insecurity, danger & peril.



Physical reality is a very dangerous, perilous & insecure experience when I believe it to be so.

The only one who can save me from the negative experiences that I am attracting, is my Self.

My ego Self is incapable of saving me from the negative effect of its own cause.

My Soul is ever there to save its Self from the dramas that the ego self is creating.

When I allow my Soul to savour my life, I become the Saviour of my Self.

# What Affection Is!

Affection is the positive feeling that I express to someone who affects me emotionally!

When I am positively affected by someone else's emotional state of being, I see them as being affectionate.

My affection is a reflection of how someone else affects me.

Affection & kindness are mutual companions.

I see another's kindness as affection for me when they see my affection as my kindness towards them.

Mutual affection is affecting each other in the same kind of way.

Affecting each other in the same kind of way is both affection & kindness.

Domestic animals make good pets when they emulate human emotion.

Petting is synonymous with being affectionate.

When an animal's emotion copies a human's emotion, they become kindred spirits through the energy of kindness & affection.

An affectionate pet is mirroring back the affect of human kindness that they are receiving.

Animals, in a domestic situation, have learned that the positive affect of affection towards humans is effective in effecting the affection they need for themselves.

It is the affect of human kindness that makes an affectionate dog or cat, a man's or a woman's best friend.

What makes a domestic animal's affection particularly affectionate is its state of being unconditional.

Affection with animals is often unconditional, whereas human affection for humans is mostly conditional on there being kindness.

The negative affect of unkindness destroys any feelings of affection in humans.

# Why Things Go Wrong!

Things go wrong because I have a false perspective of life.

The beliefs that I hold about life determine what I see as right or wrong.

What I see as going wrong, is contrary to my belief about what is right.

When I believe that things can go wrong, they do.

My physical reality is a construct of my mental beliefs.

Things go wrong because in a dual reality world, things also go right.

In this dual reality world of choice, things can go right or wrong and I get to choose which is which.

Right or wrong is a judgement that I make relative to my perspective that is based on my beliefs.

When something does not go the way that I believe that it should, I think it has gone wrong.

When things go wrong, it is always a problem.

A problem is something that is not working right for me.

Problems challenge me to find a solution that makes things right.

When life offers only opportunities, there is no challenging problem and everything is always alright.

Seeing only opportunities in life is the right way to live life as an enjoyable experience.

Life offers the opportunity of choice to everyone.

We all have the choice in life to see whatever is occurring as a problem, as a challenge or as an opportunity.

Things go wrong when I cannot see the opportunity that life is presently offering.

## What Sod's Law Is!

Sod's Law is a negative version of an opposing perspective of the Law of Attraction.

The Law of Attraction allows like energy to flow unto itself irrespective of its polarity.

Sod's Law states that: 'What can go wrong, will go wrong'.

It is seeing life from a negatively polarised perspective.

It is the Law of Attraction that manifests our thoughts as reality.

My thoughts are an energy that attracts the energy of a like experience on a similar wavelength of emotion.

When I believe that life is going wrong, my emotional state of being confirms the negativity of my experience.

When I experience life going well, my emotional state of being is positively aligned with my beneficial thoughts.

Beneficial thoughts generate beneficial emotional experiences.

It is my negative thinking caused by my negative emotional feelings that invoke & endorse Sod's Law.

The Law of the Universe is Attraction.

The Law of Earth is a Sod.

Life is a sod, when I run out of emotional power.

With enough emotional power, the Law of Attraction always appears beneficially benign.

It is my malignant thinking & my fear of failure that invokes Sod's Law.

# What Will Be!

What will be, is both a question & a statement!

Every question seeks an answer.

When I am seeking the answer, it is because I believe that someone else is creating my reality.

What will be, is a statement of my own creative ability.

The question is not: Am I creating my own reality?

The question is: Am I creating my own reality with conscious-awareness of being the Creator.

When I am not consciously choosing my future, I am creating my future with my sub-conscious beliefs about my present, based on my perceived experiences of the past.

I choose my future with my beliefs about my present.

What I focus on in the present moment, I project into my future.

The beneficial question is not what will be, but what Is?



What is, determines what will be.

My focus on what is, how I see what is occurring in my present reality, determines what will be.

What will be, will be a perfect opportunity for the expansive growth of the Soul.

The real question that my Soul is asking is: Who am I choosing to be in relationship to what will be occurring?

I can choose what will be to happen to me and be a victim of what is occurring.

I can choose what will be to happen by me and be the cause of either a beneficial or detrimental effect in my life.

Or, I can choose what will be to happen through me with the unconditional acceptance that what is, is always beneficial for me.

What will be, will be either tolerable or intolerable, until I choose to accept it gracefully with gratitude as a present from my Soul to my Self, with Love.

# What Beingness Is!

Beingness is being a state of being that I have attained.

I attain a state of Beingness when I define my state of being.

I define a state of being by naming its wavelength of vibration.

When I can name a wavelength of my spiritual vibration, I can attribute it to my Self.

A spiritual wavelength of vibration is called an emotion.

An emotional attribute is a wavelength of energy that I am expressing.

My Beingness is an expression of the attributes that I have attained.

Three dimensional physical reality allows a full range of emotional experiences to be personally & individually experienced.

My Beingness can be experienced, attained and attributed to my Self through choice.

Choice is a mental frequency of thought expressed on an emotional wavelength of my choosing.

I express a mental choice of perspective on an emotional wavelength of my own perception.

My three dimensional spiritual reality allows a mental choice of physical experience in which to express my emotional state of Beingness.

Beingness is who I am being emotionally in relationship to what I am mentally choosing as my physical experience in life.

I am a powerful Spiritual Being living a physical existence to experience the power, or the absence of power, of my Beingness.

Beingness is the essence of who I really am, as it is an expression of my essential nature.

Who I am being determines the reality of my experience.

The reality of my experience is that I get to choose the nature of my Beingness.

It is the quality of my Beingness that determines the quality of my physical experience on Earth.

It is my physical experience on Earth that allows me to define the essence of who I am.

The essence of who I am is the Entity that I call my Soul.

# What Qualities Are!

Qualities are a measure of the beneficial attainment of personal attributes.

The more beneficial an attainment, the more quality it has.

The better the emotional attribute that I express, the better the experience I have.

My qualities are a defining aspect of the quality of my life experience.

Quality of life is directly relative to the quality of the personal attributes that I have attained.

The better the emotional experience that I am living, the greater the quality of my life.

The greater my qualities in life, the better my emotional experience is.

My qualities are relative to the quality of my emotional energy.

The quality of my emotional energy is relative to the quality of my thoughts.

Pure thoughts have a divine quality when expressed with the emotion of pure love.

Love is the quality of pure emotion.

The pure emotion of love that emanates from my Soul can be expressed in a vast range of emotional wavelengths.

The longer the wavelength of emotion, the purer is the quality and the more beneficial is the experience.

My emotional state of being determines the quality of my life.

As my state of being can be polarised as being either positive or negative, so can my qualities be perceived.

Negative emotions are being perceived to be either of poor quality or to be without quality.

Negative qualities are of no beneficial experience to my Self ever.

# What Negativity Is!

Negativity is the effect of false thinking.

False thinking is caused by fears & limiting beliefs.

A fear is an intensely limiting belief.

It is a mental construct that invokes a negative feeling.

It is not the negative feeling that I fear but the belief that causes the feeling.

The intense feeling of fear is my Soul giving its Self the emotional power to overcome a false belief.

Confronting a fear is challenging the truth about a belief.

When I confront a belief, I see that it has no foundation in truth.

When I change a belief for a better truth, I overcome the fear because I am no longer empowering a false perspective.

Negativity has a reverse or backwards polarity.

Whereas my life path naturally takes me positively forward into an expansive future, my negativity contracts me to the past.

The duality of a positive & negative current experience will send my life around in circles.

Life is the positive energy of my Creator's Love & Light.

There is no negativity in an Absolute Universe.

Negative experiences in a negative reality are the effect of negative thinking based on negative beliefs & negative judgments.

Relative dual reality allows a choice of direction & a choice of positive or negative perspective.

Negativity is a choice of perspective based on a false belief that life is bad, wrong or detrimental to my Self.

Negativity is the polar opposite of positivity.



It is a downwardly depressing spiral of emotional energy that is draining to Earth as opposed to the uplifting spiral of expansive inspiration experienced with a positively creative divine thought.

# What Positivity Is!

Positivity is being emotionally powerful.

When I am full of emotional power, I am positive.

It is my emotional power that allows all aspects of my life to be positive.

Life flows in a positive direction, when I allow it.

It is my connection to Source that allows my life to flow positively.

When I am connected & allowing life to flow in a positive direction, it becomes my perspective, my experience & my reality.

Positivity is the presence of love.

Love is the power of my Soul.

Positivity is my connection to the power source that is my Soul.

I cannot be negatively connected to my Soul, but I can be disconnected.

When I am connected & giving love, I am powerful.

When I am disconnected & needing love, I am powerless.

Being powerless leads to a negative perspective, a negative experience & a negative reality.

Positivity is the ability to conduct a powerful life.

It is my ability to hold the vibration of my ideal life.

Whatever I imagine to be my ideal reality requires the power to manifest & hold as my reality.

Positivity is the power to attract the reality of my choice and the power to maintain the life that I have chosen.

Positivity is the power of my emotional state of being, it is the power of love expressed.

Negativity is the power of love disallowed & suppressed.

Positivity is the emotional connection of my Self to my Soul that allows the positive power of love to flow into my present experience.

It is the positive Light of my thoughts that connect my Self to the positive power of my Soul's Love for its Self.

An unconditionally loving Soul is the Source of all Positivity.

# What Self Love Is!

Self Love is the Love that the Soul has for its Self.

The Love my Soul has for its Self is unconditional.

It is a continuous flow of pure emotional power from Source.

My Soul never stops loving its Self.

When I love my Self as my Soul loves its Self, I am in vibrational alignment with my Soul.

Self Love is being empowered with my Soul's inspiration.

I am inspired & feel worthy when I am aligned with my Soul's thoughts for its Self.

When aligned with my Soul's thoughts for its Self, I truly value the love with which I am empowered.

When I Love my Neighbour as my Self, I relate to all others at the super-conscious level of my Soul.

At this level of conscious-awareness, there is neither separation nor division and therefore no conditions under which Love is restricted, limited or disallowed.

My love for my Self is restricted, limited & disallowed by my fears, my limiting beliefs & my impure thinking.

The mentally constructed programmes of my mind determine my level of connection, or disconnection, from my Soul.

My degree of separation from my Soul is relative to my lack of love for myself.

The paradox is that my Love for myself comes from my Self.

Seeking love outside of my Self, for myself, is a statement of how much I do not love myself.

The degree to which I can love another is relative to the degree to which I can Love my Self, which is my Self Love.

# What Respect Is!

Respect is an emotional need!

It is the need to take another look at who I am being.

When I have respect, people see me as I need them to see me.

When I have self-respect, I see myself as I believe that I need to be.

When I need respect, I need other people to take another look at who I am.

Alternatively, when I need respect, I need to take another look at who I am being.

Respect gives me the emotional power to be who I believe that I am.

When I see who I really am, I do not need to take another look.

I know who I am when it intuitively feels right for me.

Being respectful is seeing other people as they need to be seen.

Being respectful of another saves them having to take another look at who they are being.

When I pay my respects in life, I see another from their positive perspective.

When I pay my respects in death, I need to take another look at the positive contribution that someone made in their life.

I respect another when I see who they are being and I see what it is that they need with empathy & compassion.

I respect everyone's choice to live their chosen life in the way that they choose.

With respect, I see life from another's perspective.

With the need to take another look at who I am being, another's perspective can be invaluable.

My Soul never needs to take another look at who I am!



# What Compassion Is!

Compassion is the feeling of sharing a mutual experience with another.

Life is a mutual experience that I share with all others.

When I live my life with passion, I can share my passion with others who are also living their passion.

My passion is a feeling of connection to the path of my Soul.

My passion is to fulfil my destiny on Earth, as my Soul intends.

We are all here to fulfil our passion, for life, in life & through life.

The paradox is that we all have a different passion for life, so how can we share our different passions in a compassionate way?

The answer is always with sensitivity & detachment.

Sensitivity allows me to resonate with another's passion.

Detachment allows my passion to remain unattached from another's passion.

Compassion is a shared feeling, whilst being on a separate path.

We all share the destiny of having our own unique, individual & exclusive path.

We all share the same passion, yet perceive it from a separate perspective.

With compassion, the feelings are shared although the experiences may differ.

When I feel another's connection to the path of their Soul, I have compassion with that person.

When I feel another's disconnection from the path of their Soul, I have sympathy with that person.

No one is ever truly disconnected from the compassion of their Soul, though when I am lost, confused & frustrated in life, I may choose apathy in the absence of another's sympathy.

# What Empathy Is!

Empathy is following a similar emotional path as another.  
It is sharing one's own emotional experience with another.  
Empathy is the male gender of female compassion.  
They are the same energy seen from a different perspective.

The feeling of sharing a mutual experience with another only occurs when two people are empathically connected on a similar emotional path.

An emotional path is the Soul's choice of learning experience.

Empathy is an essential quality to facilitate the learning of others.

True teachers facilitate the learning of others, with empathy.

Empathy requires the awareness of being sensitive to where another is emotionally.

Being sensitive to where another is emotionally is an awareness called empathy.

With empathy, the teacher identifies & clarifies the life experience that the student is encountering.

Empathy is an intuitive knowing that which facilitates another's learning, whereas compassion is an intuitive feeling that which another is experiencing.

Intuitive knowing & intuitive feeling are the essence of empathy & compassion.

Seeing life with empathic compassion allows the Soul's journey to effortlessly unfold as a joyful experience.

# When Now Is!

Now is the present moment of Time.

The present moment of time is a focus point of the mind.

A focus point of my mind is either a thought or an observation.

A thought causes the mind to focus on a conscious point in time.

An observation is the effect of the mind focusing on a point in time.

A point of focus allows a perspective to form in the mind as a conscious thought.

I am conscious of the perspective of a thoughtful mind.

Time allows moments of perspective, thoughts, to be consecutive.

When moments of perspective are consecutive & continuous, time flows in a linear time-line.

A linear time line allows individual thought to become continuous thinking.

The flow of time through space allows a perspective of reality to be a continuous personal experience.

The flow of thought through the mind allows consciousness to be a reality.

I realise my consciousness, as thought flows through my mind in every moment of Now.

Now is a passing moment of time.

The present moment of now passes into the next present moment of now, as the conscious thoughts of the mind flow in the creative reality of space -time.

Now is the focus of the conscious thought of my mind when it is balanced between the past & the future, on the linear time-line of my life path.

# When Then Is!

Then is a projection of my mind into the past or the future!

The past is a backward projection on a linear timeline.

The future is a forward projection of a linear timeline.

I project my mind into the past with my memory.

I project my mind into the future with my imagination.

The future is a creation of my super-conscious imaginative thought.

The past is an experience stored in the memory of my sub-conscious mind.

The present is a conscious reality created between them.

Then is a duality of Now.

My experience of the past & my creation of the future are relative to my perspective of the present.

My perspective of the present moment & my perception of the now determine my attitude to what did & what will happen, then.

Then is a point in time that is not now.

Although the past is not now, I am able to change the perspective of my mind about the past, now.

Similarly, I am able to either make my mind up about the future or change my mind about the future, by changing or choosing my choice now.

When then is just a perspective of the mind in the now, I am free to change that perspective, at will, whenever I choose.

Nothing ever happens then.

Everything occurs now.

What will happen then is relative to what did happen then, until I make a better choice in my now.



# Who A Conductor Is!

A Conductor is a channel for energy!

Different aspects of energy have different types of conductors.

A conductor that channels music leads an orchestra.

A conductor that channels electricity can be a narrow wire or a wide lightning rod.

The property of a channel is its ability to allow energy to flow.

The English Channel allows water to flow from the North Sea to the Atlantic Ocean.

The energy of the Earth flows through the water of its rivers, seas & oceans.

The physical body is a life force conductor.

The energy of life is channelled through the conduit of a physical body, to earth its experience in a grounded way.

When the physical body is earthed, it allows spiritual development to be grounded in reality.

We are all conducting our own life experience.

I am the conductor of my physical vehicle on its journey through life.

I have a one way ticket to the destination of my choice.

My destination of choice can be my doom, my fate or my destiny.

My ego is the conductor of my fate and my Soul is the conductor of my fortune.

As with any flow of energy, there is always a choice of polarity.

A most accomplished Conductor is seen to be a Maestro.

A Conductor is one who orchestrates the symphony of their own ideal life!

# What Duty Is!

Duty is the cost to my Self of ensuring another's safety & comfort.

It is a chore that I am charged to perform for another's benefit.

A chore is a toleration that I believe I have to do out of duty.

A toleration is an energy drain that I am able to endure.

Duty is a task of endurance that I believe that I need to do.

Duty is a tax I pay because I believe that it is owed.

Whether duty is a task or a financial imbursement, it is for another's benefit, not mine.

When in service to another, I have a daily list of duties to perform.

The Armed Services take duty very seriously.

Traditionally everyone's duty is to god & the king.

We are raised to serve the Church or the Crown or both.

It is our duty to pay tithes to the church and taxes to a ruling elite.

It is our duty to fight for the security of the Realm.

Fighting for the realm will never ensure my own safety & security.

Serving another for their benefit will never ensure my comfort.

The more I focus on the comfort & security of another, the more I attract my own discomfort & insecurity.

The more tax I pay to a perceived higher authority, the more tax they demand.

The more duty I perform for another, the more duties I am assigned.

God is in no need of safety & comfort.

**My Soul is never insecure.**

**There is no duty to pay to my Self.**

**I do not serve my Soul out of duty.**

**I serve my Soul as my Soul serves its Self, with an abundantly effortless & enjoyable life, without any duty to pay.**

# What Being Spiritual Means!

Being Spiritual means being a Spiritual Being.

It is seeing life from a spiritual perspective, knowing that everything is fundamentally energy.

A Spiritual Being originates from this Source Energy.

We are all energetic & originate from the same source, yet we do not all choose to be spiritual.

In a relative dual reality world, where physicality & spirituality are in opposition, I can choose to be one or the other, or both.

Being physical means living a material life as a physical Human Being.

Being Human is the experience of life through the five physical senses.

In duality, I can be either human or ethereal.

The ether, or aether, is universal source energy.

Overcoming the duality of physical & spiritual existence allows my Self to realise my ethereal qualities through human expression.

My ego is my sense of who I am as a physical Human Being.

My Soul is the essence of who I am as a Spiritual Entity.

Being spiritual means being my Soul as an expression of my ego Self.

It is bringing the energetic essence of my Soul into physical Being.

It is living physical life as an expression of my Soul.

It is expressing the qualities of my Soul through physical experience.

It is making the spiritual nature of my Soul, a physical reality.

Being spiritual is not something that I do.

It is a state of Being, not an act of doing.

It is not something that I have to practice but it is something that I am required to master.

My Soul is the Master of Creative Reality.

I master creating physical reality when I become the Conscious Creator through the awareness of my choice.

I do not have to practice being spiritual as it is not a task, a skill or an accomplishment but an attainment of the qualities of my Soul.



# What An Emotional Attachment Is!

An Emotional Attachment is whatever I attach myself to emotionally!

I attach myself to whatever I need emotionally.

As my sub-conscious mind manages my emotional needs, it is responsible for my attachments.

I am most in need of emotional support as a baby & a young infant.

It is at a very early age that I form attachments and develop ways of meeting my emotional need.

In a functional family, there is a strong attachment or bond between parents & children, especially between mother & baby.

A dysfunctional family is one that is incapable or unable to support the emotional needs of its offspring.

In a dysfunctional family, emotional needs can be dramatic forming dysfunctional attachments that drive dysfunctional actions.

I attach myself sub-consciously to whatever meets my emotional energy needs.

The more dramatic my need for emotional energy, the more severe my attachment to whatever supplements that need.

A dysfunctional emotional attachment is called an addiction.

A functional emotional attachment is called a habit.

A good habit functions well and a bad habit functions badly.

We are all creatures, and creators, of the habits that serve our emotional needs.

**I attach myself emotionally to whatever I believe has value for myself.**

**I am driven to defend my values in order to support my emotional needs.**

**An emotional need & a value are often the same attachment seen from an opposing perspective.**

**True Values are my emotional connection to my spiritual source, not my emotional attachments to my physical life.**

# What NLP Is!

NLP is an acronym for Neuro-Linguistic-Programming.

Human Beings run programmes in their sub-conscious mind, in neurological language.

Neuro-logic language is the logic, or illogic, of the sub-conscious mind.

Routines, habits, phobias & addictions are the actions of autonomous programmes stored linguistically in the sub-conscious mind.

Sub-conscious programmes allow life to operate on automatic pilot without having to make conscious decisions about normal everyday tasks.

The quality of my sub-conscious programming determines my relative levels of unconscious competence & unconscious incompetence.

Sub-conscious programmes serve me very well as long as they serve me very well.

When a sub-conscious programme does not consciously serve me, such as with a fear based phobia, I can re-programme my sub-conscious mind accordingly.

Sub-conscious programmes run on a series of beliefs based on past experiences.

The quality of my core beliefs determines the quality of my sub-conscious programming.

By definition, I am not conscious of my sub-conscious programmes & beliefs until I become consciously aware of them.

Reprogramming a neuro-linguistic-programme requires conscious awareness of the current neuro-linguistic-programme that is operating sub-consciously.

Behaviour always follows belief, so to change my behaviour, I am required to change my belief.

The sub-conscious mind can only operate within the boundaries of its own standards, which are determined by its stored beliefs.

I cannot stop a fear or limiting belief but I can confront it & change it for a more beneficial belief that allows a better programme to run fear-free, in my sub-conscious mind.

I can only consciously change a disempowering programme once I become aware of it.

NLP is the process of reprogramming the neurology of the sub-conscious mind linguistically.

It is re-writing one's own sub-conscious operating system in a language that is consciously authorised & rationally understood.

As behaviour always follows beliefs, beneficial behaviour requires a beneficial belief system.

# Who A Philosopher Is!

A Philosopher is one who loves wisdom and studies Wisdom with Love.

Philosophy derives from the Greek words Philos meaning Love & Sophia meaning Wisdom.

Philos is the Greek word for platonic love, which is named after Plato a Greek Philosopher.

Eros, the Greek word for sexual love is not part of a Philosopher's remit.

In modern times, Philosophers have been superceded by Natural Philosophers, who have now become known as Scientists.

In modern Science, there is no distinction between knowledge & wisdom, and love is excluded from the equation.

Scientists no longer philosophise on the nature of love & wisdom, focusing only on the material nature of the cosmos rather than the spiritual nature of the Universe.

Science sees intuition as counter intuitive and relies on proven facts & mathematical formulas to substantiate their theories.

A Philosopher is one who sees love as a powerfully energising feeling and wisdom as an inspired enlightening revelation.

A Philosopher is one who studies love with emotional intelligence and uses wisdom intuitively.

A Philosopher is one who has the power, authority & ability to study the Love & Light (Wisdom) of Life as a matter of energy in motion.

A Philosopher is the one who asks the questions about the nature of Life and sees the answers in a feeling of intuitive knowing.

Love is an intuitive feeling and wisdom is an intuitive knowing, you see!



# What Emotion Is!

Emotion is the wavelength of energy on which a frequency of thought is transmitted.

A pure frequency of thought is called Light.

A pure wavelength of emotion is called Love.

A pure vibration of experience is called Life.

My Soul transmits pure frequencies of thought on pure wavelengths of emotion to my Self as a vibrational Being in Life.

My Self receives thought as an intuitive knowing & emotion as an intuitive feeling.

Unfiltered by the mind, emotion is a pure feeling of love that emanates from the Solar Plexus when received with an open Heart.

Infinite Love is pure emotion, whereas a definite emotion is an aspect of pure Love.

In a dual reality world of contrast & choice, there is a choice of contrasting feelings called emotions.

Contrast allows a choice of emotional gender to have a male perspective or a female perception.

Judgment, prejudice & preference allows a choice of emotional polarity to be positive or negative.

I can see emotion as feeling feminine & positive or know it to be male & negative.

Impure thinking, based on fears & limiting beliefs, causes the reversed polarity of negative emotion.

Emotion is a state of Being that I attribute to my Self.

The state of Being that I attribute to my Self is relative to my beliefs about what is presently occurring in my experience.

Emotion is my power supply.

The power of my emotional state of Being is relative to the authority of the belief that I am thinking.

When I am aligned with the inspired revelations of my Soul, I am energised & empowered to respond to life in a beneficial way.

When I am disconnected from my true identity, I express the depths of my powerlessness through my negative emotional reactions.

Emotion is how I feel about my Self, relative to my perspective & my perception of whatever is occurring in my life.

Emotion is Energy in motion through matter as the power of my authorised ability and it is the competence, or incompetence, relative to the capacity or incapacity of my capability.

# What Irrational Behaviour Is!

Irrational Behaviour is a judgment of a rational mind.

A rational mind views life from a rational perspective.

A rational perspective sees what is occurring in life as either reasonable or unreasonable.

Reasonable behaviour has a rationale, whereas unreasonable behaviour is seen to be irrational.

When I cannot see the reason for something occurring, I deem it to be irrational behaviour.

Rational behaviour has a standard of being rationally understood and is rated as normal.

Anything that I do not rationally understand, I judge to be irrational when it does not follow my logical view of life.

Judging everything that I do not understand as irrational can of itself be viewed as an irrational perspective.

Being emotional is perceived as irrational from a purely rational perspective.

An emotional perception of life has a female gender that is in contrast to a rational male perspective.

Being emotional is confused with being irrational because being irrational has an opposing energy polarity to being rational.

An unemotional person sees life as either rational or irrational because they have no emotional awareness.

With emotional awareness comes emotional intelligence.

With a balance of rational & emotional intelligence, nothing in life is seen to be irrational.

Being irrational is a negative state of being caused by negatively programmed beliefs.

Spiritual Intelligence is both mentally rational & emotional, never unemotional or irrational.

# What Spiritual Perspective Is!

Spiritual Perspective is seeing life without conflict or contrast.

From a spiritual perspective there is no conflict or contrast.

It is the duality of gender that allows a choice of contrast and it is a choice of polarity that causes conflict.

Continually experiencing the conflict that causes a drama & the drama that is the effect of conflict is not spiritually intelligent.

Spiritual perspective is seeing life intuitively through the eyes of the Soul.

The Soul sees its Self as a three part Being of body, mind & emotion.

Physical, mental & emotional energy are the three manifestations of spirit in this three dimensional reality of space-time.

Understanding the frequency & wavelength of my energy vibration is spiritual intelligence.

Rational perspective allows the exploration & discovery of the mind through conscious thoughts about physical reality.

Emotional perception allows a choice of experience through who I am being relative to what I am choosing to do in physical reality.

Spiritual perspective allows the ability to live physical life with both rational & emotional intelligence.

The Soul, as a spiritual entity, expands & grows with the mental intelligence of emotionally experiencing a physical existence.

Spiritual perspective is the choice of a spiritual mind.

A spiritual mind is a three dimensional entity that is simultaneously conscious, unconscious & super-conscious.

Being spiritually intelligent is a mindful connection between the perspective of my conscious Self & the universal mind of the Soul.



# What The Three Precepts Are!

The Three Precepts are Awareness, Emotion & Feeling.

Feeling is the physical awareness of emotion.

Emotion is the emotional feeling of awareness.

Awareness is the mental emotion of feeling.

They are three different perceptions of the wavelength of my spiritual energy vibration.

Awareness is my female sense of consciousness.

Emotion is my female emanation of thought.

Feeling is my female manifestation of mind.

Consciousness, Mind & Thought are the three Principles of my higher authority.

Awareness, Emotion & Feeling are the three Precepts of my higher power.

I perceive life in a powerful way with my awareness of emotional feeling.

I am aware of the power of my emotional feelings as the Creator of my own Life.

Without the awareness of my feelings, emotion has no creative power.

Awareness without emotional feelings is just consciousness.

The Three Precepts are how Love flows through my experience.

Love is an emotional feeling of awareness.

Love is the feeling of being aware of my emotion.

Love is the awareness of my emotional feeling.

Awareness, emotion & feeling are the three channels through which Love flows freely into my Life.

## Who The Elite Are!

The Elite are those who believe that they are better than others.

This makes them greedy & avaricious.

The Elite are those who believe that they know better than others.

This makes them arrogant bigots.

The Elite are those who believe that there is only one reality and only they are qualified to determine that one reality.

This makes their hubris outstandingly proud.

The Elite are those who believe that the masses are incapable of managing their own affairs.

This makes them impatient, angry & wrathful.

The Elite are those who believe that money is power, therefore the true elite are those who own the world's banks.

The Elite are those who believe that their authority comes with their power, so they use their money to maintain their influence over others.

The Elite are those who believe that safety & security comes with anonymity, so they operate in secret.

The Elite are those who believe that the world should be governed by democratically elected leaders whom they control, so they do.

An Elite leadership, as history has proved, becomes paranoid & schizophrenic in its ability to maintain its own authority.

The Elite are those whose Energy is lite but not Light, because it is without wisdom.

The Elite believe that whoever owns the money & the resources, owns the world; so they do.

The Elite will always be in opposition to others who believe themselves to be elite.

**Being Elite is a role that people play based on a belief that is only a truth of their reality, not the reality of others.**

# What Salvation Is!

Salvation is the application of a salve or ointment.

An ointment is a salve.

Anointment aids my salvation.

In Christian Theology, I am anointed with the Holy Spirit.

The Holy Spirit is a metaphor for whole, undivided energy.

Pure Whole Energy is my salvation.

My salvation occurs when I overcome the dramas of a dual reality world.

The only thing that will ever save me is my own undivided perspective of reality.

It is Christ's pure & undivided perspective of reality that is my salvation.

In the duality of physical & spiritual life, it is very easy to lose my pure perspective of my path.

Salvation is the realisation that I am not lost.

With salvation, I discover my vision for my life.

Salvation allows the clarity that I am no longer confused.

With salvation, I explore my purpose for being alive.

Salvation is the realisation that I have presence.

With presence I allow my salvation & I experience my mission in life with clarity & direction.

Anointed by the pure energy of my Soul, my inspiration is universally empowered.

The only ointment or salve required is the empowered inspiration of my inner guidance.

By purifying the perspective of my ego Self, I connect to the divine salvation of my Soul.

I am anointed with my Soul's divine essence when I apply the divine life that is essentially my Soul's ideal version of reality for its Self.

# What Creativity Is!

Creativity is spiritually creative activity!

It is the alignment of my mental perspective with my emotional perception & my physical realisation.

I realise my creativity through my personal perspective & perception.

When I perceive reality through the perspective of another, there is no personal creativity present.

My perspective is the alignment of my conscious mind with thought.

My perception is the alignment of my emotional feeling with awareness.

I realise my creativity with the alignment of my perspective with my perception.

The realisation that my perspective & my perception are not the same thing, allows me to overcome the experience of them being a duality.



Overcoming the duality of perspective & perception is the key to realising creativity.

When I have a perspective that I do not perceive to be real, I disallow the creative potential of my Soul's imagination.

When I have a perception that my perspective tells me cannot be real, I disallow the power of my Soul's creative potential.

Creativity is manifesting new experiences as my reality.

If creativity was limited to the imagination, there would be no purpose to the physical reality of the Self.

The external world is a realisation of what the collective perspective perceives it to be.

It is the creation of the simultaneous perception of seven billion similar perspectives of reality.

Creativity is a personal experience of changing my inner Self.

Life is a process of continually creating my Self in the image of who I realise my Self to be.

Creativity is the process of changing my perspective to alter my perception in the expansive realisation of who I choose to Be.

Creativity is the physical experience of realising that I am a creative spiritual Being.

# What Manifestation Is!

Manifestation is turning imagination into reality.

When my imagination becomes a reality, it is made manifest.

Imagination is the creative genius of my Soul.

Whatever my Soul can imagine, it can realise through its Self.

The process of manifesting the Soul's creation becomes effortless when the Self realises its creative ability.

Creative ability is just a potential until it is made manifest.

When creative ability is believed to be just imagination, it disallows manifestation.

My Soul has an expansive list of creative experiences for its Self to manifest.

The power to manifest my own reality flows with the authority that I give to my Self.

**My Soul gives my Self unconditional authority to manifest the reality of my own experiences.**

**It is the fears and the limiting beliefs of my Self that thinks manifestation is not allowed.**

**Manifestation is the realisation of my life's manifest.**

**My life's manifest is the reason that I have a meaning & a purpose.**

**Manifestation is the realisation that an abundant Universe is a reality.**

**In an abundant Universe, I have the potential to manifest anything that my Heart & Soul can imagine.**

# What Visualisation Is!

Visualisation is the focus of the Mind with Conscious pictures of Thoughts.

Visual Pictures are two dimensional conscious thoughts of a three dimensional reality by a multi-dimensional mind.

I focus my mind on my three dimensional physical reality by being present in time & space.

I focus my mind on the reality of the past with pictures from my memory.

I focus my mind on the future by visualising with my imagination.

As I am aware of three aspects of my Mind, I can use each of them to visualise the past, the present & the future.

A three dimensional reality allows the three dimensions of my Mind.

My sub-conscious mind visualises the past from my memory.

My conscious mind visualises the present through my physical eyes.

My super-conscious mind visualises the future with my imagination.

When I visualise the future in my conscious mind, I connect with my super-conscious Soul.

When I visualise the past in my conscious mind, I connect with my sub-conscious Id.

When I visualise the present in my Mind's Eye, I am conscious of my ego Self.

Visualisation is the passage of the Mind through different dimensions of space-time-reality.

My Mind travels in time relative to the frequency of my conscious thought patterns, called pictures of reality.

Visualisation is the focus of the Mind on a specific range of frequencies of Light Waves.

Light Waves of Conscious Thought are the frequencies of the Mind that allow travel in time-space-reality, so that different dimensions of visualisation may be experienced and different dimensions of reality can be visualised.

# Who I Am Being When Being Sensitive!

When Being Sensitive, I am being aware of another's emotional state of Being.

I am aware of the emotional wavelength of another person's energy vibration.

Being sensitive is having an intuitive sense of feeling for another person emotionally.

A rational knowledge of the physical world will not enable my emotional awareness of my intuitive senses.

Energetically feeling another's emotional state of being is learned intuitively.

When I am being insensitive, I have learned from rational experience to disconnect emotionally from any person, whose energy vibration, I sense to be detrimental or negative.

In order to avoid energetically conflicting with another, I have learned to ignore their emotional state of being.



In a situation where I am not emotionally able to avoid another's negativity, I am forced to react irrationally to their negative emotional state of being.

Without the emotional competence to manage my emotional interaction with another, I either become insensitive to their actions or I become over-sensitive and I over-react to their insensitivity towards me.

Being sensitive to another's emotional state of being allows others to be sensitive to where I am emotionally and meet my emotional needs.

Being sensitive is intuitively knowing that I am on the same emotional wavelength as another, whether I like it or not.

By the Law of Attraction, I am always attracting other people on a similar wavelength & frequency of energy as my Self.

Whether I see that as a positive or a negative scenario can be a very sensitive issue.

When being sensitive, I am being a Sensitive.

# What Beauty Is!

Beauty is the power of the Soul's creative genius!

Creativity is the ability of the Soul's beautiful genius.

Genius is the authority of the Soul's creative beauty.

Beauty is the feeling of a pure Soul connection.

When I see the creative genius of the Soul in action, I feel its beauty.

A genuine Soul creates things of beauty.

The creations of the Soul are beautiful because they are full of the Soul's omnipotent power.

Beautiful creations are created with the beauty of the Soul's creative genius.

Disconnected from my feelings, I fail to see the beauty of this world.

An unemotional world is missing its sense of beauty.

When I appreciate the beauty of this world, I connect to the power that allows this world to appreciate beautifully.

It is my disempowered ego that sees ugliness.

Ugliness is my inability to see the beauty of my Soul's creative genius.

To feel the beauty of life, I am required to know how life is created by seeing the genius of my Soul's ability.

Beauty is my intuitive sense of feeling genuinely powerfully creative.

A sense of being powerfully creative is a beautiful feeling.

Beautiful things are created with genuine power.

Genuine power is the beautifully creative feeling of Love.

Only the genuine power of the Soul is able to create a beautiful world for its Self to experience.

# What Appreciation Is!

Appreciation is the expansive power of the Universe.

The Universe appreciates as it expands with the power of appreciation.

Appreciation is the feeling of an expansive Self.

As my Self personally expands & grows, I feel the appreciation of my Soul.

My Soul appreciates the expansive growth of its Self.

An expanding universe is the medium through which the Soul appreciates its Self.

Without expansion, there is no growth and there is no feeling of appreciation.

Appreciation is the feeling of the spiritual growth of an expansive Mind.

As I expand my mind with innovative conscious thoughts, I align with the expanding universal energy of my Soul's appreciation.

As I expand my spiritual awareness through new emotional feelings, I experience my Soul's appreciation of its Self.

My Self has an expansive contract with my Soul.

When I appreciate that my contract is expansive, I feel the appreciation of my spiritual growth.

As my Soul expands with my spiritual appreciation, my energetic vibration becomes more powerfully attractive.

With more attractive power, I attract more attractive life experiences.

The greater my feeling of appreciation for my life, the more my life appreciates and everything that I already have, increases in magnitude & quality.

I always appreciate a better life when I express my appreciation for the better life that I am experiencing in every way.

# What A Problem Is!

A Problem is an experience of reality that I perceive from a negative perspective.

When I perceive reality from a negative perspective, it appears to be a problem.

When I see life as happening to me, it does not always happen in a beneficial way.

When life happens to me in a detrimental way, I see whatever is occurring as a problem.

When life happens by me, I look for a solution to solve my problem.

The more I focus on finding solutions, the more problems that I appear to attract into my life.

My reality is never a problem when life happens through me.

A problem is the effect of life not flowing effortlessly without resistance.

A problem is the resistance that I encounter in my life.

The cause of my resistance and the cause of every problem is my belief about whatever is occurring.

My problem can be another person's challenge.

My challenge can be another person's opportunity.

My opportunity can be another person's problem.

This is because we all have a different perspective based on our personal belief about whatever is occurring.

We all perceive reality from either a positive or a negative perspective based on the truth of our own beliefs.

When perceiving life from a positive perspective, I never see a problem.

My belief that life is designed to flow effortlessly without resistance allows my reality to be problem-free.

I experience the effects of the problems that I cause myself.

Life is a problem of my own making when it is not the opportunity of my own taking.



# When Life Is A Challenge!

Life is a challenge when I believe that I can fail.

When the ultimate failure in life is death, life is a challenge to survive.

I am challenged to survive life when I forget my purpose.

When I remember the purpose for my life, I realise that I cannot fail.

Life is a challenge when I get lost in the drama of duality.

Duality allows the dramatic experience of success or failure.

It allows the choice of personal aims & objectives.

When my aims & objectives are aligned with the true values of my personal vision for my life, I cannot fail.

When I am confused & lost, pursuing the aims & objectives of my ego, I can get very frustrated.

Frustration is the resistance I encounter when I am disconnected from my true source of emotional power.

I only ever fail a challenge when I run out of emotional power.

Empowered with my Soul's purpose, I am inspired to take every opportunity that arises.

The biggest challenge in life is to become problem-free and to see the effortless opportunities that life has on offer.

Life is a challenge when I am driven to compete with life.

When I compete with life, I either win or lose.

I either take the opportunity to enjoy my personal vision of an ideal reality or I fail miserably and succumb to the disastrous chaos of my own dramatic perspective of life.

# When A Moment Is!

**A Moment is when a mindful thought becomes conscious.**

**It is a conscious realisation of a mindful thought in the present time.**

**A moment is when I feel an awareness of an emotion in a specific space in time.**

**A thoughtful moment & a feeling moment create the realisation of a moment of reality.**

**A present moment is when I am present with my conscious awareness of reality.**

**Time is a continuous sequence of moments.**

**It is the consequence of momenta that causes momentum in life.**

**Momentum is my apparent movement through individual moments of space & time.**

**My life gains momentum as the focus of my thoughts changes from moment to moment.**

The purer the wavelength of an emotion, the more enjoyable the experience of the moment.

A moment is when a thought passes through the conscious mind.

It is a period of time when my mind is suspended in a conscious thought and my heart is suspended in the awareness of an emotional feeling.

During meditation, thought is suspended in moments of time.

As momentum slows down, time appears to speed up.

Momentum is when thoughts flow through my conscious mind, from my higher mind to my lower mind.

A super-conscious thought of my Soul takes a moment to appear as an empowered inspiration of my Self.

A moment of awesome blissful wonder is shortened by the resistance of the fear & dread of my ego's negative beliefs.

# What The Occult Is!

The Occult is what is hidden from view.

What is hidden from view is what cannot be experienced with the physical senses.

What cannot be experienced with the physical senses, science has deemed to be unnatural.

The occult is the super-nature of our world that is a secret & a mystery.

Super-natural occurrences are often blamed on the occult nature of people.

Groups of people who practice in secret and hidden from view are seen to be occult societies.

People fear what they cannot see & do not understand.

Groups of people who practice their spirituality or their religion covertly, are deemed to be a cult and occult.

A cult is often believed to practice the occult.

What people fear and do not understand, they believe to be detrimental & negative.

From a negative perspective, the occult is seen to be bad or even evil.

From a positive perspective, it is just groups of people exploring & experiencing their spirituality in a secret way.

Spirituality that is openly practiced in large groups is called a religion and is not seen to be occult.

What is no longer a secret, is no longer covered up or hidden, is no longer occult.

It is only secret societies that practice the occult.

The occult is a spirituality that is not openly practiced.

I am not here to discover, explore & experience my spiritual reality in secret.

I choose to share my spirituality with anyone who is interested.

# What An Aura Is!

An Aura is a personal energy vibration.

A personal energy vibration is made up of a symphony of frequencies & wavelengths.

My aura is my energetic body.

It is an auric field from which my physical body materialises.

My physical body is a reflection of my character & my personality.

My character is a projection of my personality that expresses the personal reality of the character that I portray.

My personality & character are an interpretation of the energetic aura that determines my energy vibration.

In reality, my energy vibration determines the nature of my personality & my character.

An aura is the eminence that emotes from a belief system.

It is the emotional emanation of a thinking mind.

My belief system drives my emotional state of being that creates the aura that I emanate.

As I alter my beliefs and change my perspective, I vibrate at a different frequency and my aura changes accordingly.

An aura is only apparent intuitively, although some may claim to see auras with their physical eyes.

It is more usual to translate the aura of another person as an intuitive sense of feeling, or how I feel about them intuitively.

With my intuitive senses, I am intuitively sensitive to the energetic aura that another person is expressing.

An experienced Sensitive is able to read a person's aura as though it were their personal Book of Life.



# What Pornography Is!

Pornography is a display or exhibition of sexuality that is deemed to be unacceptable.

When a display of sexuality is deemed to be acceptable, it is called Art.

Whether sex is exhibited artistically or pornographically is a personal matter of perspective.

Personal perspective, based on personal beliefs, determines personal standards, ethics & morals.

In religious society, sex outside of marriage is deemed to be morally wrong and may be viewed as pornographic.

In Early Roman Society, sexual orgies were experienced as pleasurable & exciting and seen as artistic & natural behaviour.

Nudity, whereas acceptable to Naturists was seen as pornographic by a Victorian Prude.

From a spiritual perspective, sex is the combining of contrasting male & female energy vibrations.

When contrasting male & female genders of the same emotional energy vibration combine in holy union, they become whole & pure and experienced as ecstatic, orgasmic & blissful.

A display of natural beauty is felt as an awe inspiring experience of wonder.

When a sexual act is experienced as emotionally positive for both parties, it is an artistic display of pure beauty.

When a sexual act is devoid of emotion or full of negative emotion, it is deemed to be pornographic.

Whether I judge an act of sexuality to be artistic or pornographic is relative to the perspective of my conviction.

One Woman's Art is another Man's Pornography.

# Where Home Is!

Home is where I feel safe & comfortable.

My safety & my comfort is provided by the warm & the dry security of my home.

The degree of complexity of my home is determined by my emotional need for comfort & security and my need to ensure my physical safety.

My insecurity will drive me to build myself a castle.

My need for comfort will drive me to build myself a palace.

Home is where I nestle to rear my young.

It provides the comfort & security that I need to bring up my children and meet their emotional needs.

My family home is wherever I choose to build it, or wherever I choose to buy it, rent it, pitch it or inhabit it.

It may be permanent & fixed, nomadic & portable or even the natural environment of a cave, a hut or an igloo.

My home for life is on the Planet Earth.

Whether I am at home on Planet Earth is a matter of whether I feel safe & comfortable with who I am.

Home is where I return to at the end of my adventures of exploration & discovery.

This may be at the end of the day or at the end of my life-time.

My spiritual home is where I go when I die & where I come from when I am born.

Home is where my spiritual Source is.

When I am in this world, but not of this world, I have a spiritual home to return to, which I call my Source.

My Heart is where my Home Is!

# What Is Inherited! What Is Inherent! What Is Innate!

I Inherit my physical characteristics from my family.

My parents, grandparents & great-grandparents pass on their physical characteristics genetically.

I inherit my belief system from my family as I am programmed from conception with their principles, their boundaries, their convictions & their fears.

I inherit my family's physical assets when they die.

My emotional personality is not inherited, it is inherent in my Beingness.

My Beingness is the essence of who I am.

My essence, my essential attributes are inherent; they are in here.

My emotional power that allows my competence is inherent.

My physical riches are inherited but my emotional wealth is inherent.

My emotional wealth is inherent by virtue of the quality of the attributes that I have attained.

My inherent qualities are retained by my Soul for eternity.

Once attained, they are attributable to my Self in each successive life-time.

I succeed in life by virtue of the inherent quality of the attributes that I have attained through the expansive growth of my Soul.

As my emotional wealth is inherent, so are my relative personal emotional needs.

My emotional inherence is relative to, and in contrast to, my need for emotional power.

My emotional power is inherent and my mental authority is innate.

I am born with a connection to the inner guidance of my Soul's exclusively authorised choices.

The mental capacity of my wise authority is innate.  
My knowledge is learned unlike my innate wisdom.  
When I awaken to the awareness of my spiritual destiny,  
my wisdom is born intuitively within my Self.  
My intuitive knowing is innate and inborn.  
My intuitive feeling is inherent within here.  
My destiny is my inheritance from my Soul, you see!

# What Nervous Excitement Is!

Nervous Excitement is the paradox of love & fear!

Love & fear are a duality of the emotional feeling of anticipation.

Anticipation can be experienced as nervous anxiety, fear & dread or as excited contentment, fulfilment & joy.

Whether I feel nervous or I feel excited is a matter of my perspective based on my beliefs about what will occur.

If I believe that negative things will happen, I get nervous.

If I believe that positive things will happen, I get excited.

Nervous excitement is a choice of emotional feeling, caused by a choice of perspective, based on a choice of beliefs.

By the Law of Attraction, like energy unto itself is drawn.

When I feel nervous, anxious & fearful, I attract a negative experience and when I feel excited & positively happy, I attract an enjoyable experience.



When I know that everything feels good, life is exciting,  
you see!

When I feel nervous, I am uncertain of the future, I believe  
that things can go wrong and I will fail miserably.

My Soul only ever sends its Self pure feelings of  
empowered Love.

From my higher perspective, I have no fear of the future as  
I live only in the present moment.

When a possible future moment of reality offers an  
opportunity for growth, my Soul expresses its appreciation  
in the form of Love for its Self.

This empowering feeling is positively exciting for both my  
Soul & my Self.

However, the feeling is not always mutual as the ego self  
always has its own choice of perspective.

When the ego is lost, confused & frustrated with its present experience of life, it misinterprets the feeling of excited destiny as impending nervous doom.

I get nervous when life is getting on my nerves and I do not have the nerve to confront my fears and accept my opportunities of exciting spiritual development & appreciative growth.

Excited feelings always originate from my Heart, whereas nervous feelings are caused by the false beliefs of my ego.

# What Erotic Is!

Erotic is the experience of a situation or an occurrence that is sexually attractive.

The platonic attraction of similarly polarised energy is not deemed to be erotic.

I am sexually attracted to wavelengths of emotional energy with a contrasting gender to my own.

Erotic sexual attraction occurs between contrasting genders of the same energy vibration.

All vibrations of energy seek to be naturally pure & whole.

Sexual energy that is divided by male & female gender is naturally drawn to become whole & pure.

Eros is the Greek word for sexual love.

I love it when my sexual energy is made whole.

An erotic sex drive is the nature of attraction in action.

Duality allows a choice of male or female gender.

Male & female emotional gender allows a choice of masculine & feminine characteristics.

Contrasting sexual characteristics to my own are very erotic.

Every physically erotic characteristic is expressed through its own gender of emotional energy.

Being erotic is a feeling of arousal that my sexual energy is arousing within my Self.

The gender of my sexual energy is aroused by its attractive contrasting energy counterpart.

Arousal is a positive feeling of erotic sexual attraction, unless it is negatively suppressed as a pornographic anomaly.

Erotic is perceived, from a female perception, as an experience of a passion called love; but from an opposing male perspective, it is seen to be the desire of lust!

# What Resolve Is!

**Resolve is clarity of purpose!**

**With clarity of purpose, I loosen my grip on reality.**

**It is my grip on reality that fixes problems as my experience.**

**The experience of problems, drives me to find solutions.**

**Solutions may fix a problem but they also fix my reality.**

**Resolve loosens my fixation with reality.**

**Resolve allows problems not to be a problem.**

**With resolve, I overcome my problems on my journey to become problem free.**

**When I resolve to overcome the challenge of problems, I see the opportunity that is being presented.**

**With clarity of purpose, I resolve to live my vision for this life-time.**

**With resolve, I see the purpose of my life with clarity.**

It is the presence of clarity that allows my resolve.

It is not my purpose to have a fixed reality as this disallows my expansive growth.

Fixing my reality, so that I may control it, is not my purpose in life.

Resolve is the emotional power of being allowing.

With resolve, I allow life to flow with beneficial providence.

Problems & solutions are a duality of physical & spiritual existence.

My Soul never sends its Self problems, only opportunities to live its vision with clarity of purpose.

With clarity of purpose, I have the resolve to live my vision.

The solution to overcoming duality is resolve.

Problems dissolve in a clear solution when I have resolve.

With resolve, I accept every opportunity that life has to offer.

# What Justice Is!

Justice is Man's attempt to make society fair for all.

In a dual reality world of contrasting views, I always have a choice of seeing life as either fair or unfair.

Justice is required when life appears to be unfair.

Life is unfair when I believe that I am a victim of someone else's behaviour.

When I believe that someone else has caused my victimhood, I seek justice.

Justice is the process of getting even.

It is based on the belief that if someone does bad things to me then bad things should be done to them so that I get even.

Justice is equally fair & equally unfair on everyone.

Justice is legally sanctioned revenge.

Revenge is sanctioned by the belief that an eye for an eye & a tooth for a tooth is the moral standard of justice.

Justice is required when forgiveness is absent.

Justice is the due process of laws enacted to create a good society.

Justice is served on the basis of the judgment, the perspective, the opinions & the views of good men & women who believe that we all live in an unfair & an unequal society.

When I take full accountability for my life, full responsibility for my actions and I have complete confidence in my authority, I have no need of another Man's Justice.

When I know that I am the creator of my own reality, I know that I am never a victim of anyone else and I never need either compensation or revenge.

With the perspective of a triune reality, I have a third choice of seeing life as Just Is!

I see that God's Justice, just is the Law of Attraction in action.



# What Forgiveness Is!

Forgiveness is the precept of acceptance.

The precept of acceptance is aligned with the principle of forgiveness.

The principle of forgiveness is that everything that occurs is fore-given and that everything that is fore-given is pre-ceived.

The precept of acceptance is that my Soul gives even before my Self asks.

Principally, my Soul always gives its Self blessings.

My Self is blessed with opportunities that are fore-given by my Soul, even though I may appear to be cursed with problems.

Accepting opportunities that are fore-chosen & fore-given allows the attainment of fore-giveness.

When I fore-give my Self everything in life, I allow the abundance of life to flow.

Foregiveness is the unconditional acceptance of whatever turns up in the knowing that it is ultimately a beneficial experience.

It can be the greatest apparent disaster & the biggest disservice that effects the grandest change in my perspective of the reality of who I am.

When I never see my Self as a victim of life, there is nothing to forgive and nothing needs to be pardoned.

Forgiveness that is a pardon that I bestow on another is an expression of my tolerance of my judgment of their wrong-doing.

When I no longer see the actions of others as unjust or wrong, I attain acceptance as I perceive of my Soul's Foregiveness.

# What Wealth Is!

Wealth is an abundance of positive emotional energy.

My Soul is the Source of my abundant wealth.

My super-conscious Self has a Soul Connection to the powerful abundance of the Universe.

Abundance is infinite, eternal, unlimited potential.

The potential of my creative power is unlimited.

My creative power is relative to my emotional state of being.

My emotional state of being determines the limits of my creative power.

The wealth of my creative power has the power to create my perceived wealth.

Wealth is my emotional connection to my creative power.

Creative Beings are wealthy.

Uncreative Beings are not.

Causing entropy, inertia, chaos & resistance is not an expression of wealth.

They are all signs of low emotional power & unfulfilled potential.

Wealth is the energetic flow of abundant energy in my life.

A wealthy perspective allows an abundant reality.

Wealth is an abundance of the powerful spacial energy of Love.

It is not being rich in material assets that makes me wealthy, it is being wealthy that allows me to be rich in material assets!

# What Wisdom Is!

Wisdom is the certain knowing what is right for my Self.

I can only know what is right for my Self intuitively.

Wisdom is intuitive knowing.

I can only intuitively know what is right for my Self.

My intuition cannot tell me what is right for another.

A wise person never tells another what is best for them,  
they endeavour to connect another to their own source of  
wisdom.

Only when I am intuitively connected can I share my  
wisdom with another who is also intuitively connected.

Wisdom is the compass that aligns me on my life path.

It is the inner guidance that directs my destiny.

It is my Soul who is my wise inner tutor.

Wisdom is the benevolent use of intuitive insight.

My Soul has the inner perspective of my past, my present & my future.

Being wise is the ability to see with the eyes that are able to see the bigger picture of life.

Only my intuitive insight sees with the wisdom of my Soul.

Aligning with the wisdom of my Soul is the wise choice.

Wisdom is the certainty of knowing what is right because it feels good, you see.

A wise person only makes a choice when it feels good.

A wise person has total confidence in their own choices.

A wise person knows that wisdom is innate and cannot be learned.

The only knowledge required is the clear distinction between knowledge & wisdom that allows my connection to my wisdom.

# What Spiritual Strength Is!

Spiritual Strength is a measure of creative effectiveness.

I create effectively & beneficially relative to my spiritual strength.

Spirit is expansive creative energy.

Strength is the fourth dimension of my spiritual identity.

In a dual reality, three dimensional world, my energy vibration has a frequency & a wavelength.

The frequency of my creative authority, I call my Mind.

The wavelength of my creative power, I call my Heart.

The vibration of my creative ability, I call my Soul.

My Mind is the source of my mental authority.

My Heart is the source of my emotional power.

My Soul is the source of my physical ability.

In actuality, my physical ability is the product of my emotionally empowered mental authority.

The Soul's ability flows through its physical Self when the heart & mind are in balance.

Spiritual strength is a triune reality of the authority of the mind in balance with the power of the heart that enables the creativity of the Soul.

The Soul's creative ability is a potential that is realised through an authorised mind & an empowered heart.

The magnitude of my emotional power & the force of my mental authority align as the potential ability of a strong, spiritually creative, energy.

The spiritual strength of energy is its force & magnitude realising its potential.

My spiritual strength is realised in the unity & balance of my energy vibration.

The more I unify & balance my spiritual energy, the more I strengthen my creative ability.



# What My Solar Plexus Is!

**My Solar Plexus is my emotional energy transmitter.**

**It transmits the current state of being of my emotional energy.**

**I transmit my emotional state of being as a wavelength of my energy vibration.**

**My solar plexus expresses my love for my present experience of life, from my place of light.**

**My ego Self sub-consciously transmits my feelings from my solar plexus.**

**This expresses my emotional state of beingness to the world around me.**

**We all transmit our inner feelings from our solar plexus, whether they are perceived to be light or dark is the interpretation of the receiver.**

**When I disconnect emotionally, I shut down my solar transmitter.**

When I shut down my emotional transmitter, I become insensitive to the emotional state of being of others.

My solar transmitter works in tandem with my emotional receiver.

I am sensitive to the emotions of others in my sacral centre or my gut.

My sensitivity to other people's emotional state of being is often called my gut instinct.

My intuitive sense of feeling requires both my solar & sacral centres to be fully open, transmitting & receiving.

My solar plexus is not a physical place but a spiritual space.

It is the spiritual space through which my emotional power is transmitted to others.

My emotional feeling transmitter works in contrast to my physical voice transmitter in my throat.

They can work in harmony through the pure thoughts of my Soul or they can work in opposition by the discordant thinking of my egotistical beliefs.

My feeling centre always transmits my truth even when I do not walk my talk.

# What My Sacral Centre Is!

My Sacral Centre is my energy receiver and my power transformer.

The emotional energy that I receive from other people is transformed in my sacral centre to generate my personal power.

It is in my sacral centre that my emotional energy harmonises with another's emotional energy to become unified & whole, or holy.

The sacral centre manages the sexual processes of arousal, erection, ejaculation & orgasm.

Holy matrimony is the blending of contrasting sexual genders of energy, harmoniously in my sacral centre.

The sacral centre is the sacred or holy site of my sexual union with another.

For my energy to be sanctified in holy communion with another requires us both to have our emotional power transmitting & receiving.

When either my sacral centre or my solar plexus are closed down, I am participating in a physical sexual act that has no harmony and there is no common union.

When two people are openly transmitting & receiving their emotional feelings for each other, they are said to be in love.

Tantra is the sexual union of two people who are openly transmitting & receiving their love for each other.

An unemotional person has their solar plexus closed.

An insensitive person has their sacral centre closed.

A disconnected person has their heart centre closed.

The super-conscious Soul has the power to open all three, but only with the authority & consent of the ego Self.

## What My Heart Centre Is!

**My Heart Centre is the Core of my Beingness!**

**At the core of my beingness is my power source.**

**My power source originates in my Heart.**

**At the heart of my Beingness resides my Soul's power.**

**My Soul's power is the pure Love of my Source.**

**The power of my Soul emanates from my heart as pure Love.**

**I connect to my heart centre when I align with my Soul's choice of authority.**

**My Soul's authority is empowered with Love.**

**My heart centre is my point of stillness & balance.**

**When my gender is energetically balanced & my polarity is still, I connect with the authority & the power of my Soul.**

**My heart centre is where I source my emotional power.**

**My connection to the source of my power is through my heart centre.**

**My emotional power source physically enables the capacity of my mental authority.**

**The authority of my super-conscious mind is physically enabled when it is grounded to earth through my balanced heart centre.**

**The power of my heart centre connects my Self to the super-conscious competence of my Soul.**

**Mind & Soul combine with Strength in my Heart Centre.**

**With my heart centre enabled, I realise the power of my spiritual Beingness that allows my spirit to be in physical reality.**

# What The Gap In Space Is!

The Gap in Space is my emotional energy store.

My emotional energy store can be full or empty, or somewhere inbetween.

My cup can be half full or half empty, relative to the polarity of my perspective.

I can see the gap as a void in space that I avoid when I disconnect emotionally.

Or, I can see the gap as a container of my emotional energy containment.

The ability to contain my emotional energy allows me to maintain a positive outlook and choose a beneficial response.

A gap in my energy reserves is a leak that will eventually cause an intolerant reaction of irrational emotion.



The gap in space is my emotional energy container that allows me to operate efficiently in physical reality, whilst disconnected from my spiritual Source.

It is my emotional battery that allows me to explore, discover & experience life in isolation from my Source.

An independent power supply allows the ego self the will power to make independent choices.

My independent power supply is stored in my gap of personal space.

My personal space allows my independent choice of operational ability that allows me to function as a human being in physical reality.

I can see the gap in space as the emotional energy that I need, or I can see it as the emotional power that I have.

It is my mental perspective that connects my Self to the source of my emotional power, through the Gap in Space.

# What Tolerance Is!

Tolerance is the ability to endure physical reality while being disconnected emotionally from Source.

Tolerance is the gap between being empowered & needing motivation.

Intolerance is the inability to contain my emotional power.

It is the expression of negative emotional energy as a reaction to whatever is occurring.

It is always my lack of emotional power caused by my false perspective of reality that I find to be intolerable.

I tolerate life as long as I have the emotional power reserves to do so.

Without the capacity of mental authority, there is no emotional competence and life is powerless & intolerable.

Tolerance is the power of I will.

It is the emotional power that I need to connect the gap between I am & I will.

It is always the will of the ego self that disconnects me from who I really am.

To exist in physical reality, in isolation from my True Self, creates a gap that is either tolerable or intolerable.

The tolerance of the Self is relative to the patience of the ego.

When the ego is impatient the gap widens, energy reserves are depleted & life becomes intolerable.

Tolerance is the manageable gap between being connected & being disconnected from Source Energy.

When being my True Self, there is no disconnection, there is no gap in my reality & there is no toleration, so no patience is required.

When life is totally acceptable, the gap in my reality is fulfilled with the content of my joy.

# What My Crown Chakra Is!

My Crown Chakra is my frequency modulator.

It chooses the mode in which I receive thoughts.

It is the modem through which, I receive cosmic thoughts.

Cosmic Thought is my electro-magnetic connection to my Universal Mind.

Cosmic Thoughts originate in the super-consciousness of the Universal Mind.

My super-conscious mind transmits cosmic thoughts from my universal source.

My Individual Self receives thoughts in my conscious mind via my crown chakra.

In my three dimensional reality, my frequency modulator has three settings.

The Beta wavelength of my physical consciousness tunes in between 16-31 cycles per second when I am awake.

The Theta wavelength of my sub-conscious mind tunes out between 4-7 cycles per second when I am asleep.

The Alpha rhythm of my meditative state connects at 8-15 cycles per second.

In a relative duality, my mind is either awake or asleep and my mental state of reality is relative to my level of consciousness.

When spiritually awakened to my energetic source, I am able to make a connection in my mind through my crown chakra.

Opening the crown chakra is the realisation that I am a spiritual Being having a physical experience of life.

This opening allows me to modulate my thoughts, between awake & asleep, in a middle state called meditation.

This middle or medium state of mentally being connects the conscious mind of my Self to the super-conscious thoughts of my Soul, through the medium of my Crown Chakra.

# What Meditation Is!

Meditation is a mental state, between being awake & being asleep!

The mental state between being awake & being asleep, is being aware.

In meditation, I am aware of an alternative mental state of being.

That mental state is my connection to my higher mind.

My higher mind is my mental connection to my Soul.

Meditation is the medium through which my Soul transmits thoughts to its Self.

Meditation is the channel through which my Self receives thoughts from its Soul.

Meditation allows a two-way communication between the Soul & its Self.

When the mind transmits & receives at an alpha frequency of 8-15 cycles per second, it connects the physical Self to the spiritual Soul.

This allows a clear connection between the conscious mind & the super-conscious mind.

A meditative state is achieved when the frequency of the mind's mental energy is tuned between conscious awakeness & unconscious sleep.

This between state is the meditative state of conscious-awareness of the Soul-Self.

In meditation, I am conscious of my physical reality while being aware of my spiritual Source.

It is through meditation that all Terrestrial Beings are able to Phone Home!



# What Trance Is!

Trance is a mental state of mind.

When my sub-conscious id is in control, I appear to be in a trance.

When in a trance, my conscious mind is tuned out and my sub-conscious mind is tuned in.

Trance is the mental state of not being consciously present in physical reality.

It is when my conscious mind is asleep & my sub-conscious mind is awake.

Trance is being awake to my sub-conscious mind.

It is being consciously asleep whilst being awake.

Trance is possible because my conscious mind can be both asleep & awake.

Physical consciousness is a mental focus.

Focus is a mental atunement.

When I mentally focus, I atune to physical reality & I am physically conscious.

When I mentally focus below physical consciousness, my mental focus is sub-conscious & trance-like.

A trans-mental focus is called a trance.

Trance is seeing reality through the focus of my sub-conscious mind.

The focus of my sub-conscious mind is usually how I am going to get my emotional needs met in order to survive my present physical reality.

My sub-conscious mind is completely focused on my instinctive survival from moment to moment.

When my sub-conscious mind gets very lost, very confused & very frustrated, I become a living zombie in a perpetual trance.

When my sub-conscious mind has the direction, clarity & presence of my super-conscious Soul, I am divinely guided in a trance of my dreams.

# What The Brain Does!

The Brain processes electro-magnetic mind energy called thought.

Electro-magnetic thought is a frequency of conscious mind energy.

The brain transmits & receives mind waves.

The brain collects & projects light waves.

The brain records & transmits sound waves.

Every energetic experience that the brain processes is stored in its capacitors.

The capacity of the brain is its ability to store frequencies of thought as memory in its capacitors.

The brain is a capacitor that condenses mind waves and concentrates them into conscious thoughts.

The brain is an electro-magnetic thought energy transformer.

It has the ability to transform mind waves, with a frequency in excess of ten to the power of twenty-two hertz, to brain waves with a frequency between 1-100 cycles per second.

The brain transforms the spiritual thoughts of my super-conscious mind into the physical experience of my human body.

It is the capacity of the brain to condense & concentrate mind waves to a realistic frequency that allows the experience of physical reality.

The brain has the capacity to process the full range of the electro-magnetic energy spectrum from the ultra high frequency thought waves of a spiritual mind to the ultra condensed & concentrated brain waves of a conscious thinking human being.

## What Security Is!

Security is what I believe that I need when I feel unsafe.

When I feel safe, I feel secure; but when I feel secure, I disallow my freedom.

I cannot be secure & be free in a dual reality world.

My spiritual growth occurs outside of the safety & the security of my comfort zone.

Ensuring the security of my freedom requires me to overcome the duality by securing the freedom of a third choice.

My third choice is being sure that my freedom is secure.

I secure my freedom when I intuitively know that my path in life is safe and I am freely following it.

When I know that I am divinely protected on my path, then I am.

Security is following a path in life that the Soul has exclusively secured for its Self.

Insecurity is caused by a belief of my ego self that I am at risk.

Whenever my ego chooses a path for itself, it is at risk of being off track in a dual reality world of security & insecurity, where I am either free or secure.

When I overcome duality, I am free to follow the path that my Soul has secured for its Self.

Security is an intuitive knowing that I am free to follow my own path in total safety.

The only risk in life is the insecurity of being off track.

When I have the presence of the clarity & the direction of my intuitive inner guidance, I secure my ability to freely follow my path in life with purpose.

# What Supposition Is!

Supposition is how the ego rationalises choices in physical reality.

Reality is a perspective of the ego's position in time & space.

The Soul super-imposes its Self into physical reality, in isolation from its Source.

Disconnection from Source is an imposition imposed by the Soul on its Self.

In my disconnection from Source, I need to rationalise my reality based on supposition.

Supposition is how I rationalise cause & effect.

When life happens to me, I suppose the effect is because of whatever cause appears to me to be rational.

When life happens by me, I propose a choice of action to cause the effect that I desire.



Supposition forms my belief about whatever is presently occurring; or what will occur in the future based on what has occurred in the past.

Supposition is my sub-conscious mind super-imposing a perspective of reality into my present conscious moment.

Supposition is my conscious choice of reality based on my sub-conscious beliefs about reality.

Super-imposing my sub-conscious beliefs into my current experience of reality is a supposition.

When life happens through me, I allow my imagination to freely reign and my present experience is always acceptable.

With acceptance of my present reality, no supposition is necessary because no reason is required as my purpose is present when I am presently on purpose & flowing with life.

# What A Proposition Is!

A Proposition is how two minds agree a common perspective.

A fixed reality has a fixed perspective.

A proposition is how I get another to fix their perspective in alignment with mine.

We all create our own reality based on our own perspective of what is real.

The belief that there is only one reality allows each individual the choice of proposing what it is.

I proposition another to challenge their perspective of reality with my own.

A proposition of marriage is where two minds decide to share the same life with the same perspective of reality.

A marriage of perspectives requires a mutual compromise on each person's individual belief system.

A different belief system causes a different experience of reality, until two people propose to agree on a common mutual perspective.

I propose to other people how I believe reality to be.

Everyone believes reality to be exactly how they experience it.

Everyone experiences reality differently because we all occupy our own unique space in time.

We each create an individual reality based on our exclusive view of life.

Proposing that my perspective and my version of reality is the one that is real, is never a viable proposition.

Proposing that we all approve each other's perspective of reality is the only acceptable proposition that is allowed.

# What An Assumption Is!

An Assumption is what I suppose another's reality to be.

An assumption of what another's reality is, is based on a supposition of what my own beliefs tell me is real.

When I suppose that my reality is the same as everyone else's, I assume their reality is the same as mine.

All assumptions are based on the supposition that there is but one reality.

The premise that my reality is the creation of my own perspective, allows the premise that we each create our own individual, unique & exclusive reality.

The premise that reality is fore given to each individual makes supposition unnecessary and assumption irrelevant.

Whether an objective assumption is true or false is based on another person's subjective view of their own reality.

Another person's subjective view of their reality can change from moment to moment, relative to their mental & emotional state of being.

There is therefore, no such thing as a fair assumption.

To assume will make an ass of u & me.

Pre-empting another person's supposition is a presumption that only they may determine as either true or false.

An assumption of mine may or may not agree with another person's supposition.

Because other people are free to choose their supposition of their reality, I cannot assume anything with certainty.

An assumption is only true when it is in alignment with what another supposes to be true.

A true assumption is an oxymoron based on the false premise that we all share the same reality.

In a relative dual reality world of my own creation, it is never wise to presume or to assume anything and it is impossible to suppose or propose anything with certainty.

# What A Premise Is!

A Premise is a perspective that is fore given.

It is fore given by my higher mind.

A premise connects the conscious mind of my Self to the higher mind of my Soul.

My Soul connects my Self to the higher thoughts of the higher consciousness of the higher mind.

The perspective of the higher mind is one of absolute reality.

In absolute reality, there is no supposition or assumption, as an experience just is whatever I perceive it to be.

A premise is a thought that vibrates in alignment with my highest truth.

A premise is built on the firm foundations of truth and forms the foundations for my personal experience of reality.

A premise is a divine indicator of my Soul's path for its Self.

When I align my Self with a premise, I am in tune with my Soul's thoughts.

Whereas a supposition is a directive of the ego & an assumption is based on someone else's direction, a premise directly aligns my Self with my Soul.

A premise is in direct alignment with my Soul's choice for my Self.

I cannot assume a premise or suppose a premise, I can only know a premise intuitively.

When I intuitively know that a premise is apparent, I am certain of its validity to align my Self with my chosen path.

A false premise is a supposition based on an assumption or a false promise.



# What A Promise Is!

A Promise is a choice that is fore-given.

The Soul gives its Self choice.

Choice is a given before I even choose.

My life path is fore given.

My Soul holds the blue-print for my life.

My destiny is to fulfil my Soul's blue-print for this life-time.

My Soul's choice for its Self is divine.

A divine life on Earth is the Soul's promise to its Self.

A promise is a choice that is ensured.

My Soul is never unsure and never breaks a promise to its Self.

The Soul has the authority to deliver what it promises.

The ability to live my vision for this life-time, is a promise.

The ability to fulfil my purpose in life, is a promise.

The ability to live a life of true value, is a promise.

A promise can only be accepted with a premise.

I can only receive my Soul's choice when my perspective is in alignment with my highest vision for my life.

I can only receive a promise when I pay attention to the premise on which it is given.

The premise that everything in my life is already promised, allows it to be received as my experience.

I cannot promise anything to another, other than the premise that their path is promised in alignment with their perspective.

I promise that how you see things is how they appear in your reality.

It is not for me to fulfil other people's promises as only their Soul is authorised so to do, according to their premise.

**When my ego's promise is misaligned with my Soul's premise, it cannot be kept and will need to be forgiven.**

## What A Permit Is!

A Permit is the authority of an allowance.

With authority, my allowance is permitted.

I permit life to flow when I am in authority.

A permit allows life to be worth living.

The confidence of my authority permits the value of my worth.

Authority permits power & enables life.

An authorised permit allows my power to flow.

Permitted power makes life worth living.

For my permit to be in force, I am required to authorise it with the force of my authority.

The force of my authority is Truth.

Only my Soul allows my true permission.

Authority is granted per mission in life.

Each mission in my life is granted by the Soul to its Self.

Each mission is granted a grant, or an allowance, that is my manifest for my life.

My Soul grants the manifest and my Self manifests it into reality.

The Soul allows its Self choice but only the Soul's choice is authorised & empowered.

My Soul's authority permits my ability and allows abundance to flow to my Self in life.

It is my intuition that permits my authority of choice and my choice of authority.

It is my choice of authority that empowers my ability, or not.

My empowered ability allows my creative inspiration to flow.

Inspiration is my permit to an empowered life.

**It is the permit that allows providence to flow with abundance.**

# What Dementia Is!

Dementia is the inability of the brain to process mind energy efficiently.

The brain is a physical organ that processes the mental energy of the Mind.

Dementia is a mental incapacity due to an unhealthy brain.

A healthy brain receives, transmits & processes mind energy at the speed of light.

This allows an almost instantaneous connection of the conscious mind to the unconscious Mind.

The unconscious Mind communicates with the conscious mind via the modem of the brain.

Transmission speed & communication quality is relative to the mental health of the brain.

A belief that the brain is old and is worn out contracts an illness called senile dementia.

The conscious mind is active when the brain is awake and connecting on a Beta frequency between 16-31 cycles per second.

When the brain's frequency modulator becomes slow or stuck, it cannot instantly connect to the unconscious Mind.

This not only impairs mental capacity but also emotional competence & physical capability.

Being focused in the present moment is never a problem.

However, being unable to access short term memory can severely inhibit safe physical activity.

Running unsupervised on a faulty sub-conscious auto-pilot can have disastrous consequences.

The inability to consciously rectify a sub-conscious action can be embarrassing & humiliating.

An active conscious mind necessitates a healthy functioning brain.



**An under-active contracting conscious mind is a prime cause of dementia at any age.**

**An expansive connected conscious mind is never demented.**

# What The Third Way Is!

The Third Way is a third choice of perspective.

I can see my choice as this way, as that way or as a third way.

The Third Way is the way of my Soul.

It is the direction that my Soul sees for my Self as most beneficial in life.

Being lost in relative duality is never beneficial for the Self or the Soul.

The Third Way overcomes the duality of relative physical & spiritual experience.

It overcomes the dual reality of the Self & the Soul.

The Third Way is the balance point between two extremes of polarity.

It is the balance between what I perceive to be a good way or a bad way & a right way or a wrong way, which overcomes all judgment.

The Third Way is a perspective of how life occurs.

The first way is a perspective of how life happens to me.

The second way is a perspective of life happening by me.

The Third Way is how I perceive life as happening through me.

With my third choice of perspective, I see my Self as the medium or the channel through which I allow my Soul to experience a fulfilling life of contentment & joy.

The Third Way is being accepting of the beneficial providence that my Soul is providing on my path for its Self to experience.

The Third Way is to be approving of the prime, natural & divine states of Being, which are the image of my Soul that my Soul imagines its Self to be.

The first way is a perspective of the id that sees survival as the way.

The second way is the perspective of the ego that sees comfort & security as the way.

The Third Way is the Awareness of the Soul, perceived through the Awakening of the Self.

# What Excitement Is!

Excitement is the feeling of the Soul's emotional power.

When my Soul is empowering my Self, I feel excited with exciting energy.

It is my emotional state of Being that is being excited.

I am excited in the experience of what my Soul is guiding me to be, to do or to have.

I am in a state of doing or having what my Soul feels is exciting.

I am feeling my Soul's exciting state of being when I am doing or having what excites me.

I am in alignment with my Soul's choice for its Self when I feel excitement.

When I polarise my excitement through the negative perspective of a false belief or a fear, I feel nervous.

Being nervous is my experience of being negatively excited.

Nervous energy disempowers my Self and can even paralyse me with fear.

Excited energy positively inspires my actions & my experiences.

With excitement there is no fear, anxiety or resistance.

With fear, anxiety or resistance, I get very nervous.

I always have a choice of whether I polarise my experience with a positive or a negative choice of perspective.

A negative perspective of what is occurring, I experience as nerves.

A positive perspective of what is occurring, I experience as excitement.

I interpret a neutral feeling of what is occurring as being neither excited nor nervous.

When I am neither nervous nor excited, there is no opportunity for my Soul to expand & grow and I am not empowered to act.

Excitement is my outward expression of my Soul's Incitement.

# What Subtle Energy Is!

Subtle Energy is Spiritual Energy.

Spiritual energy is Intuitive energy.

Intuitive energy is non-physical energy.

Non-physical energy is spiritual in nature.

Subtle energy is how Spirit communicates with its physical Self.

Physical energy, or matter, vibrates at a frequency within the range of my physical senses.

My physical senses detect vibrations of audible sound, visible light, physical touch, taste & smell.

My intuitive senses are my subtle senses.

They are the subtle senses of seeing without sight, feeling without touch & knowing without prior knowledge.

Subtle energy vibrates at the high level of my super-conscious Soul or Inner Tutor.



Man has not yet invented a machine to measure the vibrational rate of super-conscious intuitive mental thought.

As yet, it is too subtle for rational science to comprehend.

The paradox is that science only recognises that which it can physically measure, so it does not have the subtle sense to intuit a way of recognising non-physical energy.

To science, subtle energy is counter-intuitive.

My spiritual nature comprises of subtle energy that I am aware is intuitive and I am aware that without intuition, I am unaware of my subtle energy.

Subtle energy is my awareness of my spiritual nature.

# What Being Domesticated Means!

Being Domesticated means being indoctrinated into the ways of the family.

It is being enslaved to the principles of family life.

Family principles are the foundational beliefs that are passed down through the lineage from generation to generation.

Children freely enslave themselves to the domesticity of family life when it meets their emotional needs.

When children do not get their emotional needs met in a functional family environment, they become rebellious & undomesticated.

All children serve the emotional needs of their parents.

Indeed, for most parents, children are the central purpose of their life.

Animals are domesticated when they become enslaved to the needs of the family.

They play a secondary role, to children, in meeting the physical or emotional needs of the family.

Domesticated livestock serve as a source of food or revenue that the family physically need.

Domesticated pets serve the emotional needs of the family, in return for their own physical need for food & shelter.

Domestic servants serve the physical needs of the family and are afforded a lower position in the hierarchy than the family pets but a higher position than the family livestock.

Whether domestic animals are both enslaved & captive is determined by the need for them to be kept in enclosures.

Whether human servants are owned or paid determines the need for them to be free or captive.

Animals, and humans, that refuse to become domesticated and remain wild are kept in cages for reasons of family safety.

**Being domesticated is not the highest expression of  
Humanity.**

# Where Here Is!

Here is where I am!

I am is who my Soul is.

I am Here, means my Soul is present.

When my Soul is present, my Self has presence.

Here is where presence is attained.

I attain presence when I am here with my Soul and my Soul is inherent in my Self.

My Soul is inherent in my Self when I am here in presence.

Here is where I connect my Self with my Soul.

Here is where I hear my Soul's messages of direction for its Self.

Here is where I adhere to my Soul's plan for its Self.

When I adhere to the vision that my Soul has for my Self, I access the ability of my divine power & authority in each present moment.

Here is my presence in space.

I am present here when you are present there.

I was there in the past & will be there in the future.

I am only here now.

Here is my subjective space of Being.

Being here allows my subjective experience of who I am,  
which fulfils my Soul Objective.

Here is where my Soul is.

When my Soul is over there, I am disconnected,  
unemotional, insensitive & separated in my sense of ego  
self.

Where I am, is always here; my Soul is always present, in  
here & inherent.

# What My Soul Objective Is!

**My Soul Objective is my sole objective.**

**My sole objective is to fulfil my Soul's objective for life.**

**My Soul's objective is its expansive growth through life.**

**Expansive growth through life is my sole objective.**

**The Soul incarnates its Self into physical reality for the sole objective of fulfilling its purpose.**

**My sole objective is to fulfil my purpose.**

**My purpose is to fulfil my Soul's objective.**

**My Soul purpose is to see my vision come to reality through my Self.**

**Physical reality is where I get to see my vision become realised.**

**My sole objective is to realise the vision that fulfils my purpose in life.**

I am on a mission in physical reality for the purpose of realising my vision.

Completing my mission is my sole objective.

My Soul objective is my Destiny.

It is my destiny to complete my mission, realise my vision & fulfil my purpose.

My Soul Objective is to create a world where I am in control of my own power & my own authority, and I am responsible for my own actions.

My sole objective is to respond in life with the power of my divine love & the authority of my divine light.

My light authorises my power of love that enables my life.

Creating a life for my Self that is authorised, empowered & enabled is my Soul Objective.



# What Lust Is!

Lust is the male energy of desire.

Desire is the ego Self expressing its male energy of lust.

Male energy lusts after what the ego thinks it wants.

Wanting is what the ego does when it believes there is something missing in life and it plans to get it.

Lust is the strong energy of wanting from a by me perspective.

The ego lusts after whatever it strongly desires to get for itself.

I never want what I already have, only what I believe that I do not have and I believe that I must have.

When I give up what I must have, I believe I should have, I ought to have or I have to have; I overcome lust.

The male energy of lust wants the female energy of passion.

Lust does not seek passion with female energy, it seeks to unite with the female energy of passion.

Cold disconnected, unemotional, insensitive, male energy lusts after the warm, sensitive, emotionally connected female energy that it is without.

Passionately connected, emotionally sensitive, positive female energy attracts the negative male energy of lust.

Rationally detached, exclusive male energy attracts passionate female energy.

Hotly irrational, inclusively attached female energy passionately needs the positive male energy that it is without.

Lust is not a negative trait exclusive to human men but the male energy of both men & women that can be polarised as either positive or negative.

**Women lust after life as much as men, as well as lusting after attractive male energy.**

# What Wrath Is!

Wrath is assertive male energy.

When I assert my male energy, I am being wrathful.

What I am asserting is my will onto another.

Wrath is asserting the authority of the ego's will.

The authority of wrath is not divinely empowered.

It is Man driven, not God given.

The energy gender of wrath is divided by its male perspective.

It has a female opposing perspective of meekness.

I either follow the wrath of my ego's direction or I meekly follow the assertions of another.

Either way, I am not divinely guided with clarity & presence.

The power of anger always accompanies the authority of wrath.

In the absence of clarity, I get angry when my choice of direction is frustrated, lost or ignored.

The ego always has a choice of following its divine path or a path of its own choosing.

I assert my wrath onto others to gain their endorsement & approval.

Divinity is my undivided, ideal energetic state of being.

It is not in the divine Image of God to be wrathful or angry.

It is only male energy that is full of wrath or full of anger.

Being patient to another person's anger makes me a patient of their negative drama.

Being meek to another person's wrath drags me along their negative path in life.

Following another's path eventually results in resistance, entropy & chaos.

It will always lead to my wrath & anger, no matter how patient & meek I try to be.

Fearing the Wrath of God is being driven by one's own assertive conscience, which is driven by one's own fear of god.

Fearing the Wrath of Man is complying to another person's arrogance and being meek & humble to another's assertive authority.

# What Arrogance Is!

Arrogance is a combination of three primary male energies.

It is the combined power, authority & ability of male energy in action.

The ability of my male energy is called pride.

With the energy of pride, my actions are outstanding.

I recognise my outstanding ability with pride.

The power of my male energy is the greed of my impatience or anger.

Anger is the extreme impatience of my avaricious will power.

I strongly assert the power of my will, to be better & superior to others, with anger.

The authority of my male energy is called wrath.

Wrath is my conviction in the choice of my direction.

I assert my choice in my state of wrath, as I assert my wrath when I firmly state my choice.

Arrogance is my belief that I am right in my choice because my actions are good and therefore best for everyone.

Arrogance is driven by my unemotional, insensitive disconnection from my true source of power & authority that enables my ability in life.

Arrogance is attributing my power to my financial riches & assets.

Arrogance is attributing my wealth to money.

Arrogance is attributing my authority to my status in society.

Arrogance is attributing my wisdom to my knowledge & experience.

Arrogance is attributing my level of ability to my standard of education.



Arrogance is attributing my health to my access to medical treatment.

Arrogance is attributing my happiness to a dependency on other people.

I can never be truly happy, healthy, wealthy or wise as long as my dominant male energy is out of balance with my female virtues.

# When I Am In Transmission!

I am in Transmission when I am allowing life to flow through me.

I allow life to flow through me when I am transmitting my version of reality to the world.

When I am in transmission, I am living my vision, on purpose, through my life.

Living my vision on purpose is my mission in life.

When I express my vision for my life, I am in transmission.

When I realise that I am the expression of my life, I am in transmission.

I broadcast to the world, my personality & my character.

I transmit through life, my true identity.

I am in transmission when I am the expression of my true identity.

Expressing my true identity connects my power with authority.

**My true identity expresses, or transmits, my true power with authority.**

**My transmission is the motion of my energy into matter.**

**The matter of my reality is how I transmission my energy into motion.**

**Being in transmission is living life as my Soul intends it to be.**

**My Soul transmits messages to its Self in every moment of time.**

**When I am receiving my messages of direction with clarity & presence, I am in transmission.**

**When I express to the world what my Soul is transmitting through its Self, I am in transmission.**

# What Drama Is!

Drama is the experience of realised fear.

Whatever I fear, I attract into my experience as real.

Reality is where my fears are acted out & experienced as a drama.

Drama is a real experience caused by a real fear.

A fear is an intensely negative belief about what can dramatically appear as my reality.

My intensely dramatic experiences are relative to the intensity of my negative beliefs.

A drama is the effect of my negative perspective of reality.

A drama is caused by my belief that things can go wrong and bad things can happen to me in my life.

When my life flows effortlessly, there is no drama.

When life happens to me, it can have a very dramatic effect.

When life happens by me, I am the cause of the drama that is occurring.

When life happens through me, there is no drama and Life is an experience of Light with Love.

Drama is a dark & heavy experience of desire or lust that I hate, yet believe that I need.

Romance is a lighter experience with the presence of passionate love & caring.

Relative duality is where I get to act out the contrast of my romantic dramas.

The irony of other people's romantic drama is called comedy.

Comedy is when I laugh at other people's dramas.

When I laugh at my own dramas, I release the negative effect of my emotion and face the cause of the fears that are my negative beliefs about life.

# Who An Angel Is!

**An Angel is a Divine State of Being!**

**An Angel is who I am being in a divine state.**

**Expressing a divine state of being is angelic.**

**When someone is expressing their divine state of being to me, they are being an Angel.**

**An Angel is who I am when expressing the divine essence of my Beingness.**

**An Angel is a Divine Messenger.**

**An Angel appears, in divine time, to show me the way.**

**A Divine Messenger delivers messages from my Soul to my Self.**

**An Angel may appear in many guises.**

**When I believe that angels are heavenly winged creatures then that is the only way that they can appear in my reality.**

When I believe that Divine Messengers come as Human Beings, I allow them to appear in physical form.

An Angel forms in physical reality to remind me who I really am.

I really am an Angelic Being when in a divinely energetic state.

An Angel is my super-conscious Soul who is showing its Self the way in Life.

An Angel is my Higher Self who is showing another, their way in Life.

An Angel is a Divine Being who is showing that there is another way in Life.

We are all Angels who are fulfilling our Divine Potential through Life.

Overcoming the dual reality of physical & spiritual existence is the Angelic Pathway to a life of Heaven on Earth.

An Angel is who I am being when living my Ideal Reality, called Heaven, on Earth.



# Who A Demon Is!

A Demon is who I believe a demon to be.

We all have our own demons because we all have our own beliefs.

A Demon is a belief that is not grounded in truth.

A false belief 'of mine' is a 'de mon'.

A Demon is a negative attribute caused by a negative belief.

The polarity of a belief determines the polarity of its power.

Polarity is the direction of my life purpose.

With purpose it is positive and without purpose it is negative.

Following a positive path, I encounter angels and on a negative path I encounter demons.

A demon is there to remind my Self that I am off track.

A demon is one who misdirects, causes confusion & frustrates me.

A demon is one who causes chaos & resistance to my chosen path.

In actuality I am the demon who causes chaos, confusion & resistance in my life.

Demons are only endowed with the power that I afford them.

My opinion has low demonic power, my beliefs have a greater demonic power and my convictions have an intensely demonic power.

The greater my conviction, the greater the resistance, the greater the frustration and the bigger the demon.

I overcome my demons the same way that I overcome my fears.

When I face a fear I confront the demon and I disallow its power.

When I authorise my demons, I disempower my Self.

When I disempower my false demons, I empower my authority with Truth.

# What Inner Peace Is!

Inner Peace is the absence of inner conflict.

Inner conflict is caused by conflicting beliefs.

Conflicting beliefs cause resistance to choice.

Resistance to choice disallows flow.

Inner peace allows life to flow effortlessly, without attracting external conflict.

Inner peace is the absence of inner noise.

Inner conflict causes inner noise.

Inner conflict is noisy.

Inner peace is harmonious.

When my sub-conscious mind is in conflict with my super-conscious mind, it is very noisy.

When my Id is in harmony with my Soul, I attain inner peace.

My super-conscious Soul is never out of balance.

It is always in harmony with its Self.

In my relative dual reality world, it is my sub-conscious id, the guardian of my beliefs, that gets out of balance.

Balance is my third way, in a world of contrasting choices.

My third way always brings me into balance & into harmony with my Soul.

Balance & harmony resonate with the melodious rhythm of life.

Inner peace is being in tune with my ideal life.

It is the nature of the world to resonate in balance & harmony.

Inner peace is my true nature.

It is vibrating with a balanced frequency & a harmonious wavelength.

When I overcome the intensity of the polarity & gender of my choices, I attain the potential to be at peace with my Inner Self.

# Who Envy Is Being!

Envy is who I am Being when I am wanting what other people have.

Envy is being desirous of someone else's life.

It is driven by the belief that someone else's life is better than mine.

Envy is driven by the belief that what someone else has, will make my life better.

Envy causes the emotional need to be like other people.

Envy is the feeling of being excluded because I am not like other people.

It is the feeling of not fitting in because I do not have what other people have.

Envy is driven by the need to be popular, the need to be included & the need to be liked.

Envy is the unkindness of being different to other people because they have what I do not have.

Envy causes a choice of personal path that aligns with other people.

When I align my choices with other people, I disallow the ability of my own unique, individual & exclusive path to appear.

Jealousy is my state of being when I envy what someone else is receiving because it is what I need emotionally.

I am jealous of someone whose emotional needs are being met and mine are not.

Envy is the male energy that motivates me to be the same as other people.

Greed is the male energy that motivates me to be better than other people.



# Who Greed Is Being!

Greed is being better than other people.

It is my greed that drives me to be better than other people.

Better people appear to have a better life.

My greed wants me to have a better life.

Greed is driven by discontentment.

Whatever drives my displeasure promotes my greed.

Greed is driven by the belief that I am better than other people.

Paradoxically, my belief that I am not as good as other people motivates me to be better than them.

Greed is the male energy of superiority.

Superior males believe their females to be inferior.

A greedy male energy believes that the more power i have the better I am.

Being inferior is not good enough for a greedy person.

Gluttony is who I am being without the contentment of having enough.

Paradoxically, avarice is perceived as having too much emotional power, which is being both greedy & extravagant.

A humble person pleases the arrogance of a greedy person.

People who please others encourage their greed.

Greedy people are easily displeased by greedy people.

Greed promotes a competition to see who is superior.

Superiority promotes a class of greedy people.

Those who compete to please others are still guilty of their own greedy need to win.

The extremes of greed play out in the Court of Kings.

**Monarchs are the kings of greed, unless they believe that they are there to please the people over whom they reign.**

# What The Holy Trinity Is!

The Holy Trinity is the triune reality of God.

God is the Source of Creative Energy.

Creative Energy has a triune reality or a holy trinity.

The Holy Trinity is the Whole divided into Three.

The whole of All That Is, is called God.

Where God is the Creator, the holy trinity is the three aspects of creation.

All energy has a vibration, a frequency & a wavelength.

This is the triune reality of energy.

All energy has a potential, a force & a magnitude.

The frequency of an energetic force determines its authority.

The magnitude of an energetic wavelength determines its power.

The vibration of an energetic potential determines its ability.

Power, authority & ability are the holy trinity of creative energy.

The Holy Trinity is the three aspects of creative energy that make it whole.

The potential for creative ability, to be realised, requires a force of authority called thought & a magnitude of power called emotion.

The authority of thought is Light & the most powerful emotion is Love, which combine to enable the experience of Life.

Mental thought, emotional love & physical experience are the holy trinity of a creative life.

The Christian Religion uses the metaphor of the male authority of the Father in holy matrimony with the female power of the Holy Spirit that allows the creative ability of the Son of God the Creator.

In Hindu Religion, the Creator God Brahma combines with the male authority of Shiva & the female power of Vishnu to allow the creative ability of Shakti to be realised.

Islam does not talk of a Holy Trinity, yet the Ruh al-Qudus is the power or inspiration of the Holy Spirit, Allah is the authority of God and Mohammad is the one enabled with the physical ability.

# Who A Therapist Is!

A Therapist is one who performs a treatment.

A treatment is meant to be a treat.

A treat is a beneficial emotional experience.

When a treat or a treatment is a physical experience, there is a mental blockage.

A Therapist is one who works with energy.

When energy is flowing, the treatment is beneficial.

When energy is blocked, the role of the therapist is to find the cause.

Emotional blockages are caused at the mental level before they manifest in the physical as an ailment.

Therapists are not there to treat ailments.

Their role is to energetically release the cause of the ailment.

Therapists are spiritual in nature because by definition they work with energy.

Spiritual treatments work on a physical, a mental & an emotional level.

Physical or mental resistance to the flow of emotional energy requires therapy.

A therapy is a strategy for releasing blocked energy.

Energy becomes blocked on an emotional level because of a blockage on the mental level.

Mental fears & limiting beliefs block the flow of beneficial emotional energy and then manifest as physical disability & emotional pain.

Blocked energy is a pain that needs a treatment by a Therapist.



# What The Tao Is!

The Tao Is the Way!

The Way is to follow the Path.

The Path is the Soul's choice for its Self in Life.

The Soul directs its Self on its chosen path.

The Tao is the way of spiritual growth.

The Spirit grows through the development of its Self.

The Soul always chooses expansive growth and chooses all ways to expand & grow.

The purpose of the Self is to facilitate the expansive growth of the Soul.

From this perspective, we are all on the same path, the path of becoming a Divine Being experiencing Divine Life.

The Tao is the path of Divinity.

The paradox of the Tao is that we are going the same way but on our own individual, unique & exclusive path.

We all have the same destination, yet we all have a different destiny to fulfil.

What makes the Tao unique to each exclusive Individual Self is time-space-reality.

The reality of the Tao is relative to the time in which I am born & the space in which I live.

We all start our individual journey on our life path at a unique place in time that is exclusive to our Self.

We may share the same time or we may share the same place of birth but never the two together, not even as twins.

The signposts on the path are not the Path itself.

I am always free to choose my direction on my path myself.

This is the Way of the Soul, to allow its Self unconditional choice.

# Who A Pest Is!

A Pest is a creature whom I am tolerating.

When I drain my energy to another creature, they are a pest.

A pest is a creature whom I blame for their negative actions.

When I believe that negative things are happening to me and I blame another creature, they are being a pest.

A Pestilence is a swarm of pests that affects one person.

It is an extremely negative attack by a group of pests, as in a swarm of locusts or an army of ants.

A Plague is an infestation of pests that affects lots of people.

When life happens to me, I am a victim of pests.

When life happens by me, I try to eradicate the problem that a pest is causing me to tolerate.

Eradicating the pest never eradicates the problem.

No matter how many pests that I eradicate, there are always more to irritate & annoy me.

A pest is an external annoyance that reflects an internal irritation.

I can blame a pest as the cause of the irritation that annoys me, or I can see the creature as bringing my own issues to the surface for healing.

Pests are a sign of myself not living in harmony with my Self.

When I am at peace with the world, there are no pests.

When I allow life to flow through me, there is no resistance, no annoyance & no irritation.

I am the only pest in my failure to experience an effortless life.

When I unconditionally accept all other creatures, I eradicate all pests from my reality.

# What Cancer Is!

Cancer is abnormal growth at a cellular level.

Growth at a cellular level is governed by our DNA.

The DNA in the nucleus of each cell governs its growth, its development and its eventual death.

We are all unique Individuals with an exclusive belief system, our own DNA and the potential to develop our own unique form of cancer.

The cause of cancer is not the cell, nor is it the DNA of the cell, it is what governs our DNA.

DNA is the cellular blueprint for the physical body.

Any blueprint is only as good as the Architect that designs it.

Cancer develops when the Architect's blueprint is not being followed.

When I develop my life in isolation from the Spiritual Architect of my life, my growth can become very abnormal.

Abnormal growth on a physical/spiritual level will manifest as abnormal growth at the cellular level.

We are all three-part spiritual Beings of body, mind & emotion.

Our DNA is founded on the belief system of the Mind that is maintained by conscious thinking.

As I change the nature of my thinking, I change the nature of my DNA.

The Soul always allows its Self the freedom to think.

When I believe that I will die of cancer, I will.

I am free to think benign thoughts and I am free to have a malignant perspective of life.

I am free to follow the benevolent path of my Soul or the potentially malignant path of my ego.

There is no such thing as a benign cancer.

Cancer is the abnormality of either growing malignantly or not growing at all.

Either way, I am not growing expansively on the path that my Master Architect designed for my Self.

My Soul is the Architect of my benign path in Life.

# What Heart Disease Is!

Heart Disease is when the heart does not flow easily.

A Spiritual Heart supplies the power of the Soul.

A physical heart supplies fuel to the Self by pumping essential oxygen & calories to the muscles.

The fitness of a physical body is a measure of its ability to deliver fuel to its muscles.

Muscles are the engine of the body and the heart is its fuel pump.

When the pump gets blocked, life does not flow easily and without fuel, the body dies.

Whatever blocks the flow of life blood causes heart disease.

Whatever blocks the power supply also blocks the fuel supply.

My body needs both spiritual power & physical food to flow easily.



Whatever blocks my power causes resistance in my life.

My spiritual power is emotion, its source is my Heart.

My Heart is my emotional power source.

When I suppress my emotions, I block my power source.

When I block my power source, the resistance causes pressure.

High blood pressure is the effect of my resistance to the flow of emotion and is the primary cause of the symptoms of heart disease.

My Spiritual Heart supplies powerful emotional energy to my physical body.

This enables life to flow effortlessly without resistance.

When I resist the flow of life, I block my power and pressurise the system.

A highly intense life will eventually find the blockages in a pressurised system.

The physical heart is designed to effortlessly deliver spiritual power from its Source, the Heart.

When my Soul is connected, my Heart is at ease.

# What The Three Qualities Of An Effortless Life Are!

The Three Qualities of an Effortless Life are: Goodness, Grace & Gentleness.

Goodness, Grace & Gentleness are the prime attributes of attaining an effortless quality of life.

Quality of Life is attained when it flows effortlessly without resistance.

When life flows effortlessly without resistance, there is no fear, there is no pain & there are no problems.

Goodness has the quality of being without fear.

Fear disallows goodness as it is a belief in what is bad & wrong because it is false & limiting?

Grace has the quality of being without pain.

Pain is the physical expression of my disapproval of myself being powerless, without value & worthless.

When the grace of my Soul approves my Beingness, there is no pain, only the pleasure of enjoying an empowered life.

Gentleness is the quality of being problem free.

Without problems, life is neither hard nor soft and flows gently through me.

When life is either too hard or too soft, it is a problem.

When I accept that there are no problems in my life, only opportunities flow gently to me.

Allowing goodness to effortlessly flow authorises a fear free life.

Approving of my grace empowers an effortless life without pain.

Accepting my gentleness enables an effortless life to be problem free.

The three qualities of goodness, grace & gentleness are attained with the authority, power & ability of the attributes of being allowing, approving & accepting of my life being effortless.

The three qualities of an effortless life effortlessly ensure my quality of life.

# What Intensity Is!

Intensity is the degree to which flow is not effortless.

Intensity is a measure of the resistance that I encounter in life.

The resistance that I encounter in life is called drama.

A dramatic life is relatively intense.

A divine life flows effortlessly with potential.

Intensity is the effect of relative dual reality.

Relative space & time allows a choice of reality.

A choice of reality causes a choice of dramatic effect.

The choice of dramatic effect is its intensity.

Intensity is the product of gender & polarity.

Male & female gender are the duality of my choice of emotional power.

I can perceive my emotional power to be strong & male or weak & female.

Positive & negative polarity are the duality of my choice of direction.

The perspective of my direction can be judged to be right or wrong & good or bad for my Self.

Intensity is the degree to which I am convicted by my beliefs.

The intensity of a belief is a measure of my attachment to the reality of a drama.

I am only ever guilty of my attachment to my conviction in the truth of my own reality.

As my beliefs create my reality, the intensity of my attachment to my beliefs causes the intensity of my really dramatic life.

# What Density Is!

Density is the material state of physical reality!

Physical reality is a matter of specific gravity.

Gravity is specific to the density of reality.

The density of material reality is relative to the specific gravity of its energy.

Gravity is specifically the magnitude of energy.

The magnitude of an energy vibration determines its material volume.

The force of an energy vibration determines its material weight.

The magnitude & force of an energy vibration determine its creative potential, or what it potentially materialises as.

The gravity of a thought determines the density of its experience.

Material experience is specific to the gravity of its sponsoring thoughts.



The reality of matter is relative to the frequency & the wavelength of its energy vibration.

The slower the energetic frequency of matter, the lower its force, the greater its magnitude and the denser it is potentially.

The faster the energetic frequency of matter, the greater is its force, the smaller is its magnitude and the lighter is its potential.

The potential of all Light energy is to become more or less dense, relative to its frequency & its wavelength.

The less potential Light that energy has, the more dense reality becomes.

Light is the absolute potential of the frequency & wavelength of all vibrations of energy.

The density of a thought vibration determines the darkness of a material experience.

**The specific gravity of my thoughts determines the relative density of my physical experience.**

# What An Open Heart Is!

An Open Heart is the connection of the Self to the Soul.

The Soul is the core, the centre-point at the heart of my Beingness.

At the heart of my Beingness is my Soul.

A clear connection to my Soul is attained with an open Heart.

The Soul is always open to its Self.

Access to the Soul is never closed, but it can be disconnected during life.

When I disconnect emotionally, I close down my connection to my Source.

An open Heart is my free flowing connection to my emotional power source.

When I am insensitive to others and I disconnect emotionally, I do not have enough power to share with them.

With an open Heart, I am able to share my positive emotional attributes with other people.

With a closed heart, I am emotionally needy because I need emotional power from other people.

When I close down my own source of emotional power, I need other people to supply the emotional power that I need.

I attach my Self to the people who, & the things that, supply the emotional energy, which I need.

An open Heart empowers my Self to do the things that I truly value.

With a closed emotional connection, I will need motivation to do the things that I need to do to restore my emotional energy.

An open Heart allows my Soul to be active in my Life.

# What An Epiphany Is!

An Epiphany is an Inspired Revelation.

An inspired revelation shows the way.

It is a eureka! or an ah! ha! moment that reveals a beneficial opportunity.

My divine path is filled full of beneficial opportunities for my spiritual growth.

My Soul reveals my true path through inspiration.

I am empowered to follow my inspired path.

An Epiphany reveals my divine path.

My divine path is my Soul's Way.

My Soul guides my path with inspired messages.

When a message is revealed, it is an epiphany.

A signpost appears when I ask for direction.

My Soul allows its Self unconditional choice.

I can choose any path through life, that is my choice.

My messages of direction are always available, I only have to ask.

My Soul cannot offer direction unless I am open to receive it.

I only get direction when I ask.

When I am following my ego's will, I will not get an epiphany.

I can only hear my messages when I am listening to my Soul.

# Who A Spirit Guide Is!

A Spirit Guide is a non-physical entity who offers answers to life's questions.

When I am lost, my Guide is there to show my direction.

When I am confused, my Guide is there to give me clarity.

My Guide is present to present my path as a present.

Spirit Guides communicate in many different ways.

The channel for communication with a non-physical entity is via our non-physical senses.

The three intuitive senses are the primary medium of communication with a Spirit Guide.

Spiritual guidance comes as an energy vibration from one entity to another.

The primary channel of energy transfer is through thought as words, pictures or feelings.

I either see, feel or know my Spirit Guide intuitively.

Thought, feeling & imagination are the frequency, wavelength & vibration of my energetic connection to spiritual guidance.

A Spirit Guide takes the physical form that the imagination determines it to be.

A Spirit Guide is unique & personal to each Individual.

They are imaged, felt & realised as a thought form of the person with whom they are communicating.

Spirit Guides accept the names that we individually assign to them.

I call my Spirit Guide my Soul, because it is my Source Of Unlimited Learning.



# What Being In Love Is!

**Being In Love is the experience of Lots Of Valuable Energy!**

**When I discover the value of energy, I am in love with the experience.**

**When I am in love with the experience, I am empowered.**

**I am empowered to do whatever I am in love with.**

**The more I value the experience, the more I love it.**

**I am in love with whatever connects my Self to the source of my emotional power.**

**When I connect to the source of my power through life, I am in love with life.**

**When I share the connection to the source of my power with another person, I am in love with that person.**

**When I connect to my spiritual source, I am in love with my Soul.**

**In love with my Soul, I am empowered with life.**

**My Soul knows what has true value for my Self in life.**

**I am empowered by my Soul to experience the true value of life.**

**What I truly value about other people is the experience that I share with them.**

**When I share a valuable experience with another, there is lots more valuable energy to enjoy.**

**Being in love, I am experiencing the exponential value of Love.**

**When I embrace the value of life, I am filled full of lots of valuable energy.**

# What Falling In Love Is!

Falling In Love is an attraction of similar contrasting energy.

Similar contrasting energy is a paradox of the Law of Attraction, caused by wavelengths of emotion being divided by male & female gender.

When I am attracted to a person with the same vibrational energy as myself but with an opposing emotional gender, it is a perfect match.

I fall in love with a person who is a perfect energetic partner for me.

Perfect partnerships share the same vibrational energy, with contrasting emotional wavelengths called gender.

Male & female genders of the same energy vibration fall in love with each other.

Love is an undivided wavelength of emotion, which has many different aspects.

Opposing genders of the same aspects of love reunite to become whole.

This attraction in action is called falling in love.

Like energy unto itself is drawn.

When contrasting genders of the same emotional energy vibration are drawn together, they fall in love.

Energy is naturally drawn to become whole.

Falling in love is meeting a partner who makes you feel whole.

It is literally meeting your other half, a person who makes you feel complete when you are together.

An emotion is an aspect of Love.

Wavelengths of emotion are divided by male & female gender through choice.

It is the male or female energy of my partner that I fall in love with.

I may find their sexual characteristics physically attractive but it is their emotional energy that I fall in love with.

It is not chemistry but metaphysical energy obeying the Law of Attraction.

# What Falling Out Of Love Is!

Falling Out of Love is a perspective of a disconnected ego Self.

In a relative dual reality world, I can be in love or out of love and I can fall either way.

Falling in or out of love is a symptom of not being in love with life.

I fall in love with someone who meets my need for emotional energy.

I fall out of love with someone who no longer meets my emotional needs.

I fall in love with someone who makes me feel whole & complete.

I fall out of love with someone who is a reflection of my own incomplete & imperfect state of being.

When someone becomes a reflection of the aspects that I dislike in my Self, I fall out of love with them.

Falling out of love with another is the consequence of not being in love with my Self.

My Soul is always in love with its Self.

It never falls in or out of love with anyone.

When I am totally connected to my emotional power source, I have no reason to fall anywhere.

I rise to the level of my own emotional competence & spiritual potential.

I am in love with my Soul's ideal version of life.

I fall in & out of love with my ego's relatively imperfect version of life.

# What Faith, Hope & Charity Are!

Faith is what I require to allow life to happen through me.

When I have faith, I intuitively know that whatever happens in my life is in some way beneficial for my Self.

Faith is an intuitive feeling that all is well.

With faith, I am able to intuitively see the bigger picture of my life.

My faith is my complete trust in the absolute nature of my reality.

Hope is what I require when I make life happen by me.

When I put my ego in charge of my life, I hope that I will make the right decisions for myself.

Hope is my belief that things will go well, even though I believe that they can go very wrong.

Hope is my optimistic view of my own ability in life to make things happen.

Charity is what I need when life happens to me.



When life happens to me, I will need other people's charity.

Charity is looking out for other people with other people looking out for me.

When I believe that life can go badly wrong, I need other people to help me get through the bad times.

Charity is my ability to share my good fortune with others who are less fortunate than myself.

Faith, Hope & Charity are three different personal attributes that are attributable to three different personal perspectives of how life happens.

When I have hope, charity is no longer required.

When I have faith, I require neither hope nor charity.

Without faith, I better hope that charity is available.

# What Libido Is!

Libido is free flowing sexual energy.

Sexual energy is divided by gender, which seeks to be whole.

The drive for sexual energy to become whole is called libido.

Libido flows freely when the wants & desires of the conscious ego align with the passions & needs of the sub-conscious id.

The emotional needs of the sub-conscious id naturally drive towards sexual union unless they are blocked by fears or limiting beliefs.

The conscious desires of the ego Self lust after what is wanted, which may or may not empower the flow of libido.

Lust is the force of libido & love is its power.

When love & lust are in balance, sexual energy flows freely in unity.

Passion is the magnitude of libido & desire is its authority.

The extent to which I passionately desire another is relative to the magnitude of the force of my libido.

When lust is without passion or when love is without desire, flow is restricted & libido is blocked.

My libido is my empowered force of love for my Self.

The spiritual energy of the Soul is never divided by sex or gender, as it flows effortlessly & continuously as love for its Self.

# What Loyalty Is!

Loyalty is the allegiance that I follow.

I am loyal to whoever I allege to be my guidance.

I am a loyal follower to whoever I choose to lead me.

I allege my loyalty by following a lead.

In actuality, I am led by my own beliefs.

Loyalty is my conviction in what I believe to be best for me.

I am loyal to what I believe is the best choice for myself.

I am loyal to someone else's truth.

I am loyal to someone else's path.

I am loyal to someone else's guidance.

I am loyal to someone else's confidence.

When I am confident of my own guidance on my own true path, I have faith.

Faith is my intuitive knowing the path of my Soul.

Loyalty is my adherence to the guidance of an external doctrine or creed.

It is my conviction in the beliefs of others.

Arrogant leaders need loyal followers.

Confident leaders follow their own faith.

I owe allegiance to no Man.

I choose alliance with my Soul.

My Soul is never disloyal to its Self.

# What Awareness Is!

Awareness is the experience of non-physical reality.

I experience non-physical reality with my Awareness.

I experience physical reality with my Consciousness.

I remember unconscious dreams with awareness.

I hear my super-conscious messages with awareness.

My awareness connects my Self to my super-conscious, unconscious, non-physical reality.

I connect to physical reality with my conscious mind & my 5 physical senses of sight, hearing, taste, smell & touch.

I am aware of my spiritual reality through my 3 intuitive senses of seeing, feeling & knowing.

I am aware of who I am through the quality attributes that I attain.

I am conscious of who I am as the personality & the character of my ego.

**My ego is conscious of my physical reality.**

**My Soul is aware of my spiritual reality.**

**My awareness of my non-spiritual reality, through my intuitive senses, is my Soul connection.**

**My ego is conscious of the physical reality in which it has dominion.**

**My Soul is aware of the vision, mission & purpose that I am exploring, discovering & experiencing in my life.**

# When The Age Of Aquarius Is!

The Age of Aquarius is now!

This is the dawning of the Age of Aquarius.

The Age of Aquarius dawns with awareness.

There is a new Age when Awareness dawns.

Awareness dawns individually for each Individual.

That is why we are all Individuals because we have our own awareness, or not.

The Age of Aquarius is when I move from consciousness to conscious awareness.

Conscious awareness is becoming spiritually aware as well as being consciously alert.

When I am spiritually aware & physically alert, I awaken to my original Source.

The Age of Aquarius begins when I awaken to the presence of my Soul.



The dawning of the Age of Pisces heralded the Good News that we are all, like Jesus Christ, the Son of God.

We are all, our Self, the essence of a Divine Soul.

The Age of Aquarius is when the opportunity arises to be the creator of my own reality.

It is the transition from a time of following one external God to becoming the image of our sole creator by following the personal vision of our own Soul.

The Age of Aquarius dawns when I change my perspective from life happens to me & by me, to life happens by me & through me, in divine time & in alignment with my Soul.

# What Joy Is!

Joy is the absence of pain or pleasure.

In the absence of pain or pleasure, I connect to the pure emotion of Joy.

In a relative dual reality world, I experience joy as either negative pain or positive pleasure.

Pain & pleasure are the polar opposites of pure joy.

When I overcome the polarity of relative duality, I connect to the pure emotion of joy.

Joy is the feeling of emotional happiness.

It is the feeling that I experience when I am happy with my Self emotionally.

When I am happy with my Self mentally, I am fulfilled.

When I am happy with my Self physically, I am content.

Joy is the emotional content of fulfilment.

Joy is the wavelength of happiness.

Fulfilment is the frequency of happiness.

Contentment is the vibration of happiness.

I vibrate with contentment when I am filled full of joy.

Joy is the emotional power of my Soul's happiness for its Self.

The Soul extends a powerful wave of emotion to its Self called joy.

The ego may choose to experience this as either pain or pleasure.

It is a pure joy to be in alignment with the happiness of my Soul.

# What Loneliness Is!

Loneliness is the absence of the emotional energy that I need from other people.

When there is nothing that I need from other people, there is no loneliness.

Being homesick is a particular form of loneliness caused by being away from the people who normally meet your emotional needs.

Loneliness is the unhappiness of being alone that is not caused by being alone.

Being alone & being lonely are not the same experience.

I can be alone & happy because I am content with my own company, fulfilled with the joy of doing what I truly value.

Fulfilment, joy & contentment are personal attributes that are not supplied by other people.

They are not dependent on anyone else to become personally attributable.

The cause of loneliness is my disconnection from my own source of emotional power.

In my disconnection from my own emotional power source, I will be very lonely in the absence of someone to meet my need for emotional energy.

Loneliness is the effect of being unable to meet my own emotional needs when there is no-one there to meet them for me.

When I know my own emotional needs and I have the ability to meet them my Self, I am never lonely with, or without, the presence of people.

# Who Genius Is!

Genius is my Super-conscious Mind in action.

My omniscient super-conscious mind is all knowing.

An all knowing mind is a Genius.

Genius is the mental capacity of my Soul.

My Soul has the capacity of creative thought.

The capacity of my creative ability belongs to my genie and defines my genius.

My Soul is the Genie of the Light with omnipresent creative ability.

Genius is not a role that I play but a competence that I have.

Everyone has the potential to be a powerful Genie.

Genius is the genuine ability of the Soul-Self.

My Soul connection is my access to being a Genius.

Inspired revelations are the thoughts of a Genius.

A Genius is one who connects with the inspired revelations of their Soul.

A Genius is one who delivers the innovative ideas of an expanding Universe.

Innovation is the genius of an expansive Soul.

Expanding my one version of reality is the genius of my existence.

My Soul is the Genius who is guiding my path through physical reality.

I am following my genuine path when I am in alignment with my genie, exploring the genius of

life through the genetic make-up of my Beingness.

# What An Effortless Life Is!

An Effortless Life is free of pain, free of fear & free of problems.

A problem is a pain that is caused by a fear.

A pain is a lack of emotional power, which is a problem.

A fear is a false belief that is caused by low emotional energy.

An Effortless Life is authorised, empowered & enabled.

Any lack of authority causes a lack of power and an inability to flow with life.

My life is designed to flow effortlessly through me.

Any resistance that I offer to life, blocks the flow and causes effort.

Effort is my attempt to overcome my resistance to the flow of life.

Removing all the blockages allows an effortless life.



When life happens to me, I feel the effect of the blockage.

When life happens by me, I cause the blockage.

Any blockage to the flow of beneficial energy in my life is caused by my own resistance, whether I am aware of it or not.

Resistance is caused by a conviction in a false belief.

Intense resistance to life is called a fear.

Fear drains emotional power & causes pain.

Whatever causes my pain, I see as a problem.

Solving problems only temporarily relieves pain & alleviates fear but does not allow life to be effortless.

An effortless life requires less effort, whereas, solving problems takes a lot of effort.

With too many fears & too much pain, I have too many problems that makes for a chaotic life to become a potential disaster.

When I challenge my beliefs, I can change my perspective & overcome my problems by seeing the opportunity that is being presented.

Once problem-free, I am empowered to become free of fear & able to learn my life lessons.

As I learn my lessons, I raise my emotional power, become pain-free & able to hear my messages.

Hearing my messages of divine authority allows me to effortlessly live the ideal life of my own vision with purpose.

When I do not hear my messages, I cannot learn my lessons and I face a continuous life of chaotic problems, disempowered by my fears of my potentially disastrous demise.

**An Effortless Life occurs naturally when I allow life to flow through me, unrestricted, along my own true path.**

# What An Ideal Life Is!

An Ideal Life is the experience of an Ideal Reality.

An ideal reality allows ideas to become realised.

My idea for life is ideal for me.

My ideal life is the realisation of my ideas.

An idea is a what if?

Three dimensional physical reality is ideal for my Self to explore, discover, experience & experiment with the question: What if?

Life is the vehicle through which I get to choose what is ideal for my Self.

What is ideal for my Self is what I deal to my Self in life.

Three dimensional spiritual existence is ideal to discover who I really Am.

Relative dual reality allows my Self to choose the aspects of who I am that are ideal and to overcome the aspects of myself that are not ideal.

The circumstances that I deal for my Self to experience through life are ideal to explore my divine nature.

I am able to express my divine nature as my ideal, in life.

Being divine is only ideal when I bring my divinity to life.

The realisation of my divine nature through the experience of material life is presently ideal for me.

An ideal life is my gift to my Self in each present moment.

As my ideas are unique to my Self, my ideal life is exclusively mine.

# What Kundalini Is!

Kundalini is spiritual energy.

Spiritual energy is the energy of the Torus.

The torus is the energy source for life.

Life is generated through the energy of a torus.

A torus is an energy transformer that spins both vertically & horizontally.

This vertical & horizontal spin in the shape of a donut causes an helixical spiral through its core.

This core energy is the Kundalini.

Kundalini is the energy from our core that forms the vibration of life.

The quality of our kundalini energy is relative to its mental force & its emotional magnitude.

The frequency & wavelength of the vibrating torus is relative to the force & magnitude of the kundalini's potential.

My spiritual energy transformer is paradoxically my physical energy rheostat.

The quality of my energy vibration rises & falls relative to the mental frequency of my thinking and the emotional wavelength of my feelings.

I can be in an upwardly positive spiral or spiralling into the depths of my mental oblivion.

It is the spin & rotation of the energy torus that determines the wavelength & the frequency of the kundalini energy flowing through its core.

Kundalini is the spiritual energy that flows through my core from my Core.

As the conscious thought of mind & the emotional feeling of awareness flows, spins & spirals through me, my existence materialises into the form of my physical Self.

A frequency of mind called light together with a wavelength of emotion called love allows a physical vibration called life to flow as kundalini energy.

It is the quality of the kundalini energy that determines the quality of the life and the qualities of the Being who is experiencing that life.

The energy that my Soul generates is transformed by my Self through the rheostat that is my Kundalini.



## When I Am Being Adjective!

I am being Adjective when I am being the object of my subjective perspective.

When I am being subjective, I am looking at what I have.

I am the physical subject of my mental thinking.

When I am being objective, I am looking at what I am doing in order to have what I want.

My objective is to have what I want by doing what I need to do to get it.

In my two dimensional reality, I am subjectively mentally analysing what I objectively physically choose to do.

I am a physical object with a subjective mind.

The subject of my mind is the physical object that is my Self.

In my three dimensional spiritual reality, I am adjective.

The third dimension of my spirituality is emotion.

I define emotion adjectively.

An adjective is a describing word.

When I describe my emotional state of being with an adjective, I am being adjective.

In my spiritual reality, I am focused on who I am adjectively being when I am doing what I am objectively doing in order to have what I am subjectively choosing.

My emotional awareness is adjectively describing the state of being that I am attributing to my Self in the present moment.

I am being adjective when I name an emotional attainment that I can attribute to my Self through choice.

I am being adjective when I am aware of the quality of the emotional attributes that I have personally attained.

# What A Chakra Is!

A Chakra is a circle, a wheel or a torus.

A circle is a two dimensional chakra, a wheel is a three dimensional chakra & a torus is a four dimensional chakra.

A four dimensional chakra is a spiritual energy modulator.

A spiritual energy modulator transmits & receives electro-magnetic thought energy.

A Human Being is an electro-magnetic thought energy modulator.

A Chakra is a spiritual turbine that drives the physical human body.

My spiritual turbine is driven by the kundalini source energy that flows through the Heart of my chakra.

A human chakra transmits & receives frequencies of mental energy & wavelengths of emotional energy, which determine its vibration.

The chakra transmits mental frequencies through the Throat Centre & receives mental frequencies through the Third Eye.

It transmits emotional wavelengths through the Solar Plexus & receives wavelengths of emotion through the Sacral Centre.

Life energy flows from Source through the Crown & is grounded to earth through the Root or Base of the chakra.

When spinning & rotating in balance & harmony, the chakra is perfectly & divinely aligned with Source Energy.

The ability of human choice allows the frequency of thought to be modulated relative to its emotional wavelength to attain an exclusive, unique, individual & personal vibration in each & every Human Being.

Seen intuitively from a fourth dimensional perspective, the circle of life & the wheel of life is a torus shaped chakra that drives human experience.

# What A Spiritual Vortex Is!

A Spiritual Vortex is the creative flow of Source Energy through a Torus.

It is the flow of kundalini through a chakra.

The flow of kundalini through my chakra creates a spiritual vortex, which emanates as my energy vibration.

It is the expansion & contraction of my energy torus that determines the intensity of the flow in my spiritual vortex.

The potential of my spiritual vortex is to flow through the core of my Beingness without resistance.

The frequency of spin of my energy torus, combined with its wavelength of rotation, determines the vibration of my spiritual vortex.

The three dimensional relative duality of the torus allows it to spin & rotate in the four dimensional reality of the vortex.

The intensity of the vortex is relative to the expansion & contraction of the torus.

As my chakra closes, it resists the flow of kundalini and increases the intensity of my spiritual vortex.

I am always in the creative spiritual vortex of life.

The question is: What am I creating with the vortex?

I have a choice of perspective that perceives the vortex to be spiralling either up or down with a positive or a negative polarity & direction of flow.

I can also choose to see the vortex whirling in a clockwise or counterclockwise motion from either a male or a female gender of perspective.

How I perceive the polarity & the gender of my spiritual vortex determines the intensity of my life dramas.

How I perceive the force & the magnitude of my spiritual vortex determines the potential for my life to expand or contract.

A spiritual vortex of energy is how the Self sees its Soul and it is paradoxically how the Soul sees its Self.

# What My Beingness Is!

**My Beingness is the vibration of my energy vortex.**

**It is my energy vortex that determines the state of my human beingness.**

**Human Beings have the ability of choice.**

**We can all choose the state of our Beingness.**

**My Beingness is my state of being of choice.**

**I become aware of my Beingness when I consciously choose who I am Being.**

**My Beingness is my emotional state of awareness relative to my mental state of consciousness.**

**My mental state of consciousness is my perspective that determines my thinking relative to my beliefs.**

**My emotional state of awareness is my perception that determines my feelings relative to my emotions.**

**My Beingness is my awareness of the emotion that I am feeling.**



Emotion is how I am feeling about my energy vibration.

My Beingness is my experience of my energy vortex.

My energy vortex is the core of my Beingness.

As I change my beliefs, I alter the frequency of my perspective and the inclination of my vortex changes relative to the wavelength of my emotional feelings.

As I alter the vibration of my energy vortex, I raise or lower the force & the magnitude of my Beingness.

The force & magnitude of my Beingness determine the potential for my life.

The polarity of my perspective & the gender of my perception determine the quality of the attributes that my Beingness is expressing.

My Beingness is the expression of my emotional state of Being.

**I express my Beingness through the state of my energy vortex.**

# Where True North Is!

True North is where everything in the galaxy is going.

It is the direction of the Earth's travel around the centre of the Milky Way galaxy.

It is the direction of our Sun's travel around the black hole at the centre of our galaxy.

Our sun orbits the galactic centre in the direction of true north.

On its orbit of the Sun, the Earth travels in the same direction as the Sun, true north.

True north aligns with the galactic orbital plane.

The direction that the solar system orbits on the galactic plane is true north.

True north is the direction of the solar system's life path.

One revolution of the solar system on its north-south axis takes 26,000 years.

One orbit of the Sun by the Earth takes 1 year of 365 days.

One spin of the Earth on its north-south axis takes 1 day of 24 hours.

True north is the Earth's time line in space.

From a spiritual perspective, it is not the solar system that is in motion, it is the motion of spiritual energy through the matter of the solar system.

Spiritual Source Energy flows from true north to true south as the life energy of the planet.

True north is the direction from which source energy encounters the energetic torus of our physical planet.

It is the vortex created by the planet Earth that determines the direction of magnetic north.

# What A Timeline Is!

A Time Line is a set of consecutive realities manifested in space through time.

As reality is unique to each Individual, we are all travelling through space together, yet separately, on our own time line.

Although we may share the same time as another, we never share the same space.

We all have our own unique perspective of reality.

We are all creating our own reality on an exclusive line through space-time.

In a three dimensional world, reality is relative to time & space.

My time line starts when I am born & continues until I die.

Everything is moving in space, nothing is standing still.

The galaxy spirals through space, the solar system revolves around the galactic centre, the earth orbits the sun while spinning on its axis.

Whatever travels through space follows a time line.

Space & time are two perspectives of the same medium.

A line between two points in space is a line between two moments in time.

A time line is a journey through space of an individual perspective of reality.

My super-conscious mind can travel bi-directionally into the past & the future along my timeline.

My sub-conscious mind is limited to the time line into my past.

My conscious mind is focused on my present location in space-time.

**A time line is a single Akashic Record of a life in the eternal journey of the Soul.**

# Who The Devil Is!

The Devil is one who is demonic.

One who is demonic demonises life.

One who demonises life sees life from a negative perspective.

The devilish aspects of life are demonic because they are created by the negative perspective of our fears & limiting beliefs.

The devil is a manifestation of the belief that a devil exists.

It is my conviction in evil that causes the devil to become my reality.

The devil is the one who is d'evil, of evil.

God is the one who is of good, of god.

The devil is a duality of god.

The demonic is a duality of the divine.

The demonic devil is a duality of a divine god.



We are all creators of our own reality.

We all have individual choice of how we perceive our reality.

When I perceive my creator to be an external source, I can see the creator of my experience as either good or bad.

When I perceive life as happening to me and I judge what is happening to be bad, I create the devil in my own mind as being in opposition to a benevolent god.

I believe that god makes good things happen to me and the devil makes bad things happen to me.

When I overcome the duality of god & the devil, I see that I am responsible for the reality that I am experiencing.

# What Conditional Love Is!

Conditional Love is emotional energy that is given or received with conditions.

Love is given & received with conditions according to an agenda.

The conditions that meet my agenda determine if or how I give & receive love.

When love is not given in a receivable condition, it is refused.

When love is not received in a given condition, it is withheld.

The conditions under which love is given or received make it conditional.

It is not the conditions but the fact that there are conditions that makes love conditional.

The Soul has no conditional agenda.

Pure love flows from Source without conditions.

The Soul's love for its Self is unconditional.

It is my selfish love of, or for, other people that has conditions.

Selfish love can be given & received with either selfish or unselfish conditions.

It is only the True Self that is unconditional.

Conditional love is given & received under the condition that it meets an emotional need.

The condition of an emotion determines whether it meets an emotional need or not.

Sharing my love with another is conditional on my having some aspect of love to share with them.

It is also conditional on them either needing or having that aspect of love to share with me.

Sharing my love with someone who needs my love, when I need their love, is divisive & conditional.

It is the condition of my emotional state of being that makes my love for myself, or my love for another, conditional.

An aspect of love is determined by the condition of the frequency of its sponsoring thought..

The condition of a wavelength of emotion is relative to how I feel about it.

All wavelengths of emotion are the condition of an aspect of love, which makes them an aspect of conditional love.

## What Free Will Is!

Free Will is the choice of the Soul for its Self.

The choice of the Soul is the conscious thought of the Mind.

With conscious thought, the mind has choice.

The choice of the Soul is to experience consciousness as its Self.

Free will is the choice of the conscious mind.

The conscious mind is a thinking sense of Self.

The conscious sense of self is the ego.

The ego is a construct of the conscious thinking mind.

I am who I believe myself to be.

When I believe that I have free will, I do.

When I express a choice, I exercise free will.

Free will is enabled by personal emotional power.

Emotion powers, or disempowers, the will of the ego self.

When disempowered, I have a need for emotional energy.

The emotional need for power negatively charges the will.

A negatively charged will appears to have no choice.

A negative emotional charge negates free will.

The mental force that is acting against free will is called a limiting belief or a fear.

Fear creates a negative charge of 'I will not'.

I will is the power of a motivated ego.

When motivated, I am free to express my will.

Unfortunately, motivation is usually the force of someone else's will that I am expressing.

The will of my Self is only freely flowing when it is aligned & empowered from the Heart of my Soul.

When the mind of my Self is in conflict with the heart of my Soul, free will has a negative emotional charge.

# Who Being at Choice Is Being!

Being at choice is being connected to the authority of the Soul.

The authority of the Soul is ever empowered.

Being at choice is feeling empowered to choose.

It is feeling empowered to choose with the authority of the Soul.

An authorised choice is an empowered choice.

When I align with the choice of my Soul, I am emotionally connected & I feel my power.

When I feel my power, I know that I am enabled to fulfil my choice.

Being at choice is who I am being when I am connected to the power of the Soul.

The Soul never disallows my emotional power.

My power derives through my emotional state of being and is always potentially available.

I am at choice when I am aligned with my Soul.

When being aligned with my Soul's choice is my choice, I am at choice.

I am always free to choose a different choice as my Soul is always free to choose a different choice.

My different choice may or may not be aligned with my true path.

I am only empowered to follow my true path.

My not being at choice is how I recognise that I am off track & not aligned with my path.

This is how I intuitively see that there is another way in life.

Being at choice is seeing the effortless way in life.

The only reason for not choosing an effortless path in life is my belief that I have no choice but to follow another path.

Being at choice is a choice that is always divine.



# What It Means To Be Enabled!

Being Enabled means having physical ability.

Physical ability enables the experience of a physical life.

Being born allows a physical experience.

Physical experience is enabled through birth.

The quality of my physical experience is enabled through choice.

Being enabled means exercising my choice.

I am able to choose through choice.

My choice is enabled by my authority.

My Soul authorises my choice.

Being enabled means following my Soul's choice for its Self.

Whenever I am unable to choose or I am unable to manifest my choice, I am disconnected from my Soul's authority.

My alignment with my Soul's authority enables my connection to my Soul's power.

The emotional power of my mental authority enables my physical ability.

My lack of emotional power causes my physical disability.

The physical ability to manifest my own choice of reality is enabled by the emotional power of my mental authority.

The power of the heart aligned with the authority of the mind enables the ability of the body.

The choice of the Soul is always empowered.

When I align with the choice of my Soul, I allow my power to flow and I enable my choice to manifest into physical reality.

Being enabled means allowing the true power of my higher authority to flow into my life as a physical experience.

I am enabled by my Soul to live life on purpose.

# What Empowerment Is!

Empowerment is my connection to the source of my creative power.

My connection to the source of my creative power is awareness.

With the awareness of my power to be creative, I am empowered.

I am empowered with the ability to be creative.

With the ability to be creative, I am the Creator as well as the Experiencer of my own reality.

Empowerment is my connection to my Creator that allows my Self to be the creator of my reality.

Empowerment has true value and connects my Self to my true values.

My Empowerment has the true value of creativity, the true value of connection & the true value of awareness.

My Empowerment has the true value of experience, the true value of exploration & the true value of discovery.

With the mental awareness of my emotional connection, I am physically able to explore, discover & experience the reality of my own creative imagination.

Empowerment is the fuel of expansive growth.

I can be, do & have whatever I can imagine when I am empowered to be, do & have it as part of my own expansive growth.

Empowerment is the gift of an awareness of a creative connection.

Empowerment is my Soul saying yes, yes, yes, go, go, go.

My Empowerment allows me to share my gift by allowing another to attain the creatively connected awareness of what has true value for them.

# What Motivation Is!

Motivation is the power that I need to take action.

When I need energy before I can take action, I need motivation.

When I have the power to take action, I am either motivated or inspired.

Inspiration is the pure power of love from my Soul.

Motivation can come from many sources.

Whatever meets my emotional need for energy, motivates me.

The two traditional forms of motivation are the carrot & the stick.

A carrot is whatever directly or indirectly meets my emotional need.

A stick is the fear that my emotional need will remain unmet.

I am motivated to take action by the need to receive a reward or the fear of not getting what I need.

Fear of death motivates me to survive in life.

Safety & comfort are my reward for a secure life within my boundaries.

Motivation is the power that I have to get what I want to meet what I need.

When what I get fails to meet my needs, I get demotivated.

Money is the fuel that drives my need to take action.

Love is the power that I have when I am inspired to take action.

When inspired by my Soul, I am empowered and no motivation is necessary.

# What Creativity Is!

Creativity is the attribute of a Creator.

A creator is one who is creative.

A creative creator creates a creation.

A creation is the realisation of a new experience.

The realisation of a new experience manifesting into reality is creativity in action.

Creativity is the property of a creator.

The property of a creator is owned by the creator.

A creator creates their own reality.

When I live in someone else's reality, I do not own it & I did not create it.

When I own my reality, I consciously create my reality.

Creativity is the attainment of a creator.

When I consciously choose my own reality, I can create a new reality with my mental thoughts.

I attain the attribute of being creative when I choose my own reality.

Creativity is the mental state of being creative.

Creativity is a quality of the creator.

The purpose of my creative quality is to create a quality experience of life.

I create my ideal life through the quality of my creative experience.

The quality of my life is relative to the quality of my creativity.

Creativity is the product of the creator & the creation.

The creator & the creation are a duality of cause (the creator) & effect (the creation), which are both the product of creativity.

Without creativity, there is no creation & there is no creator.



**Creativity allows my Self to be the creation of my creative Self, my creator Soul & my sole creator.**

**Creativity is an attribute, an attainment, a quality, a property and a product of a Sole Creator.**

# What Competence Is!

Competence is an emotional attainment.

It is the emotional attainment of my power.

I attain my competence with the quality of my personal attributes.

The quality of my personal attribute of choice determines my competence.

My emotional state of being is an expression of my power.

My degree of competence is relative to the wavelength of the emotion that I am expressing.

My emotional state of being either allows my competence or disallows it.

My incompetence is due to my state of disallowing my emotional power.

Incompetence can be conscious or unconscious.

Unconscious incompetence is an expression of my unawareness of my negative emotional state of being.

Conscious incompetence is awakening to the awareness that I am disallowing my own emotional power.

Once I become conscious of my incompetence, I can consciously develop my competence by getting my emotional needs met.

I remove the need for emotional power by finding the cause of my incompetence.

The cause of my incompetence is always a limiting belief or a fear.

Fears & limiting beliefs disallow the flow of emotional power.

As I allow my emotional power to flow, I reconnect to my inner competence.

I reconnect to my inner competence when I align my Self with who I really am.

When I choose a better state of being, I allow my competence to flow.

Unconscious competence is the power of my Soul flowing through my physical body as the emotional state of being, of my higher choice.

Once I attain the conscious competence of a personal attribute, I allow my Self to retain & express it unconsciously, through my sub-conscious mind.

# What Capacity Is!

Capacity is the magnitude of a mental thought.

The magnitude of a thought is relative to the force of its authority.

When the capacity & the authority of a thought are in balance, the thought is both empowered & inspired.

The ego has the capacity to think thoughts that are disempowered & uninspired, without any force of authority.

Capacity is the potential of a mental thought to be creative.

The potential of a thought to be creative is relative to its force & magnitude.

Potentially creative thought requires both capacity & authority.

Whereas, authority is relative to power, capacity is relative to competence, as frequency is relative to wavelength.

The frequency or force of authority of a mental choice determines its capacity to be creative, relative to the

magnitude or the wavelength of the emotional feeling of its competent power.

All human Beings have the capacity of thought & the capacity of choice.

Choice is a mental thought that is focused in physical reality.

It is the focus of my mental thought that creates my personal reality.

All human Beings have the capacity to create their own reality through choice.

The capacity of every choice can be conscious, unconscious or disallowed.

When my mental capacity is disallowed, it is unauthorised and gives the experience of life happening to me; as I appear to be incapacitated and have no choice.

When I realise my incapacity to consciously make a choice, I can consciously choose to make life happen by me.

In a relative dual reality world, this allows me a choice between two perspectives of reality that is often seen as a dilemma.

Life either happens to me or by me, and the dilemma is having to choose.

With the conscious capacity to overcome the duality of choice and find a third way, I allow life to happen through me.

I consciously create my own reality when I take the opportunity by me, to allow life to flow through me.

The competence to enable life to happen through me is relative to my mental capacity.

With unconscious capacity, life is happening as me as my Soul intends and as my sole intention.

# Who Ingratitude Is Being!

Ingratitude is being negatively inclined to whatever is occurring.

It is not feeling the benefit of whatever is being given.

Being in gratitude is feeling the benefit of whatever is being received.

Expressing ingratitude & being in gratitude are the same energy seen from opposing perspectives.

I always have a choice of who I am being relative to how I perceive what is happening.

When I see the benefit of what is being given, I receive it in gratitude.

When I see what is being given as not what I want, I express my ingratitude for it.

As gratitude & ingratitude are the same energy vibration, they have the same attractive force and fulfil the same purpose.



Gratitude is the emotional power to attract whatever is in my present reality into my future reality.

Expressing gratitude or ingratitude has the same emotional power to keep my present experience in my future reality.

The Law of Attraction makes no judgments and it discerns no polarity as it draws like energy unto itself.

Whether I like it or not, focusing my gratitude or my ingratitude onto my experience keeps that experience in my reality.

Ingratitude is who I am being when I make a negative judgment about my present experience in life.

When there is something occurring in my reality that I neither want nor like, my best course of action is to not give it another thought.

## What Fear Is!

Fear is a belief that what I don't want will happen to me.

The more I fear something happening, the greater the focus of my fear, the more fearful I am.

Dread is the intense fear caused by my conviction that what will happen to me will be devastating.

Anxiety is my slight fear that in my opinion what will happen to me may cause me a problem.

My dread, my anxiety or my fear is the effect of my conviction, my opinion or my belief in what will happen to me.

Fear is a personal belief that limits the beneficial flow of life to my Self.

A limiting belief is one that allows false evidence to appear to be real.

False Evidence Appearing Real allows the acronym of FEAR.

**My beliefs are an expression of my perspective that causes the experience of my reality.**

**A fearful experience of reality is caused by my expressing or realising my false belief.**

**A beneficial experience of reality is the effect of my being the expression of my truth.**

**An expression of my truth is my state of being who I really am.**

**When I am being & expressing who I really am, I am fear free.**

**Being fear free is an expression of my faith in who I am.**

**Fear is the effect of not faithfully expressing my truth.**

**My truth is my perspective faithfully expressed when it is in alignment with the vision of my true Self.**

**My Soul is my true Self who is fear free.**

**It is my ego sense of Self that is either fearful or fearless.**

# What An Avatar Is!

An Avatar is a temporary manifestation of a permanent entity.

My Self is an Avatar of my Soul.

My physical Self is a temporary manifestation of my spiritual Soul.

My Avatar takes the form of my physical Self.

Whatever physical form I assume, is my Avatar.

My physical form is the manifestation of my conscious reality as an Avatar.

My conscious reality is a manifestation of the mental construct of my belief system.

My mental belief system determines my character.

The character of my mental beliefs, who I believe myself to be, has a personality.

The personality of my character is determined by my emotional needs.

An Avatar is the representation of an individual personality & character.

The personality & the character of an individual is temporary & transitional.

The permanent entity of my Soul is in transition through the temporary manifestation of its Self as an Avatar.

The eternal Soul takes the form of many Avatars through many life-times in many realms of existence.

An Avatar is a student of a Master Teacher, who in reality is here to master learning.

I am temporarily manifest in physical reality, as an Avatar, for the purpose of the spiritual growth of my Entity.

Any spiritual growth that I attain in this life-time becomes a permanent quality of my Soul Entity.

My spiritual Master is my Soul.

My physical Student is my Avatar.

# What Causes Obesity!

I indulge in obesity.

Obesity is the effect of over indulgence.

I indulge in activity that meets an emotional need.

Over indulgence is the effect of being too emotionally needy.

I become attached to whatever meets my emotional needs.

I indulge people who meet my emotional needs.

I indulge other people with whom I have a strong emotional attachment.

Over indulging other people causes their obesity.

Being a hoarder is a sign of over attachment to possessions.

I hoard whatever I am strongly attached to.

I attach myself emotionally to whatever I believe that I will need in the future and cannot do without.

My emotional needs are a symptom of my mental beliefs.  
I over indulge & hoard because of my beliefs in scarcity.  
It is my scarcity mentality that causes my extravagance & obesity.

The over indulgence of excessive eating, excessive hoarding, excessive neediness & excessive attachment are all symptoms of obesity.

When I am fully connected to my true source of emotional power, I have no emotional need, I have no need to indulge myself, I have no attachment to people or things, I have no scarcity mentality and I have no need to hoard or over eat.

It is my fears & limiting beliefs that cause me to indulge my need for emotional energy, which has an effect called obesity.



# What An Alien Is!

**An Alien is a conscious sentient creature that is unfamiliar.**

**I am familiar with all the creatures that inhabit the Earth's land, sea & sky.**

**However, newly discovered creatures at the bottom of the deep oceans may appear alien in nature.**

**As do insects appear alien when magnified under a microscope.**

**Any physical form that appears unfamiliar to me, I perceive to be alien.**

**Any physical characteristics that are unfamiliar are alien to me.**

**Anything that is not akin to the creatures of the Earth is alien to me.**

**Any version of reality that has more than three dimensions is alien to me.**

An Alien is a creature or a sentient Being with consciousness that has unfamiliar characteristics & behaviours and originates from a different space-time reality to Earth.

A Being of Consciousness is a manifestation into physical reality of the creativity of mindful thought.

An Alien is a conscious thinking Being with a mind & thoughts that are unfamiliar to myself.

Any manifestation of consciousness, of which I am unfamiliar, is alien to me.

In the mind of the Soul there are no alien life forms.

Nothing is unfamiliar in the Universal Family of the Soul.

## What A Friend Is!

A Friend is a person who meets my emotional needs.

The more emotional needs that a person meets, the better friend they become.

The person who best meets my emotional needs is my best friend.

In my disconnection from Source, it is my friends who meet my need for emotional energy.

Friends are people who I need in my life.

The more extrovert that I am, the more I need other people to meet my emotional needs and the more friends that I have.

I attract people with a similar energy to myself.

The Law of Attraction brings people into my experience who are like me.

I meet many acquaintances in life who are like me, yet I do not consider them to be potential friends.

People are friendly to me when I am friendly to them.

This is the like energy of attraction between friendly people.

Just because people are friendly doesn't make them a friend.

Friends & enemies are a duality of perspective & experience.

Friends meet my emotional energy whereas I drain my emotional power to my enemies through fear.

People whom I drain my emotional energy to are not considered to be friends.

I do not like people who drain my emotional energy even though, paradoxically, they are like me.

I attract people with a similar energy as me.

Whether I like them or not is a matter of my own perspective and my own emotional need to be friends.

# Who A Teacher Is!

A Teacher is one who facilitates learning.

Learning is a process of personal growth.

Personal growth is a matter of choice.

It is my choice of experience that allows my personal growth.

It is my personal growth that allows a better choice.

An Educator is one who passes on knowledge.

Educating is an objective.

A Teacher allows subjective learning.

Subjective learning is where the student learns their subject of choice.

A Teacher guides & supports Individuals on their chosen path through life.

My connection to my Soul facilitates my learning.

My Soul is my spiritual Teacher.

A Teacher is the one who knows the answers.

A Student is the one who asks the questions.

A Coach is one who asks the questions for the student.

Learning is a process of finding the answers to personal questions.

A Teacher is the model for personal attainment.

I can only attain what I imagine my personal growth to be.

# What A Neutral Polarity Is!

A Neutral Polarity is neither positive nor negative.

Positive & negative are a duality with a neutral third way.

Polarity is the direction of choice.

Duality allows choice and I can see that choice as either positive or negative.

A positive perspective perceives my direction to be good & right for me and a negative perspective perceives it to be bad & wrong for me.

Polarity is a perspective of the ego's perception of Self.

Whether I consider my direction in life to be positive or negative is a perspective of my ego's perception.

My ego Self always has a choice of direction, which becomes my polarity of choice.

My Soul's choice has no polarity.

The Soul's vision for its Self has no duality.

The neutral polarity of my Soul's choice is divine wisdom.

The divine wisdom of my Soul is my empowered choice.

An empowered choice has a neutral polarity, even though the ego may see it as a positive choice.

When my Self sees that I am empowered with an opportunity, there is no choice to be made.

Neutral polarity allows my Soul's choice for its Self to flow through me without resistance or restriction.

Only once I approve & accept my Soul's choice can I overcome the duality & the paradox of what my ego is choosing.

My ego's will chooses either a positive or a negative polarity of direction.

My Soul's choice is a neutral polarity with an empowered authority.



Neutral polarity is authorised, empowered & enabled to flow with Life.

# What A Harmonious Gender Is!

A Harmonious Gender is emotional energy that is both male & female.

When my male & female energy comes into balance, the gender is harmonious.

Harmony has no conflict, no opposition & no contrast.

Male or female gender is a personal choice.

In a relative dual reality world, choice allows a perception of my energy to be male or female.

My perception of energy being either male or female allows my choice of gender.

My Soul has no gender and is an expression of pure harmony.

Harmonious gender is a paradox as pure harmony has no gender.

It is through the expression of a particular gender that I can explore all the aspects of my emotional energy.

It is the contrasting genders of my emotional energy that allows the ego its sense of Self.

It is the ego's ability to sense itself from contrasting & opposing perspectives that allows me to explore, experience & discover my true nature.

I can bring the two contrasting genders of my emotional energy into harmony once I have explored the extremes of their different characteristics.

When I learn to blend all the aspects, of the male & female wavelengths, of my emotional energy together; I attain a harmonious gender.

It is the harmonious gender of my emotional energy being without inner conflict that allows my inner peace.

# What A Clear Intention Has!

A Clear Intention has clarity of vision.

A vision is a projection of the imagination.

The imagination is my 'possible intention' creator.

All possible intentions are created first in the imagination.

The Soul's creative ability originates with an image of the creation that it intends to create.

Imagination is Source Creator & Source Originator.

An image is the thought energy of an unmanifest creation.

The Soul's intention for its Self originates as a thought that has clarity.

Every clear intention is in alignment with the Soul's vision for its Self.

A clear intention has purpose.

The purpose of the Self is clear when the ego has clarity of vision.

When the ego Self knows its vision, its purpose in life becomes clear.

The purpose of the Self is the expansive growth of the Soul.

Expansive growth is the clear intention of the Soul.

When my ego Self aligns with the clear intention of the Soul, I am fulfilling my mission in life.

My vision in life is the clear intention of my Soul.

My mission in life is to experience the clear intention of my Soul.

My purpose in life is to explore & discover all possible intentions with clarity.

A clear intention has my alignment with my Soul's vision, mission & purpose for its Self.

A clear intention has the emotional power, the mental authority & the physical ability to manifest as my reality.

# What A Missionary Is!

A Missionary is a person on a mission.

A person on a mission has an agenda.

Christian Missionaries have a religious agenda.

Their mission is to spread the gospel of the Bible.

Religious Missionaries have an agenda to convert people to their religion.

A religious mission is not the same as a spiritual mission.

We are all Spiritual Missionaries whether we know it or not, irrespective of any religious affiliation.

We are all on an undertaking for our Soul.

We are all undertaking a mission for the purpose of the Soul's spiritual growth.

A Spiritual Missionary is one who is on a mission to fulfil the vision of their Soul.

Unawakened souls are not carrying out their mission on purpose.

Although unawakened to a spiritual path or mission, we are all still fulfilling the path of our Soul, even though our vision has no purpose or our purpose has no vision.

It is only once awakened with a vision of my spiritual purpose that I realise that I am on a mission.

My mission is to fulfil my Soul's vision for its Self, on purpose.

The purpose of a Missionary is to fulfil their mission.

The purpose of a mission is to fulfil a personal vision.

The purpose of a personal vision is the expansive growth of the Soul.

# What A Contextual Energy Field Is!

A Contextual Energy Field is a magnitude of space with a definable reality in time.

Context is a defined matter of reality.

I give reality context when I define it.

A magnetic field is the force of authority that defines a space with context.

The Earth is a contextual energy field that is magnetically defined in Space.

It is the space around the Earth, its magnetic field, that gives this world context.

A contextual field is an energy field 'with texture'.

An energy field with texture has materialised as a physical reality.

The contextual field of Earth is its physical reality.

The physical reality, or gravity, of Earth is born out of its electro-magnetic energy field.



The contextual field of Earth is made manifest, or real, through the Mindful Thought of Consciousness.

It is the individual conscious thoughts of human minds that give context to their perspective of the reality of their experience on Earth.

The reality of Earth is defined by its contextual field.

A contextual field is fixed by conscious perspective.

When I consciously perceive reality to be different, I change its contextual field.

Defining the meaning defines the context of an energy thought field.

Changing the meaning changes the context of an energy thought field.

My thoughts create the context of my contextual field of reality and my personal experience on Earth.

# What A Balanced Intensity Is!

A Balanced Intensity is the state of being energetically polarity neutral & in gender harmony.

Neutral & harmonious balance is attained when I overcome the contrast of positive gender & the resistance of negative polarity.

A balanced intensity has no contrast & no resistance.

It is neither black nor white, it is pure light.

It is neither hard nor soft, it is pure gentleness.

It is neither male nor female, it is pure love.

It is neither intense pleasure nor intense pain, it is pure joy.

A balanced intensity connects me to my emotional power source.

To connect to my inner source of emotional power, I am required to be its vibrational equivalent.

Like energy unto itself is drawn.

When I am being & expressing my true Self, I connect to my true power.

My true energy vibration aligns with my Soul.

In alignment with my Soul, I connect with my emotional power.

My Soul chooses an effortless life for its Self.

An effortless life has a balanced intensity.

When life flows effortlessly, intensity is balanced.

When I balance the intensity of my vibration, life flows effortlessly.

A balanced intensity allows no dramas.

Connected to my emotional power with intense balance, there are no problems, no challenges & no lessons, only opportunities to experience the gentle love & light of pure joy.

With intense balance, I am enabled to fulfil every intention.

My Soul intends life for my Self to be a free expression of my potential, not an intensely dramatic experience.

The more intense my life, the more lost I am in the chaos & confusion of the self created dramas of my ego's intent.

# Who My Entity Is!

**My Entity is my essence.**

**My essence is my true nature.**

**My true nature is the nature of my True Self.**

**My True Self, I call my Soul.**

**My Entity is my Soul.**

**My Soul is my super-conscious Self.**

**My true nature is a super-conscious mind with unconscious competence.**

**The super-conscious mental capacity of my Entity allows the unconscious emotional competence of my true Self.**

**My Entity is who I am in my ideal reality.**

**In my ideal reality, I am an expression of the true nature of my Essential Self.**

**My Entity is the aspect of my Self that has the potential for infinite growth through eternal time.**

**My Entity is the part of me that is eternal.**

**My Entity is the One, who chooses the vision for my life-time.**

**My Entity is my essential Self because without it, I would remain lost, confused & frustrated in a relative dual reality world of my own creation.**

**My connection with my Entity is essential for the conscious-awareness of my journey of spiritual growth.**

**My Entity is my Guide, my Coach, my Teacher, my Master, my Protector & my Provider.**

**My Entity is the power & the authority that enables my physical capability.**

**My Entity is the Love & the Light of my Life.**

# Who A Sorcerer Is!

A Sorcerer is one who sees the essence of things.

The essence of everything is energy.

A Sorcerer is one who perceives the energetic essence of life.

The capacity to perceive the energetic essence of life is called seeing.

The energetic essence of life is its Source.

A Sorcerer is one who sees the energetic source of life.

The Source of Life is Consciousness.

A Sorcerer is one who has an awareness of the levels of consciousness of the mind that are realised through thought.

A Sorcerer is one who has an awareness of the wavelengths of emotion on which all thoughts are experienced.

Sorcery is the awareness of the frequency of thoughts that one's mind is transmitting & receiving.

The essence of everything is its energy vibration.

A sorcerer is one who sees the filaments of universal light energy that a person is assembling as their conscious or sub-conscious reality.

The role of the Sorcerer in today's world is to guide & support others to see the essence of who they really are.

A modern Sorcerer has a deep understanding of the authority of personal thought and the power of personal emotion.

This emotional power & mental authority of the inner Self is the creative energy that allows personal reality to be beneficially experienced.



A Sorcerer is one who intuitively sees the energetic reality that is creating a person's experience and intuitively sees the shifts that are essential for a person to connect to the essence of who they really are.

A Sorcerer is a Source Seer who sees the source of individual creativity & personal reality.

# What Infinity Is!

Infinity is a property of Space.

Infinite space has no boundaries.

Space is a property of three dimensional energy.

In our three dimensional reality, there is a duality of time & space.

Time-space-reality is a construct of three dimensional energy.

Three dimensional energy is a perspective of three dimensional Consciousness, Mind & Thought.

The magnitude of consciousness is called Space.

Moments of thought create Time.

As there is no boundary to the perspective of the Higher Mind, there is no boundary to space.

Boundaries are a construct of three dimensional thinking based on physical reality.

Whereas physical reality may appear to have physical boundaries, there is no limit to the energy of time & space.

Physical matter is finite.

Physical reality is definite.

Spiritual energy is infinite.

An unlimited mind with expansive thoughts is the reality of infinite Consciousness.

Infinity is the property of space without time.

Without time, there is no beginning & there is no end, there is no start & there is no finish.

It is time that makes the energy of space a continuous reality.

Time fixes reality in space as a definite experience.

Infinity is the property of space that allows time to be an eternal spiritual reality.

# What Eternity Is!

Eternity is a property of Time.

Eternal Time has no past & no future.

Eternal Time is just Now.

Now is the present moment of time.

Eternity is ever present.

There will always be a present moment of time as long as there is a space in which to experience it as a reality.

Infinite space allows time to be eternal & reality to be continuous.

As long as energy continues to exist, space exists and time continues on its journey through space because they are contrasting aspects of the same reality.

Our experience of reality proves that energy cannot be destroyed, it just changes form or property.

The beginning of time is the construct of a limited mind that is focused on the past or the future.

Physical reality is born out of the creative thought of a conscious mind.

Time is a concept of a conscious thinking mind that is experiencing continuous moments of Now.

Thought allows a conscious mind to change the form of the perspective that creates its reality in space through time.

Thought is an energy wave that flows through an ocean of space along a current time line.

As long as reality exists with infinite space, eternal time will be part of that continuous experience.

In a continuous reality, time is eternal & space is infinite; otherwise reality couldn't continue to exist.

# What Being In The Flow Is!

Being in the Flow is the experience of an effortless, problem-free life.

Life is designed to flow effortlessly without problems.

Energy flows until it meets resistance.

Flow is the natural state of pure energy.

Without flow, energy loses its momentum & its power.

When energy flows, it is powerful and when I am in the flow, I am connected to my power.

When I am connected to my power, my life is authorised.

Flow is the authority that empowers life.

When I am in the flow, I am empowered with my own authority of choice.

My choice is authorised when I am in the flow.

Being in the flow, life feels good.

Flow is a stream of opportunities lining up for my personal experience.

Being in the flow, I am aligned with Source Energy.

When my emotional energy transformer is aligned with Source, I am in the flow.

In the flow, there is no entropy, no inertia & no resistance.

Flow is the experience of choice of my Soul for its Self.

When I am in the flow, I am aligned with the Soul's choice for its Self.

In the flow, my vision has direction, my purpose has clarity and I am present in the now of my own reality.

Being in the flow is being in alignment with my Soul's choice for its Self.

## Who A Healer Is!

A Healer is one who is healing & healthy.

By healing my Self & being healthy, I become a healer to others.

A healer is one who is a living example of radiant good health.

It is the example, expression or vibration of health that is the catalyst for healing others.

It is my healthy state of being that allows other people to connect to their natural process of healing.

Being healed & being healthy are the same thing.

Healing is not something that a healer does to other people.

In the same way that I cannot make another person ill, neither can I make another person well.



When a person needs healing & believes that they need a healer, it is not the healer that heals them but their belief in a healer's ability to heal them.

The only person that can heal themselves is their Self.

We are all natural self-healers, once we stop making our Self ill, by realising & overcoming the cause of our unwellness.

The cause of my unwellness is always my own negative perspective of life being unhealthy.

A healthy life is the consequence of a healthy perspective.

Everyone has the potential to heal themselves by bringing their Self back into physical, mental, emotional & spiritual balance & harmony.

A healer is one who allows their physical life to come into balance & harmony with their spiritual essence.

Every body has the potential to heal itself, when it is allowed to do so naturally.

Healing is a natural state of being that happens through me, not by me.

# What Agape Is!

Agape is the name that Ancient Greek Culture gave to the Pure Emotion of Love.

The pure emotion of Love is undivided by duality.

It is whole, or holy, with a divine purity.

Agape is the expression & experience of one's inner essence.

My inner essence is my divine state of Being.

Agape is the love that the Soul has for its Self.

The love that my Soul has for my Self is unconditional.

When I unconditionally love who I am as my Self, I resonate with agape.

When I unconditionally share my love with another, we share agape in resonant harmony.

Agape is the pure bliss of a shared joy of life.

The joie de vie of divine bliss is a joyful experience of the pure love of agape.

Agape is my divine power that flows from Source.

It is my pure feeling of connection with my Soul.

It is the mutual feeling of two people with one Soul connection.

Agape is the tantric connection of two Soul Mates, or two souls mating.

When twin flames join in holy communion, they experience the empowered flow of agape.

Agape is the divine feeling of emotional oneness that flows through the union of two separated Souls.

Agape is the oneness of the Soul experienced or grounded in physical reality.

I divine agape through the experience of my Soul connection with my Self.

When I share my Soul connection with another, my agape is exponentially empowered with pure love.

# What Eros Is!

Eros is the name that Ancient Greek Culture gave to sexual love.

Sexual love is the attraction of contrasting genders of energy.

When emotional energy is divided by male & female gender, it is no longer whole or pure.

Relative dual reality allows a choice of male or female gender for all wavelengths of emotional energy.

Masculine & feminine physical characteristics define a person's sex.

Male & female gender define a person's energy or their personality.

In the dominant personality of either male or female energy, we seek in a partner the gender of energy that is missing in our Self.

Eros is the Law of Attraction in action.

Like energy unto itself is drawn.

Male & female energy of the same vibration unto each other are drawn.

Whereas, we may find sexual characteristics to appear to be attractive or unattractive, it is the gender of the energy that is either attractive or non-attractive.

Eros is the love that two co-dependent people experience when they compliment each other and make each other feel whole & loved.

I love my partner's energy because it is the gender of emotion that is missing in my own personal expression & experience of life.

# What Philos Is!

Philos is the name that Ancient Greek Culture gave to platonic love.

Platonic love, as defined by the philosopher Plato, is the attraction of like energy.

Like energy shares its polarity, whether its gender is similar or opposing.

Whereas discernment allows a duality of male or female gender, judgment causes a duality of positive or negative polarity.

I always have a choice of direction and I always have a choice of whether I judge that direction to be good or bad for me.

Philos is the love of what is good, what is right, what is positive, what is benign & what is beneficial in my life.

I love what I like and I like whatever has value & worth in my life.



I choose Eros because it completes me and I choose Philos because it endorses me.

I love it when people choose the same choices as me because I consider them to be like me.

I like the people who love the same things as me because it endorses my choices and acknowledges them as good, right, positive & beneficial.

Platonic love is the shared perception of two people travelling on the same path, with a mutual perspective & love of life.

It is the beneficial experience of shared values, shared beliefs and complimentary emotional needs.

Whereas Eros shares the emotional need to be loved, Philos shares the emotional need to be liked.

# What Cause & Effect Are!

Cause & Effect are a duality of perspective.

A duality of perspective is two contrasting ways of perceiving reality.

When I see life as happening to me, I experience the effect of reality.

When I see life as happening by me, I am the cause of whatever I am experiencing.

When I see life as happening through me, I overcome the duality of cause & effect.

Cause is a subjective view of reality that I am subjectively causing.

Effect is an objective view of reality that I am objectively experiencing.

Being adjective empowers my Self to allow life to flow adjectively through me.

In spiritual reality, my Soul is the creative cause of my spirituality.

In physical reality, my Self is either the cause or at the effect of physicality.

The cause of my perspective of reality is my mental beliefs.

The effect of my perception of reality is my emotional experience.

Unemotional thinking is powerless to effect or cause emotional feeling.

Cause & effect are what allow my personal experience of reality to be unique to my Self.

I can choose the cause of my reality and I can choose how I perceive the effect of whatever I am causing.

I can choose the cause of my reality as causality or I can take responsibility for being the cause of my own experience of life.

**Duality allows the creation to be separate from the creator,  
which causes choice to have a unique effect.**

# What Consciousness Is!

Consciousness is an awareness of intent!

Intent is a focus of the mind.

When I focus my mind with an intention, I am conscious of what I experience.

When I am awake in physical reality, I am aware of being physically conscious because that is my intention.

Being physically conscious is my awareness of my intent to live a physical experience called life.

A physical life is experienced through the awareness of physical reality.

My physical conscious state, my state of physical consciousness, allows the experience of my conscious intention.

Consciousness is the mind in focus.

The mind has many levels of focus.

Focusing on a physical level allows the physical consciousness of the ego Self.

Focusing on a lower level of consciousness allows an awareness of the sub-conscious mind or id.

Focusing on a higher level of consciousness allows an awareness of the intent of the super-conscious mind or Soul.

The super-conscious mind is ever alert, awake & aware.

The sub-conscious mind is ever alert.

The conscious mind is awake when it is not asleep.

A three dimensional reality allows three dimensions or levels of consciousness.

When the conscious mind is asleep, the unconscious mind is awake experiencing different dimensions of reality with different levels of consciousness.

# What My Awareness Is!

My Awareness is my sense of energy.

My energetic senses allow my awareness.

My awareness of energy allows my experience of reality.

A range of energy vibrations allows a choice of reality to be a changing & expansive experience.

My awareness is my sense of intuition.

I intuitively sense energy vibrations that are beyond the range of my physical senses.

My awareness of physical reality, with my physical senses, allows the conscious mind to focus its intent.

My awareness of spiritual reality, with my intuitive senses, allows a greater intention of focus by my conscious-aware mind.

The awareness of my open mind allows my access to realms beyond physical reality.

My awareness is my emotional sensitivity.

Being emotional is my awareness of my own emotional state of being.

Being sensitive is my being aware of another person's emotional state of being.

My awareness is my connection to my Spiritual Source.

My consciousness is my connection to my physical reality.

My consciousness is my energy toner, projector & transmitter

My awareness is my energy tuner, sensor & receiver.



## What A Virtue Is!

A Virtue is an emotional state of being with a female gender, bias or persuasion.

When an energy vibration has a choice of male or female gender, the female wavelength is called a virtue.

Although virtues are traditionally seen as good qualities, they have no intrinsic polarity of being either positive or negative.

Female energy can be perceived as being either good or bad relative to the perspective of the Individual.

A woman of easy virtue is not considered to be morally right.

Religious leaders, by virtue of their position in their Church, expressed their predominant male energy and found contrasting female energy to be a very attractive quality and therefore pronounced it to be morally right.

Hypocritically, they pronounced their own male energy of pride, envy, gluttony, lust, greed, wrath & sloth to be a sin.

They perceived male energy to be essential for leadership but deemed female energy to be virtuous for their followers.

The Law of Attraction draws like vibrations of energy together, irrespective of their polarity or gender.

Universal Law is unequivocal and makes no choice or judgment.

It is Man's choice that allows judgments and deems them to be lawful or unlawful.

It is Religion that makes moral discernments that deem people to be sinful or virtuous.

Religious leaders, from their male or paternal perspective found it very attractive for their followers to express their maternal qualities of humility, kindness, poverty, caring, pleasing, meekness & diligence as well as being humble & subservient to their arrogance by appeasing their leader's superior authority of status, knowledge & influence.

# What A Divine Attribute Is!

A Divine Attribute is an emotional state of being that is undivided by either gender or polarity.

An emotional state of being that is undivided by gender or polarity is whole or holy, which is pure & divine.

A divine attribute is an attainment of the Soul.

The Soul attains a divine attribute through the personal experience of its Self.

The Soul chooses divine attributes for its Self to experience & attain.

It is the ego that chooses a gender of choice & a discernment of polarity.

It is the ego that judges an attribute to be sinful or virtuous.

It is the Soul that expresses its divinity through the attainment of a divine attribute.

Modesty & faith are divine attributes that allow the Self to follow the path of the Soul.

Modesty overcomes the duality of male pride & female humility.

Faith overcomes the duality of male sloth & female obedience.

Equality & gentleness are divine attributes that allow others to follow their own path.

Equality overcomes the duality of male envy & female kindness.

Gentleness overcomes the duality of male wrath & female meekness.

Equanimity & grace are divine attributes that allow life to flow effortlessly.

Grace is the power to overcome the duality of male gluttony & female poverty.

Equanimity has the authority to overcome the arrogance of male greed & the humbleness of female pleasing.

**Love is the divine attribute that overcomes the desires of male lust and the passion of female needs.**

**Modesty, faith, equality, gentleness, equanimity & grace are all aspects of an emotional expression of Divine Love.**

# What A Natural Attribute Is!

A Natural Attribute is an emotional state of being that is the true nature of all Human Beings.

A state of being that is naturally my true nature is inherent in everyone.

A natural attribute is a human potential and the potential of all human beings.

It is the potential of all people to be Happy & Well.

My physical, mental & emotional happiness is my natural state of being.

When I am physically happy, I am content; when I am mentally happy, I am fulfilled and when I am emotionally happy, I am joyful.

Contentment, fulfilment & joy are all attributes that I express naturally when I am happy.

My physical, mental & emotional well-being is my natural state of being.

When I am physically well, I am healthy; when I am mentally well, I am wise and when I am emotionally well, I am wealthy.

Health, wealth & wisdom are all attributes that I express naturally when I am well.

It is my inherent nature to be healthily content, joyfully wealthy & fulfilled with wisdom.

Illness & unhappiness are not natural states of being.

They are unnatural, yet normal, in a society that is spiritually disconnected.

When I suppress my emotions, I disconnect my natural source of wealth & joy.

When I follow other people's authority, I disconnect from the natural source of wisdom that allows my fulfilment in life.

When I forget my spiritual origins, my contentment & health are replaced with the dissatisfaction of my unwellness, my joy & wealth are replaced with the sadness of poverty and my fulfilment & wisdom becomes the unfulfilment of my ignorance.

The paradox of natural attributes is that I spend a lifetime in the attainment of what is already my natural state of being.



# What A Prime Attribute Is!

A Prime Attribute is an emotional state of being that has great importance for an Individual.

A Prime Attribute is the best expression of who a person is.

A Prime Attribute is of the highest quality that allows a person to excel.

A Prime Attribute primes & prepares one for everyday life.

The importance of an attribute is relative to the purpose of an Individual's personal vision.

The mission to attain a prime attribute in alignment with one's vision is the purpose of my life.

The Soul is always in its prime.

Expressing the prime attributes of the Soul is a prime attainment.

Being sensitive to, yet being detached from, other people are the two prime attributes that are primarily how I choose to relate to others.

Being connected with my path and being exclusively on my path is primarily how I follow the direction of my Soul's journey through life.

Being emotional, whilst also being rational, is primarily how I make choices that keep me in balance & harmony with my life.

Being sensitively detached, exclusively connected & emotionally intelligent requires the primary attributes of being empowered, authorised & enabled to be awake, alert & aware to fulfil my vision, mission & purpose for this lifetime.

Being allowing, being approving & being accepting is primarily how I allow life to effortlessly & abundantly flow through me.

# What Transcendence Is!

Transcendence is the quality of overcoming the limitations of physical life.

The limitations of physical life are not physical but mental & emotional.

They are the manifestation of a belief system with limited emotional power.

Transcending is the process of overcoming personal limiting beliefs that cause individual & unique emotional needs.

Transcendence is not about overcoming physical reality but about overcoming the limitations of physical existence that cause dramas in life.

The limitations of physical existence are dramas caused by limited emotional power as a result of the conviction in a limiting belief.

The absence of emotional power causes a limiting belief that perpetuates low emotional power.

An intense limiting belief is called a fear, a very intense fear is called dread and a less intense fear is a worry, an anxiety or a concern.

Transcendence is the quality of personally overcoming any concerns, anxiety, worries, fears or dread of what is currently appearing to be real in life.

Fear is a negative perspective of what can go wrong in life.

Things going wrong in life is the effect of personal incompetence caused by a lack of emotional power that is painful not pleasurable.

Transcendence is the quality of becoming fear free in order to become pain free and problem free.

Without fear or pain in my life there is no problem.

Suppressing pain, denying fear & ignoring problems is not the path of transcendence.

Emotional power overcomes pain, mental authority overcomes fear and physical perspective overcomes problems, this is the way of transcendence.

Overcoming the limitations & the dramas of incompetent emotional power, the incapacity of false authority, and the inability of a negative perspective, approves the quality of Transcendence that allows life to be ideal.

# What Is Ideal & What Is Perfect !

My perspective of the world is that it is perfect.

My perspective of my reality is that it is ideal.

In my ideal reality, the world is never perfect.

This is the paradox of a perfect world.

It is not the world that is either perfect or imperfect but my perspective of the world.

A dual reality world allows a relative choice of perfection & imperfection.

Whether the world is perfect or imperfect is relative to my perspective.

Whether the reality of my world is ideal or not, is relative to my perspective.

Ideal is the quality of my reality.

Perfect is the value of the world to my Self.

I value the world very highly as a place to experience my ideal reality.

The quality of my reality is relative to the quality of my perspective.

This enables the world to be a perfect place for personal development & spiritual growth.

The more perfection that I see in this world, the more perfect the world becomes.

The more imperfection that I see in this world, the greater my opportunity for spiritual growth, which is perfect for me, you see.

As I grow spiritually, my reality becomes more ideal for me, which is perfect, you see.

It is the opportunity for spiritual growth that makes my world perfect and taking those opportunities that allows my reality to be ideal.

# What Evil Is!

Evil is my badly misaligned perspective of how I live.

When I judge my life to be intensely bad, I endorse the perception of evil.

When I believe that bad things are happening to me, I cause evil to exist in my reality.

When extremely bad deeds are committed by conscious living beings, I see them as evil.

When bad things happen without any physical explanation, I perceive them as the work of evil spirits.

Evil spirits are another name for the energy of negative thinking.

In my negative thinking, I call evil spirits names like gremlins, goblins or imps.

Evil is a construct of a negatively polarised mind.

My higher super-conscious mind is beyond the realm of relative duality in which good or evil is a choice.



It is my sub-conscious mind that holds the negatively polarised beliefs that allow evil to exist in my reality.

Evil is the consequence of negative thinking caused by sub-conscious limiting beliefs.

The only power that evil has is the intensely negative energy that my sub-conscious convicts it with.

Evil is only as strong as my conviction that it is real.

As behaviour always follows belief, evil deeds are the effect of negative thinking based on fears & negative convictions.

When life happens through me, it is ever beneficial & benign, never detrimental or malignant.

It is only my perspective that life can be extremely detrimental & malignant that causes evil to be in my experience.

**My misaligned perspective of how I 'live' is seen in reverse as 'evil'.**

**Although evil is perceived to be real, it is only my negative perspective that makes it a reality in my life.**

## What Flo's Law Is!

Flo's Law states that what can go right, will go right; when it is allowed to.

Flow is the natural state of Universal Energy.

Universal Energy is regulated by the Law of Attraction, because like energy unto itself is drawn.

This means that when I know that everything is happening for a reason, it is.

It also means that when I believe things can wrong, they do.

The Law of Attraction makes no distinction between my positive or negative thinking.

I attract into my experience the focus of my attention irrespective of any external influence.

When I think good things, good things happen and when I think bad things, bad things happen.

Life is continually happening and I always have a choice of perspective.

When I see life as happening to me, I invoke Sod's Law, which states that what can go very wrong, will go very wrong.

When I see life as happening by me, I invoke Murphy's Law, which states that what can go wrong, will still go wrong.

When I allow life to happen through me, Flo's Law ensures that everything happens effortlessly.

When life is allowed to flow, the experience of life is effortless.

Flo's Law allows a continuous stream of opportunities to happen in life because that is what life is designed to be for, the experience of endless opportunities.

# What Transformation Is!

Transformation is the process of making a shift in perspective.

As my perspective determines my experience of reality, a shift in perspective transforms my experience of reality.

Transformation is a change in the reality that forms personal experience.

I always have a choice as to how I perceive reality to be happening in my life.

How I perceive life happening is relative to how I believe reality to be, because what I believe to be real is my reality.

Reality is how I experience life to be real.

Real life is a projection of my perspective of how I perceive it to be.

I can perceive life to evolve or I can transform my life through a shift in my perspective.

From a relative dual reality perspective, I can experience life as happening to me or I can determine my life as happening by me.

When I am a victim of life happening to me, I can change my perspective, take responsibility for my actions and transform my life by seeing it as the effect of what I am myself causing.

Life happens by me when I take authority for the choices that I am making in my life.

My life transforms from an experience of impending doom to a more fortunate experience of fate.

Spiritual transformation allows the perspective that I am a spiritual Being having a physical experience called life.

As a spiritual Being, I can choose for life to happen either through me or as me.

I can choose for my Self to be the physical incarnation of my spiritual Soul Entity that is the creator of my physical reality that I have come here to experience or I can see my Self as the prime creator of all my expansive experiences in life.

Transformation then becomes the process of aligning my personal perspective with my spiritual vision, mission & purpose for this lifetime, which is my destiny.

# What God's Will Is!

God's Will is what the Creator wants.

The creator is creating a creation through creativity.

The creator's will is the expansive growth of its creation through creativity.

This is God's legacy to Man.

Man's will is Man's choice.

Man's choice is a legacy from God.

Objectifying god gives god a subjective will.

Subjectifying god gives me an objective will.

Adjectifying god defines my creative power.

My adjective creative power is accessed through I Am, not I will.

I will is a mental projection into a subjective future.

God will is an objective projection of mental thinking.

God's will is a mental belief in what god wants or desires.



Wants & desires are the male energy of human thinking, which is not divine and is singularly uncreative.

I am, is the adjective power of personal creative choice.

God is an expression of divine creative power.

I access my divine creative power through my Soul.

In alignment with my Soul, my divinely creative power flows through my Self.

I will is a choice of the ego.

I am is a choice of the Soul.

God's will is an oxymoron because in the presence of my Soul, there is no thought of the future.

# What An Intimation Is!

An Intimation is my Soul communicating with its Self.

It is a subtle message from my Soul.

A subtle message is the subtle energy with which the Soul communicates with its Self.

An Intimation is an inkling.

An inkling is an intuition that I feel, I see or I know to be true.

Soul messages always convey my truth.

An Intimation is an indirect message.

My Soul does not direct my Self directly.

The Soul has sovereign choice, which allows the choice of its Self to be sovereign also.

It is the disconnection of the ego Self from its Soul that disallows intimacy & renders communication unclear.

It is the intimate relationship of intimation that allows the Soul to clearly communicate with its Self whilst in physical form.

In the absence of intimacy, intimation is not possible.

Intimacy is being 'in time' with the Soul in the present moment of time.

When the Self is aligned with the Soul in the present moment, it is in time & intimately connected in intimation.

An Intimation is a clear, intuitive message of direction from the Soul delivered in the present moment of time.

My path through life is outlined indirectly as my vision.

My vision for my life is an intimation of my purpose for this lifetime.

My Soul proclaims, affirms & intimates its vision for its Self in every moment of time.

A disconnected Self has only a vague understanding of having any purpose in life.

As I connect with the clues, cues, hints, co-incidences & suggestions that allude to my true path, I tune in to the Intimations of my Soul.

# What The Mind Body Problem Is!

The Mind Body Problem is a problem of how the body relates to the mind & how the mind relates to the body.

The problem is that Philosophy sees mind & body as a duality.

When we see the mind & body as a duality of matter & energy, there is a problem.

The mind always has a problem with duality.

The problem with duality is that it allows choice, which creates a paradox.

Philosophers who believe that they are physical Beings having a physical experience have a problem relating to their non physical mind.

A Philosopher, who knows that they are an energetic Being having a physical experience, sees the body as a means of experiencing physical reality.

The problem with a dualistic perspective of mind & body is that it is without emotion.

When spiritual reality is seen as a triality of the three energies of mind, body & emotion, there is no longer any problem.

Mind, body & emotion are the three aspects of spiritual energy that allow the experience of space-time-reality.

When philosophy follows the scientific view that consciousness is a creation of the body, there is a problem.

From the perspective of the higher mind that the body is the creation of Consciousness, for the purpose of emotional experience, there is no problem just unlimited opportunities.

Ironically, the mind body problem is created by a mind that is out of its Mind and thinks that it is its body.

# What Success Is!

Success is a personal perspective.

How I personally perceive life to be happening determines my perspective of success.

When I perceive that life is happening to me, I react to life and I need to learn knowledge & skills, in order to accomplish tasks & actions successfully.

Once I succeed in knowledgeably & skilfully accomplishing tasks, I can make life happen by me.

When I perceive life to be happening by me, I am pro-active and I can set goals & objectives to achieve.

I am no longer a victim of life happening to me, when life is successfully happening by me.

I fail to succeed when I run out of emotional power.

I succeed in connecting to my emotional power when I allow life to happen through me.

Being allowing is an emotional attribute that I attain.

Attaining better emotional states of being that I can attribute to my Self raises my emotional power and allows success to flow through me.

When life happens as me, I am totally connected to the source of my empowered inspiration.

At this super-conscious Soul level, I am effortlessly fulfilling my vision, mission & purpose for this lifetime.

Success is fulfilling the reason that I am here on purpose, with meaning, by defining who I really am.

Success is doing what I have chosen to have true value for me in this life-time.

My true values are experienced through the empowered & inspired actions that are in alignment with my Soul.

When I become accomplished and achieve my goal to attain the power, authority & ability to enjoy a life of true value, I am being successful.



**I see that I can never fail to live the successful life that my Soul has chosen for its Self.**

# What Courage Is!

Courage is the emotional competence to overcome fear.

Fear is a debilitating belief that drains emotional power.

Overcoming an emotional energy drain caused by a fear requires courage.

Courage is the emotional power required to overcome victimhood.

When I am a victim of my perspective that life is happening to me, I need courage to make life happen by me.

Bravery is the mental capacity to overcome pain.

Positive brave male energy neutralises negative female pain.

Positively courageous female energy balances out negative male fear.

Valour is the combination of courage & bravery that overcomes any problem of fear or pain.

It is the problem of fear or pain that inhibits inspired action in life.

Encouragement is the emotional power that I need from another to overcome my fear of failure.

I can encourage another to overcome their fear as long as they are brave enough to confront their pain.

When I am inspired & empowered to take action, there is no fear or pain present.

With the courage & bravery to overcome fear & pain, I can develop the faith to allow life to happen through me.

Faith is the mental capacity to allow life to effortlessly happen through me, without the problem of fear or pain being present.

Valour is my award for emotional courage & mental bravery.

Faith is my reward for living my life valiantly.

# What The Three Essential Attributes For An Effortless Life Are!

The Three Essential Attributes for an Effortless Life are the emotional states of being Allowing, being Approving & being Accepting.

An essential attribute is an attribute that is the essence of who my Soul really is.

Essentially, the Soul is unconditionally allowing, unconditionally approving & unconditionally giving.

There is nothing that the Soul disallows for its Self.

The Soul approves of everything & provides everything for its Self in divine space & time.

The Soul's provision is my allowance.

Being allowing allows my essential provisions.

My approval is the emotional power that is essential for me to receive my Soul-given allowance.

My provision is provided as my allowance with my approval.

Disapproval disallows my acceptance of my provisional allowance.

The quality of Goodness authorises & allows my allowance.

The quality of Grace approves & empowers its provision.

The quality of Gentleness enables my acceptance of my provisional allowance.

Being unconditionally allowing is a good attribute.

Being unconditionally approving is full of grace.

Being unconditionally accepting is an expression of gentleness.

Being fear free allows my authority of Goodness to accept my allowance.

Being pain free approves the power of my Grace to accept my provision.

Being problem free enables & allows my acceptance of life with my approval.

Essentially, when I am fear free, pain free & problem free; I am allowing, approving & accepting; with goodness, grace & gentleness; of an unconditionally, effortless life.

# What Logos, Pathos & Ethos Are!

Logos is the physical vibration of a thought.

A physical vibration of a thought is called a word.

The word is an expression of divine thought.

Divine thought is a transmission of pure Light.

Logos is the expression of pure Light as a Thought, in words.

Every thought vibration has a mental frequency that is transmitted on a wavelength of emotion.

Pathos is the emotional wavelength of a thought.

Ethos is the mental frequency of a thought.

Mental thinking is the slowest frequency of mind consciousness.

Ethos is the truth of a thought, denoted by its direction or polarity.

Logos is the expression of a thought as a series of words or vibrations.

Pathos is the experience of a thought relative to its emotional wavelength.

Every word or thought vibration has a mental frequency, its ethos & an emotional wavelength, its pathos.

The polarity of the frequency, its ethos, can be either positive & ethical or negative & unethical.

The gender of the wavelength, its pathos, can be pathetic or empathetic, sympathetic or apathetic.

Female emotional gender is either irrationally pathetic or emotionally sympathetic.

Male emotional gender is either empathetic or apathetic.

It is the pathos of the logos that determines emotional perception.



It is the ethos of a logos that determines mental perspective.

How I define the logos determines how I express the ethos & how I experience the pathos.

Gender & polarity cause the ethos to be limited, when the pathos is overwhelming; and can also cause the pathos to be underwhelming when the ethos is true.

# What Hyperbole Is!

Hyperbole is the exaggeration of an energy flow.

Exaggerating an energy flow, in a restricted space, causes an ingoing & an outgoing vortex.

This double coned shape vortex is called a hyperboloid.

A double vortex allows the paradox of both clockwise & anticlockwise spin within the hyperboloid.

The hyperboloid allows the duality of perspective, as it appears to spin clockwise seen from one direction & anticlockwise viewed from the opposing perspective.

To say that two opposing realities exist in the same space at the same time is a paradox that is caused by an exaggeration of the truth.

The Truth is a flow of pure thought energy.

When I exaggerate the truth, I restrict the magnitude of its space as its power is diluted.

This dilution in power, caused by a restriction in space, is called inertia.

It is the deceleration of energy through a restricted space that causes the double vortex of an hyperboloid.

It is the duality of the hyperboloid that causes inertial chaos, the vortex, on the order of accelerating energy, its flow.

It is the accelerating inertia of the spinning vortices that create both the orbit & rotation of its surrounding torus.

The hyperbole of the hyperboloid is that it is the hole in the centre of a toroidal donut ring.

# What Pain Is!

Pain is the effect of low emotional energy.

The cause of low emotional energy is mental fear.

Fear causes a build up of negative emotion that eventually will be released as pain.

Fear is a false belief that is held in the body as negative emotional energy.

Pain is a signal that too much negative mental energy is stored in the body.

When negative energy is released by the body the experience is one of pain.

The belief that fear is emotional & pain is physical causes a big problem.

Until I change a false belief, it will continue to negate my emotional power.

Negative emotional power is the absence of emotional power & the presence of pain.

Releasing negative emotion is painful because that is what pain is.

Painful negative emotion is the reason people suppress emotion.

Suppressing emotion only suppresses the pain temporarily.

The more I suppress my emotions the more painful their eventual release will be.

The pain threshold is the emotional energy threshold.

They are the same thing seen from opposing perspectives.

Pain is a negative level of emotional power being expressed.

It can be seen as the lack of emotional power or the presence of negative emotional pain.

Suppressing negativity stores it in the body.

**Mentally releasing negativity is the pathway to becoming emotionally pain free.**

**Being painless is the empowering way to live on a path from painful to pain free.**

# What Pleasure Is!

Pleasure is the positive emotional energy of getting a need met.

When I meet my own emotional needs, I please myself.

When I meet another's emotional need and it pleases them, it is my pleasure.

It is another person's pleasure to please me.

It is a pain when someone else displeases me.

When I am too greedy and too needy of another's emotional energy, they are not pleased.

Pleasure & pain are a duality of the same energy vibration.

When life appears to be going well, it is a pleasure but when life is going badly, it is a pain.

Pleasure doesn't happen to me naturally.

I sub-consciously train & manipulate other people to do what pleases me.

Pleasure is what I give to other people because they need it and because I need to give it.

Please is a plea for what gives me pleasure.

It is also a plea to stop causing my pain.

The pleasure of life is getting whatever I believe that I need from life.

Holidays are pleasure time when I can please myself what I do.

Pleasure time is when I am free to do whatever raises my emotional energy.

Doing what I need to do gives me pleasure.

Doing what I don't want to do is a pain.

Doing what I truly love & value is a Joy.



# What A No Brainer Is!

A No Brainer is a choice that I intuitively know is right for me.

My brain is a mental processor.

When I intuitively know what is right for me, there is no mental thinking, pondering or processing required.

A No Brainer is a choice that intuitively feels good for me.

A good emotional feeling requires no mental analysis.

Intuitive knowing & intuitive feeling register in my conscious mind without being processed by my brain.

I intuitively see a picture or words as a thought in my mind, not in my brain.

A No Brainer is a choice that I instinctively choose.

I instinctively choose to sub-consciously react in a beneficial way.

Instinct & intuition are aspects of my mind, they do not proceed from my brain.

My brain processes data.

When I intuitively see what is beneficial for me, data processing is unnecessary.

My brain is a wonderful tool for solving problems and analysing challenging situations.

Taking opportunities is a no brainer.

When I am inspired & empowered with an opportunity that is being presented, it is a no brainer.

My brain is my Minder.

My Mind is my no brainer.

# What Chance Is!

Chance is an opportunity in life.

Life is a chance to grow opportunistically.

Opportunity is a chance to live life.

When I take a chance in life, an opportunity appears.

I may miss the opportunity and see a challenge or a problem.

When Life happens to me, the chances are that I see a problem.

Chance opportunities are accidental & unpredictable, unforeseen & uncontrollable.

When I take a chance, I see it as a risk, a hazard or a gamble.

When Life happens by me, I see chance as a challenge and the greater the odds, the greater the challenge.

Taking a chance can be lucky or unlucky and I have to take a chance.

I can be misfortunate but I can also achieve my perceived fortune.

When life happens through me, every opportunity is a chance for spiritual development & growth.

When life happens as me, chance is the opportunity to create my ideal experience of reality.

There is every chance of creating the fulfilling & joyful experience of my vision for my life.

When life happens to me, it is a lucky or unlucky accident.

When life happens by me, it can be my fortune or my misfortune.

When I allow life to happen through me, I am always fortunate as there is no risk, no hazards, no gamble, no misfortune or bad luck.

When I overcome duality, there are no odds in life.

**When Life happens as me, I create my own fortune by taking every chance to fulfil every creative opportunity in life.**

# Where My Core Is!

My Core is the centre of my energetic Beingness.

My Beingness is the energy vibration at my core.

The energy vibration at my core is the shape of a torus.

The torus is a donut shaped energy modulator.

It is not the torus that is my core but the hole at the centre of the ring donut.

The hole at the core of the torus is the emotional space or gap that determines the power of my Beingness.

As the gap expands & contracts, it modulates the kundalini source energy that flows through my core.

When my core is fully dilated, it allows pure source energy to flow through my Beingness.

It is my conscious thought energy that sub-consciously expands & contracts (modulates) my core state of beingness.

My core state of being is my emotional connection, or disconnection, to my source energy.

When my core contracts, I disconnect from source energy and increase the intensity of the hyperbole of my existence.

The two vortices of the hyperboloid that is source energy, determine the intensity of my life experiences.

As my core contracts, life becomes more black or white, more positive or negative and more of a roller coaster of dramatic experiences.

As I open my heart chakra at the core of my Beingness, I allow pure source energy to flow effortlessly through me without restriction or contradiction.

# What The Paradox Of The Law Of Attraction Is!

A Paradox is where two opposing realities exist in the same space-time continuum.

The Law of Attraction is the Universal Law of Energy that states: Like energy unto itself is drawn.

Universal Law means that there is 'one version' of the law and that law is absolute.

Although the Universe is Absolute, a space-time continuum allows relative perspective.

This means that reality is relative to perspective and whatever is perceived to be real is experienced as reality.

Relative perspective is a choice, relative to each person individually, that allows paradox.

A choice of perception allows wavelengths of energy to be divided by a choice of contrasting gender.

Energy vibrations that are divided by gender have a male frequency & a female wavelength.



This allows the paradox of 'like attracts like' & 'opposites attract'.

Pure vibrations of energy unto themselves are drawn.

Contrasting or opposing genders of the same energy vibration unto their self are drawn.

A choice of perspective allows thought energy to have a polarity.

Concordant positive polarities are attractive and discordant negative polarities are unattractive.

This allows the paradox that the same thought energy can be both attractive & unattractive, relative to the personal perspective of choice.

A choice of perspective also allows me not to give a particular energy vibration another thought.

This allows the paradox that the same thought energy can be both attractive & non attractive, relative to an individual perspective of personal choice.

Understanding the paradoxes of the Law of Attraction is a matter of seeing that whether a vibration of thought energy is attractive, unattractive or non-attractive, is always a matter of personal choice.

# What Patience Is!

Patience is the ability to wait!

It is the emotional power that I need to endure & tolerate not having what I want, right now.

Patience is the power required to manage impatience.

When I run out of patience, I become impatient.

As my impatience increases, I get angrier & angrier until I am furious.

Patience is the polar opposite of impatience and the gender opposite of assertiveness.

Whereas patience is meekly waiting for what I want, assertiveness is my will to get what I want now.

Anger is my sub-conscious emotional reaction to not being able to consciously assert myself.

When wrath is the focus of my will, will power is the emotional energy required to maintain that focus.

With the sufficient arrogance of male assertiveness, no humble female patience is required.

An arrogant will uses the power of anger, to focus other people's attention onto their immediate needs.

Patience is my ability to suppress my emotional feelings.

The inability to express my emotional feelings depresses my emotional power.

Depressed emotional power eventually manifests as mental depression.

The mind becomes depressed because it is emotionally impotent.

Patience is a paradox because it is good to manage anger with patience but it is not good to become an angry, patient patient.

Patience is not a natural attribute, so eventually everyone's patience will run out.

# What A Spiritual Awakening Is!

A Spiritual Awakening is a moment of realisation that there is something more to life than purely physical experience.

It is an awakening to the experience of spirit.

A Spiritual Awakening is an event that defies existing knowledge and endorses intuitive knowing.

It is an awakening to the intuitive awareness of energy.

Physical matter & spiritual energy are a duality of relative existence.

I can choose to experience a conscious material existence as a physical human being, without seeing any awareness of energy.

This perspective is a choice that allows full immersion within the illusion of physical reality.

My Spiritual Awakening is my transition from my immersion in physicality to my emersion into spirituality.

Purely physical reality is an illusion that is a real experience.

A Spiritual Awakening is a moment of reconnection to spiritual Source that allows the realisation that there is more to life than the illusion that there is just physical reality.

A Spiritual Awakening is the moment that a spiritual truth dawns on a physical human Being.

It is an awakening to the reality that we are all spiritual Beings experiencing a physical existence.

It is the realisation that we are mentally & emotionally energetic Beings in a manifestly physical body.

A Spiritual Awakening is a new perceptive awareness that spirit is energy and energy is the source of all matter.

It is the realisation that all matter is a form of energy, and forms from energy; as opposed to the physical perspective that energy is derived from matter or is produced by matter.

A Spiritual Awakening is waking up to the awareness of who I really am.

# Who God Is!

God is whoever you believe God to be.

God is generally the construct of a religious belief system.

How I believe in God determines my religion, my sect or my faith.

Religion is a collective belief system in God.

God is defined by western religion as the creator, originator & ruler of the known universe.

Religious Man is believed to be the creation of a creator called God.

A creationist God is the religious theory for the origin of life, whereas evolution is the the non-religious scientific theory.

God is defined in eastern religions as the perfection of divine Beingness who Man is attempting to attain.

Divinity is seen as a divine state of being that is all powerful, all knowing & all present.



In the west, these divine qualities are seen as sacred and unattainable by mortal Man, as God is seen as the ruler of Man and Man is the servant of God.

Eastern religion strives to be 'at one' with God or the gods, whereas western religion strives to 'atone' for its sins.

A spiritual person, with no religious affiliations, is free to define God or Divinity in any way that they choose.

A Spiritual Being knows that they have sovereign choice.

Through sovereign choice, I create my own reality in alignment with the one rule of the universe, the Law of Attraction.

A Spiritual Being creates Man in their own image of God.

A Religious Man creates an image of God outside of himself.

A Spiritual Man believes that God originates from within.

God is the Source or Origin of Man.

# What Truth Is!

Truth is a perspective of reality that aligns with a personal belief system.

We all live in a contextual field of relative duality that allows a choice of truth or untruth.

When I change my perspective, I change my reality and I change my truth.

The commonly held belief, in this reality, is that what is real is true and what is not real is false & a lie.

When reality & truth are not the same thing, I am free to choose the truth of my own reality and the reality that is true for me.

When I am living in someone else's reality, I am not living my truth.

My truth is what is true for me.

What is true for me is my life path, which is my path through life that has true value for me.

Truth is a positive polarity, or direction, in life that allows a beneficial reality to be realised as an experience.

My truth is that my true path in life is never detrimental to me and never detrimental to anyone or anything else.

You see, if something in my reality is detrimental to you, it is also detrimental to me and is therefore not my chosen path in life.

I live in a universe that allows individual choice, which determines personal reality as a uniquely true experience.

When everyone has an individual, unique & exclusive life path then everyone has a different & personal perspective of reality.

Where everyone has exactly the same perspective of the same reality, there would never, ever be any argument or disagreement.

My perspective is that personal experience is a subjective reality & personal reality is a subjective experience and that aligns with individual or collective beliefs.

In a relative world of truth & untruth, there is only one Absolute Truth that is governed by the Golden Rule.

How I perceive the Golden Rule determines my truth or my untruth and my beneficial or my detrimental experience of reality.

# When Halloween Is!

Halloween is the night when all negative spirits are believed to come out.

Negative spirits are the perspective of a default belief system.

We have been tricked into believing that because god is 'out there', the devil & evil is too.

Halloween is traditionally a night when we can be tricked or treated.

All Hallows Eve is the night when I celebrate a treat.

I celebrate a treaty with my Self to become hallowed or haloed.

All Hallows Eve is the day before atonement.

Atonement or At Onement is the act of becoming divinely pure in spirit.

Halloween can be the night that evil comes out to play or the night that evil is banished from one's reality forever.

Halloween or All Hallows Eve can be seen as a trick with the belief that evil is coming out to haunt me, or it can be a treat to release & permanently overcome my fears & impure beliefs.

I see All Hallows Eve as a celebration of the cleansing of the spirit within my Self.

As I release my evil fears, limiting beliefs & negative convictions, I deliver a new positive perspective of reality and cleanse the spirit of any impure perception.

Cleansing or purifying the spirit is the act of becoming hallowed or haloed.

I attain my halo & become hallowed when I say hallo to a new & pure emotional state of being.

Attaining prime, natural & divine attributes is my pathway to broadening my halo.

This is not something that happens to me on one night of the year.

It is a celebration of the quality of positive personal emotional attributes that I have attained over the previous year on my expansive journey of the Soul.

# What Ontology Is!

Ontology is the study of Beingness.

Studying who I am being is an ontological experience.

My Beingness is the emotional state of being that I am currently expressing.

The study of my Beingness requires an awareness of emotion.

The study of who other people are being requires a sensitivity to their emotions.

An emotion is an expression of who I am being.

My emotional state of being defines my Beingness.

My Beingness is an expression of my Essence.

My essence is the state of being that essentially defines who I really am.

My Beingness is a subjective expression of my objective existence.



Existing as a human being is not my objective in life.

Defining my Beingness is ontology in action.

The essence of my Beingness is the subject of my life.

Ontology is the adjective study of emotionality.

Emotionality is the reality of personal emotional states of being.

A state of being exists in the moment that I express it.

Whereas Psychology is the study of the thought that creates the experience, ontology is the study of the emotion on which that thought is transmitted & received.

Ontology is the study of how I feel about a particular experience.

As feelings are a personal experience, ontology is a personal study of one's own emotional experiences.

Ontology is the pursuit of the answer to the question: Who Am I?

When I know who I am, I am Onto my Soul's Logia!

# What Existence Is!

Existence is the state of being awake, aware, alert or alive.

With awakeness, awareness, alertness or life, I exist.

Ontology is the alert study of the awareness of who I am being whilst being awake & alive.

Physical existence is an experience of life from birth to death.

It is a conscious experience whilst awake and a sub-conscious experience when asleep.

Physical life apparently exists whether I am awake or asleep and ends when I die.

Spiritual existence is an eternal experience.

The Spiritual Entity that is my Soul exists eternally.

My Soul is ever aware & alert to the physical life of its awake or asleep Self.

When I am spiritually awakened to the presence of my Soul, I know that I exist eternally.

My Soul never sleeps & my Soul never dies.

My Soul is spiritually alive, mentally alert & emotionally aware of its existence through the journey of its awake & asleep Self.

Existence is the eternal journey of the Soul through the infinite Realms of Consciousness.

Existence is a property of the expansive consciousness of a thoughtful mind.

Consciousness, through the thought of the mind, conveys the experience of existence into the reality of the Soul,

The reality of the Soul exists through the mind of conscious thought & the awareness of emotional feeling.

Being alert to my thoughts, aware of my feelings & awake to physical reality allows my existence to come alive.

# What Gravity Is!

Gravity is the Law of Attraction acting on physical matter.

It is the spiritual law of attraction that causes the effect of gravity on matter.

Gravity is an effect that is caused by the relative density of matter.

The density of matter is relative to its energy vibration.

Physical vibration is the effect of resistance.

Spiritual vibration is the rate of flow.

The vibration of anything is relative to its energetic frequency & wavelength.

Consciousness has the ability to modulate or regulate its vibration.

Thought changes the frequency of consciousness and emotion changes its wavelength.

This allows a fluid vibration of conscious matter relative to other vibrations of matter.

It allows conscious creatures the freedom of movement that inert matter does not have.

The movement of inert matter is relative to its relative density & specific gravity.

Inert matter is subject to inertia, the more dense an object the more non-attractive & immovable it becomes.

The less dense the matter, the lower its specific gravity and the less inertia it experiences.

From a metaphysical perspective, material density is relative to the force of energetic frequency and its state of attraction or specific gravity is relative to the magnitude of its energetic wavelength.

From this perspective, gravity is a property of like wavelengths of the energy of matter in motion and density is a property of the frequency of the motion of energy in matter.

It is the frequency of a matter's energy that determines its density, which is a measure of its heaviness or lightness.

It is the wavelength of a matter's energy that determines the gravity of its specific heat or coldness.

Light & heavy, hot & cold are the physical properties of matter that determine whether like energy unto itself is drawn.

# What Boredom Is!

Boredom is the absence of positive emotional flow.

When life is not positively flowing, I am bored.

When I am bored, I need emotional power and I need to get my need for emotional power met.

Bore is a measure of flow.

When my emotional energy flow is restricted by others or constricted by myself, the bore closes & my power contracts.

Boredom is the negative feeling of lack of drive, caused by my need for emotional power.

We are all sub-consciously driven to get our emotional needs met.

Boredom is my sub-conscious lack of drive needed to meet my need for emotional energy.

When I lack drive, I appear to be boring.



When my ability to meet my emotional needs is missing, I get bored.

Boredom is the gateway to inner peace.

I find the serenity of inner peace when I am connected to my emotional power.

When I am connected to my source of emotional power, there is no emotional need & no boredom.

It is overcoming the boredom of being still & doing nothing that allows my intuitive connection to the authority of my own power.

When life happens to me, I am bored of what is occurring & I hate my ennui.

When life happens by me, I am bored by what I am doing because I dislike the tedium.

When Life happens through me, I am never bored as my empowered inspiration is in full flow.

**Boredom, ennui & tedium are just a matter of perspective.**

# What Charge Neutral Is!

Charge Neutral is an energetic state of being.

My emotional energy is charge neutral when I am being sensitively detached & approving.

My perspective is charge neutral when I am being neither positive nor negative in my mental outlook.

When I overcome judgment & become unconditionally accepting, I am charge neutral.

Being charge neutral allows my full access to the potential of my emotional power.

In a state of being charge neutral, I am at choice.

At choice, I am free to make a choice and I am free not to have to make a choice.

In charge neutral, I allow life to unfold in divine time.

My neutrality to life's dramas allows me to be 'in charge' of my life.

In charge neutral, I am connected to the full potential of my ability.

In charge neutral, there is no drama of intensity, just unlimited potential ready to manifest.

When life happens to me, it can be perceived as being either positive or negative.

When life happens by me, my positive choices can have negative effects.

When life happens through me, I am charge neutral and I am experiencing every opportunity in a beneficial way.

When I eliminate the dramas from my life, it becomes ideal.

My ideal reality is a potential that is awaiting my unconditional approval & acceptance.

When in charge neutral there is no charge & there is no mental or emotional cost or debt.

When I take my foot off the gas, my foot off the brake & I put my brain out of gear, I become charge neutral.

# What A Simulation is!

A Simulation is a programmable reality.

We all live in the reality of our own mental programming.

From a dual reality perspective, reality is either actual or virtual.

We are programmed to believe that actual reality is real and virtual reality is simulated.

When real & simulated are seen as a duality, a real simulation is beyond our imagination.

From a higher perspective, life is actually a simulation.

We live in a world that is virtually programmed by our physical experience of reality.

The world is real by virtue of our physical sense of material reality.

The physical world is a simulation of virtual reality, although we are programmed to believe that virtual reality is a simulation of physical reality.

In actuality, when thought creates reality, simulation is a programme of the imagination.

My imagination creates a simulation in my mind of a possible ideal reality.

When my Soul & my Self agree on a simular reality, it has the power & authority to manifest from virtual to actual.

A virtual reality is real, even though it is not actual.

Actuality is the actual reality that I am physically experiencing.

Life is actually physical but not actually virtual.

Virtuality is a reality that is virtually real.

With the virtue of my own creative power, I can manifest my imaginary virtuality into actual reality.

A Simulation is a programmed reality of the imagination.

Whatever I can imagine is first virtual before it becomes actual.

Life is a real simulation that I can actually reprogramme by virtually imagining it to be different.

With imagination, I am free to simulate my own experience of reality and I am also free to actually experience that simulation of my own active imagination.



# What Thinking Is!

Thinking is the mental process of assessing & analysing data.

Assessing is the process of evaluating emotional value.

Analysing is the process of evaluating physical benefit.

My brain is the physical organ of mental processing, my thinking machine.

Thinking is a process of the brain.

When I am conscious of the brain processing data, I am consciously thinking.

When I am not conscious of my brain processing data, I am sub-consciously thinking.

Physical experience is assessed & analysed by the brain sub-consciously.

Whether I am conscious of this mental process or not, I am thinking.

Thought is a principle of the super-conscious mind.

When I am aware of a thought in my super-conscious mind, I can unconditionally accept it or I can think about it.

Thinking about a thought is the process of assessing & analysing its value & benefit.

I analyse its physical benefit by comparison with the data that I hold about my previous physical experiences.

I assess its emotional benefit based on the mental beliefs that I hold about whatever is occurring.

Thinking is the process of accessing programmed beliefs to assess the emotional value of the experience.

It is also the process of analysing present data, relative to past data, to determine future action.

Thinking is the evaluation of feelings based on sensory input.

How I perceive, or think, reality to be is based on the input from my five physical senses.

How I intuitively know, I feel & I see reality to be beneficial for me is a super- conscious thought.

When I intuitively accept a thought & instinctively take action, thinking is no longer necessary.

Suspending the ability of my brain to process thinking allows pure thought to enter my conscious mind.

# What Feeling Is!

Feeling is the experience of emotion.

Emotion is the wavelength of life energy that is flowing through the Self.

The wavelength of emotional flow determines personal feelings.

Feeling is personal to each Individual because thought is personal to each Individual.

Thought and feeling are the frequency & the wavelength of conscious-awareness.

Thought is the frequency of a consciously flowing mental energy vibration.

Feeling is the wavelength of the awareness of the emotional energy in that vibrational flow.

I feel, vibrations of emotional flow, intuitively.

The physical sense of touch is not a feeling.

The feeling is the emotional experience of physically touching something.

Through physically touching something, I can evoke a whole range of different emotions or I can feel no emotion at all.

Touch is a physical sense that can be intensely emotional or potentially unemotional, in the same way as the other physical senses of sight, hearing, smell & touch.

Feeling is an intuitive sense that I may, or may not, be aware of.

When I am unaware of my intuitive feelings, I believe that I am physically touched by emotion.

I can physically touch an object and intuitively sense the intensity of its vibration.

The intensity of an energy vibration can be experienced in many ways e.g. hard or soft, hot or cold, rough or smooth etc.

By suppressing my emotional feelings, I can choose the intensity of my physical touch instead of the potential of my spiritual feelings.

The awareness of my spiritual feelings is an intuitive sense, not a physical sense.

Feeling is the awareness of my personal spiritual energy.

It is how the Soul communicates with its Self.

There is no better emotional feeling than the Self being in direct alignment with the Soul.

# What Heat Is!

Heat is a measure of resistance to energetic flow.

The more intense the resistance to flow, the more heat that is experienced.

Paradoxically, what causes resistance to flow is motion.

The singularity of pure energy has no matter & no motion.

Flow has energy & motion.

Pure flow has no matter, it is the flow of energy through a vacuum.

Space has matter & Time has motion.

Reality is the energy of matter in motion.

Relative matter in relative motion causes heat.

Temperature is the measure of relative heat.

Relative heat is the vibration, or motion, of matter relative to the vibration of other matter.

The vibration of material energy is relative to the intensity of its polarity of frequency & its wavelength of gender.

The Universal Law of Attraction states that like vibrations of energy unto theirself are drawn.

Therefore, when unlike vibrations of energetic matter are drawn together, there is a relative resistance that manifests as either entropy, inertia or friction.

The resistance, of unlike energies of matter in motion, causes a transfer of heat called friction.

Matter is inherently a relative resistance to energetic flow.

When matter comes into contact with matter, the relative difference in energetic motion is expressed as a contrast in temperature.

The heat of a substance is its temperature differential or its energetic vibrational contrast.



As unlike vibrations of energetic matter are drawn together, the relative resistance to energetic flow causes the effect of solids melting or igniting, liquids freezing or vaporising and gases causing a cyclone or an anti-cyclone, as an effect called weather.

Heat is the relative energy of matter in motion or transition.

From a higher perspective, heat is the intensity of the energetic vortices within a material torus.

# What Sound Is!

Sound is the effect of matter resisting matter.

Where there is no matter, e.g. a vacuum, there is no sound.

Where there is no resistance, there is no sound.

All matter is energy with its own uniquely energetic vibration.

Sound is a physical vibration not an energy vibration.

When different energetic vibrations of matter resist each other, they cause a different, physical, vibration called sound.

The paradox of sound is that without a physical vibration receiver, the sound doesn't make a sound.

My ear is a physical vibration receiver, which I call my hearing organ.

In normal use, it is a sensitive detector of changes in the rate of the physical vibration of air molecules.

It is less sensitive to the rate of vibration of liquid molecules, when I am submerged in water.

The denser the medium that surrounds my ears, the less sensitive my sense of hearing becomes.

For sound to be an effect, it requires a cause.

The cause of sound is the motion of matter relative to other matter or the interaction of matter in resistance to other matter.

Without motion, there is stillness & no sound.

Stillness is the absence of sound and calm is the absence of the motion that causes sound.

Sound is the medium through which the physical sense of hearing becomes activated.

Without sound, there is no physical sense of hearing.

Without the physical ability to hear, there is no apparent sound; just the presence of matter energetically vibrating in its own unique way.

It is not necessary for matter to interact with other matter and make a sound for me to intuitively sense that it is energetically there.

I physically hear (sense) the physical vibration of matter, I intuitively sense (hear) the energetic vibration of matter.

# What Fire Is!

Fire is the effect of matter no longer being able to hold its heat.

Matter releases its heat when it is no longer able to resist energetic flow.

This point of least resistance is called the flash point of matter.

The flash point determines the release of a matter's resistance to flow.

Fire is the specific heat of matter being released.

When the specific heat of matter is released, matter loses its stability.

Stability is the ability of matter to be still & silent.

Matter is still & silent when its energy torus is effortlessly flowing.

As matter holds more heat, the energetic flow through its torus dilutes.

At the flash point, the energy torus can no longer hold its form & can no longer function.

Fire is the destruction of the energy torus that defines matter.

Matter remains stable & inert as long as its energy flows freely.

The greater the restriction to energetic flow, the more unstable matter becomes.

Matter is the ability of energy to maintain a toroidal structure, within the aether of energetic flow.

When matter is forced to release its stable toroidal structure, it causes the eventuality of fire.

Fire is toroidal dark matter returning to the flow of light energy called the aether.

The intensity of the transformation can be discerned by the colour frequency of the flame.

The intensity of fire glows as heat, in every colour of the rainbow.

# What The Four States Of Matter Are!

The Four States of Physical Matter are: Solid, Liquid, Gas & Plasma.

The Ancient Greeks referred to them as Earth, Water, Wind & Fire.

These are not the elements that are the basic building blocks of physicality, but the elementary states of those elements of physical matter.

The physical state of matter is relative to the amount of potential energy it holds.

Potential energy is the energy available to be given off as latent heat.

The amount of latent heat that an element holds is inversely proportional to the amount of heat energy that it gives off.

The paradox of the energy of latent heat is that the more an element has available, the less it gives off & the less it has available, the more it gives off.



Matter gives off heat as radiation, conduction or convection.

The more energy of heat that an element gives off, the hotter it appears; irrespective of how much latent heat it holds.

The colder an element appears, the greater the potential of the latent heat within its torus and the denser the structure of its physicality.

The larger the magnitude of the energy torus, the greater the space it encompasses, the colder it feels, the denser it is & the more potential energy of latent heat it holds.

As an element cools, its torus expands and as the torus contracts, the element heats up.

In physicality this is apparent when plasma becomes gaseous, when gas becomes liquified and when liquid freezes & becomes solid.

This is the physical process of material solidification, when the pure energetic flow of the aether becomes manifest as physical reality.

Energy is never destroyed, its torus just changes form relative to the frequency & wavelength of its electro-magnetic vibration within the vortex of the etheric flow.

# Who Being Familiar Is Being!

Being Familiar is who I am being when I am relating to my family.

My family are the people who are familiar to me.

They are my relations, who relate to me in a familiar way.

My relations relate to each other relative to the traditions of the family.

Traditions are familiar ways that families relate to each other.

Traditional ways are familiar to all families.

Being familiar is an attribute that I attain.

My family teach me the familiarity of not being unfamiliar with being too familiar with strangers.

Strangers may have unfamiliar ways that are not traditional with the family.

Treating non-family members as familiar can be seen by the family as being too familiar.

I regard my children & grandchildren as my family.

Being familiar is who I am being when I stop being a parent to them.

Parent & grandparent are roles that I play as the family's dependent provider & protector.

Being familiar with the role of protector & provider is the role of a parent & grandparent.

Being a granddad, I am no longer being familiar with the role of protector & provider.

The role of Family Elder allows me to be familiar, in relationship to my family, in an inter-dependent way.

The role of Family Coach allows me to be familiar in an inter-developmental way.

My choice is to be neither dependent nor independent in relationship to the members of my family, with who I am being familiar.

# Why Adjectives Are Important!

Adjectives are important because they are describing words.

Words that describe my emotional state of being are important because they allow me to access my power of personal attraction.

When I can describe a definite state of being, I can choose it & be empowered by it.

When I can choose my emotional state of being adjectively, I can attribute it to my Self.

When I can adjectively attribute a state of being to my Self, I attain its emotional power.

Adjectives are important because they are the key to attaining personal emotional power.

With enough emotional power, I am being inspired to do what I love to do and I have what is most beneficial for me.

Adjectives are important because they define my state of Being.

Verbs define my actions of Doing & nouns define what I Have.

It is important to put adjectives before verbs & nouns.

Being-Doing-Having is the Spiritual Way that allows life to attractively flow.

When I follow a strategy of have-do-be, I get lost in physical reality.

Only when I have enough money, can I do what I want to do and be happy.

In spiritual reality, my state of Being is empowered when I am Doing what I truly love to do & I am Having an ideal experience of my ideal life.

# When Will Power Is A Weakness!

Will Power is both a strength & a weakness.

The power of the will has the authority of choice.

Unfortunately, when I need will power, it has the choice of my unauthorised emotional power.

I need will power when my path appears to be blocked.

My path is only ever blocked by my own perspective of life.

When my perspective is not authorised, my path is not straight & true.

When the perspective of my ego Self is aligned with my Soul's authority, my path is empowered and will power is not necessary.

When my path is authorised, it is empowered and I am inspired to follow it.

When my path is not authorised, I am disempowered & uninspired; and I will need will power to continue.

Will power is the strength that I need to overcome victimhood.

When life happens to me, I am a victim of life and I will need to use my will power to solve my problems & meet my challenges.

When life happens by me, will power is a strength when I succeed; but a weakness when I fail the challenge.

When life happens through me, my inner strength flows through me and will power is unnecessary.

When life flows through me, opportunities flow through me and my pure emotional power flows through me.

Will power is a weakness when it blocks my inner flow of emotional power.

Will power never flows, it has to be forced.

Forcing my will is never a strength.



# What Providence Is!

Providence is the Universal Provider of Provisions.

What is universally provided is the opportunity for spiritual growth.

Opportunities for spiritual growth are the choice of the Individual Soul Entity.

The entity of my Soul provides opportunities for my Self to experience expansive growth.

Expansive growth is experiential.

The Soul provides the opportunities & the Self provides the experience.

Providence is the experience of the Self on the Path of the Soul.

On the Path of my Soul, everything is provided providentially.

The Soul is ever present, all knowing & all powerful.

It always has the power, insight & presence to provide everything for its Self on its journey of expansive growth.

Providence is delivered in alignment with the Law of Attraction.

The Law of Attraction draws like energy unto itself.

For the Self to receive its Soul Provision, it is required to be in vibrational alignment.

Vibrational alignment means choosing the authorised choices of the Soul.

Choosing with the Soul's authority is always an empowered choice.

The ability to align with Providence is an ability that requires both the power & the authority of the Provider.

By itself, the ego cannot connect to its provision.

It is the Soul's alignment with its Self that provides the provision.

**Providence is provisional on the Self being in alignment with the Soul.**

# What Contrast Is!

Contrast is the effect of interference patterns of light.

A resistance to the flow of pure Light causes a range of contrast from light to dark.

Contrast is the amount of light, relative to the amount of dark, that is being personally experienced.

Relative dual reality allows the experience of a contrast between light & darkness.

The contrast between light & dark is its shade.

Shade is a range of contrast between light & dark.

A range of contrasting experiences is the effect of a range of contrasting perspectives.

A contrasting perspective is caused by a difference of opinion.

A difference of opinion is caused by contrasting beliefs.

Thought is a flow of Light Energy that is being filtered through a personal belief system.

It is the interference of a particular belief that causes a contrast in personal perspective.

Thinking dark thoughts is the thinking of a shady person.

Fears & limiting beliefs cause a shadow over our personal perspective of life.

Contrast is a perspective of polarity.

The polarity of my thinking causes a contrast in my perspective.

The extremes of contrast cause an opposing perspective.

The more that I disagree with another's belief, the more contrast there is in our differing opinions and the greater the opposition of our conviction.

A fear is an extremely limiting belief that is in contrast to the Light of a Pure Mind.

# Who The Shadow Self Is!

The Shadow Self is who I am being when I am lost & confused in relative dual reality life.

When born into physical reality, I become a shadow of my true Self.

My ego sees a sense of Self that is a projection of whom I believe myself to be.

The physical reality that I am experiencing is a projection of my belief system.

I believe myself to be a physical entity in a physical world, which, from a physical perspective, I am.

My physical reality is a project that is a projection of my perspective of life.

From the higher perspective of my Soul, my physical Self is a shadow of my True Self.

My True Self is Pure Light.

It is my ego Self that is the shadow.

When my ego Self lives in the shade, it gets lost, confused & very frustrated by its lack of power.

When I am driven by the will power of my shadow self, I am under the influence of my sub-conscious programming.

It is my super-conscious Soul that is my Light.

My shadow is a projection of my True Self that I see when I have my back to the Light of my Soul.

With my back to the Light, I am disconnected from my Soul's clear direction and I will get lost & confused in my frustration.

My shadow disappears when I reconnect to the Light of my Soul with the presence of clarity of my true direction.

# What Metaphysics Is!

Metaphysics is the metascience of how the physical world exists.

The existence of the physical world has a cause & an effect.

Physics is the science that studies the physical effects of physical actions with physical senses.

Metaphysics uses intuitive sciences to study the energy that causes physical reality.

Being scient is the intuitive sense of knowing without knowledge.

Physics is the study of the energy & motion of physical matter.

Metaphysics is the intuitive understanding of how the motion of energy causes the matter of physical reality.



We live in a relative world of dual reality that allows energy waves or particles of matter to have a cause & an effect.

From a higher perspective, energy & matter are the same thing and everything just is.

Physical reality allows the experience of matter apparently separate from energy and with or without motion.

I can see energy as the relative effect of motion on particles of matter, from a physical perspective or I can intuitively see energy as the cause of matter relative to its vibrational wave-like motion.

Modern Science requires that the intuitive insights of its Physicists be proven by their physical senses to exist as a true physical reality.

Metaphysicists have the freedom to explore, discover & experience their actual reality intuitively, once they realise that metaphysically, reality is virtually of their own making.

The paradox of the Modern Physicist is that they are all apparent Metaphysicists exploring beyond the boundaries of physical science from within the boundaries of a scientific discipline that has no boundaries.

# What Parapsychology Is!

Parapsychology is seen as a branch of Metaphysics.

Metaphysics looks at the energy of the Universe.

Parapsychology looks specifically at the energy of the Soul.

Ironically, in Ancient Greek Philosophy, the Psyche is the Soul.

To Ancient Greek Philosophers, Psychology was the study of the Soul.

To modern day Psychologists, it is the study of the Mind and to Neurologists, it is the study of the brain.

Today, Science is studying how the brain makes the mind work in total isolation from the Soul.

This is based on a widely held belief that how the brain makes the mind work causes the effect of our actions.

Parapsychology is currently seen as the search for proof of the existence of paranormal mind energies.

The energy of the Mind is Thought!

The power of Thought is Emotion!

Thought is the transmission of a frequency of mind energy on a wavelength of emotion.

Mental thinking has authority, I am authorised to think, but it is not necessarily empowered.

Emotional feeling has power, but it is not necessarily authorised.

Intuitive thought has both mental authority & emotional power.

Rational thinking has authority without power, because it is without emotion.

Parapsychology is counter intuitive when it sees itself as a branch of Physics.

Pushing the boundaries of physical reality without the awareness of emotion is counter-intuitive.

When Psychology regains its spirituality with an emotional awareness of its Soul, Parapsychology will no longer be a valid science.

The Super-conscious Mind Energy of Thought is Inspired & Empowered with Unconscious Competence when connected with the Soul.

# Where The Astral Plane Is!

The Astral Plane is where my Mind is!

My Mind is at the level of Light.

The level of Light is the astral plane.

The astral plane is where my Higher Consciousness is.

The physical plane is where my level of  
conscious-awareness is.

My memory is my level of sub-consciousness.

The astral plane is where my super-conscious imagination  
is.

My imagination is how I travel on the astral plane.

I soar through the astral plane on the wings of my  
imagination.

The astral plane is where my inspired thoughts originate &  
where my original thoughts are inspired.

My super-conscious mind is the astral plane of my Soul.

The astral plane is where I connect with the super-conscious Mind of my Soul.

A blueish-purple light illuminates the gateway to the astral plane of my Soul.

The astral plane is where the quality of my Light shines brightly.

The attributes that I attain in physical life determine the quality of my astral Light, which emanates as my astral body.

My astral body is my energy aura.

The light of my energy aura is my astral body.

The astral plane is the medium through which I access the Akashic Records of my many Lives.

The astral plane is where my Mind is united, balanced, still, calm and authorised with divine Light.

# Where The Etheric Plane Is!

The Etheric Plane is where my Emotional Heart is.

The core of my Beingness is at the heart of the etheric plane.

The etheric plane is the source of my emotional power.

The source of my emotional power is the core essence of my Beingness.

I access my emotional power on the level of the etheric plane.

The level of the etheric plane determines the level of my emotional power.

The power of the etheric plane is capable of evoking a vast range of emotional experiences.

The ether, aether or etheric is the creative power of the Universe.

All material energy forms emerge from the etheric plane as a reality in the physical plane.



The power of the etheric plane is creative, in conjunction with the authority of the astral plane.

The authority of my Mind empowers my emotional Heart.

My emotional awareness empowers my physical consciousness.

My astral thoughts authorise my etheric emotions.

My spacial wavelength on the etheric plane compliments my frequency of time on the astral plane, which together create the vibration of my physical reality.

The emotional attributes that I attain in physical life determine the quality of my existence on the etheric plane.

The etheric plane is the degree to which my emotional aura vibrates.

The degree of attitude of my perspective on the astral plane determines the awareness of my perception on the etheric plane and the quality of my experience on the physical plane.

The etheric plane is wherever I perceive that it feels good to be.

# What A Ghost Is!

A Ghost is an apparition.

An apparition is the apparent appearance of a physical Being that no longer lives on the physical plane.

A ghost is the non-physical appearance of an apparition.

The non-physical apparition of a physical being is the emanation of their energy or spirit.

A spiritual energy apparition is called a Spirit or a Ghost.

A ghost is a personal spiritual emanation appearing in physical form.

A ghost is only a ghost when it appears to be a ghost i.e. it appears as an apparition.

An apparition can be an apparent ghost.

An apparent ghost is a projection of someone's imagination.

Imagination is a paranormal energy.

A ghost can be someone else's paranormal energy manifesting in physical reality, or my own.

I cannot be spiritually possessed by another entity, although I can be spiritually obsessed with another spiritual entity.

My obsession with another's spiritual entity can empower that entity to manifest as a real ghost.

I attract into my reality that which is the focus of my attention.

When I believe that dead people remain on the physical plane in spirit, then I allow them to exist as a ghost in & of, my reality.

When I believe that people have no reason to remain on the Earth Plane, after death, then they have no reason to do so.

The ghost or spirit of another entity can only visit the realm of the physical when personally invited, consciously or sub-consciously, to do so.

A ghost is the apparition of a spiritual entity, not necessarily the entity itself.

My personal interest is my own spiritual entity, not other people's.

# What The Holy Ghost Is!

The Holy Ghost is not an apparition, it is a powerful emotional feeling.

The Holy Ghost is the Holy Spirit.

The Holy Spirit is the Whole or Pure Spirit.

Pure Spirit is the emotional power of the Soul.

The emotional power of the Soul is a pure wavelength of an energy vibration.

A pure wavelength of emotion is undivided by male or female gender.

It is the choice of the ego Self that divides the emotional energy of the Soul by gender.

God is neither male nor female energy, and both.

The omnipotent power of the Holy Spirit is pure emotion.

The Holy Ghost is the emotional power of my Soul Entity.

It is my connection to my Soul that brings the Holy Ghost into my physical reality.

The Holy Ghost is perceived to be experienced by certain believers during Christian Worship.

It is the group energy vibration of connected worshippers that is on occasion able to connect with the emotional energy of their Soul Group.

Because like energy unto itself is drawn, it requires the majority of the worshipping group to maintain their Soul connection together for the holy ghost to visit their church.

Any lack of faith or negative polarity of thinking disallows the apparent feeling of the emotional experience that is the Holy Ghost.

To a spiritually attuned Individual, a personal visit of the Holy Ghost is a regular occurrence.

# What Absolute Certainty Is!

Absolute Certainty is the absolute Truth.

The absolute Truth is how reality occurs with certainty.

Reality is certainly real.

Time & space are relatively uncertain aspects of reality, although the reality of reality is certain.

The paradox is: How can absolute certainty exist in an uncertain world.

In this relative world of dual reality, both certainty & uncertainty exist as a potential reality.

The duality of certainty & uncertainty is caused by Choice.

It is choice that causes uncertainty, therefore it is choice that can also create absolute certainty.

Absolute certainty is a choice.

My ego sense of Self sees the uncertainty of a dual reality world.



The absolute reality of the Soul is beyond the duality of space-time.

My Soul sees the absolute certainty of whatever is its choice.

My ego experiences the absolute certainty of choosing the Soul's choice, or it experiences the relative uncertainty of making its own choice.

I intuitively see my Soul's choice for my Self.

My intuitive sense of seeing what is absolutely certain, allows it to become my reality.

Whatever I intuitively see as a certainty, absolutely is.

Whatever I intuitively know will become a certain reality, absolutely will.

Whatever I intuitively feel is certain to happen, absolutely will.

Intuitive knowing is the authority of absolute certainty.

Intuitive feeling is the power of absolute certainty.

Intuitive seeing is the ability to be absolutely certain.

Absolute Certainty is the Soul's promise to its Self.

When I am being absolutely certain, I am allowing the Soul to deliver what is promised.

# What Personal Development Is!

Personal Development is a strategy for developing as a better person for the purpose of experiencing a better life.

The Law of Attraction ensures that the better person I am, the better is my experience of life.

The Golden Rule is: The better I behave towards other people, the better other people behave towards me.

What is good, better or best for me is a matter of my own opinion.

Personal development is a process of changing my opinion, of my convictions that no longer serve me, for beliefs that do.

As behaviour always follows belief, developing a strong core belief system is the best strategy for myself.

My core belief system is how I sub-consciously manage my behaviour & my actions.

My sub-conscious belief system is the source of what determines my character.

Personal development is the development of a real character that I personally choose to actually play in life.

Personal development is also the development of a personality based on my real personal experience of life.

In my formative years of life, my personality forms relative to what I personally need in life emotionally.

My need for emotional power in my life determines how my personality sub-consciously develops.

Personal development is the process of learning a strategy for consciously getting my emotional needs met in the simplest, quickest & most effortless way possible.

Personal development is how I learn the ability to manage the character of my authority & the power of my personality, so that my relationship with life is as I choose it to be.

# What Self Development Is!

Self Development is a strategy for developing the Self.

My sense of Self is called my ego.

I develop my ego through a greater awareness of my sense of Self.

Self development is a strategy for bringing my ego sense of Self into alignment with the True Self that is my Soul.

Alignment with my True Self requires intuitive awareness.

Without an intuitive awareness of my Soul, I am without the vision that my Inner Tutor has chosen for my Self.

Self development is following the path of my Soul's chosen vision for my life.

It is a mission to fulfil with purpose & meaning the reason for my life.

Self development is the true selfishness of aligning my Self with what really has true value for my Self in life.

Whereas personal development is the development of myself by myself, self development is the development of my Self through my alignment with my Soul.

The strategy of Personal development is a shift in perspective from being the victim of life happening to me, to becoming responsible for life happening by me.

The strategy for Self development is a shift in perspective from life happening by me, to being allowing, being approving & being accepting of a divine life happening through me.

In Self development, the Soul is the Source of my personal improvement plan.

When I allow life to flow through me, I automatically connect with my Soul's power & authority to live an expansive life.

**Self development is the process of overcoming the ego's sense of personality & character in order to discover the Identity of the true Self.**

**Self development is the discovery of who I really am rather than whom I think that I should be.**

**Self development allows me, when I approve & accept it, to enjoy the happiness & well-being of the ideal life that my Soul has chosen for its Self.**

**It is only through the development of the Self that the Soul can experience Spiritual Growth.**

# What Spiritual Growth Is!

Spiritual Growth is the growth of the Soul.

The growth of the Soul is in its creative ability.

Creative ability allows the Soul the ability to expansively grow.

As the Soul expands its creative ability, it expansively grows.

The Soul has infinite possibilities for expansive growth.

Infinite possibility is just a potential until it is realised.

For creative ability to be creative, it is required to be realised through its creation.

Spiritual growth is the realisation of creative ability.

The more creative ability that is realised, the more creative ability grows.

It is through the expansion of creative ability that the Soul realises its growth.



The Soul realises its creative ability to expansively grow, through the experience of its Self.

Creative ability is realised through the creation of a creation.

The ability to recreate its Self, in every new moment of space-time-reality, is how the Soul spiritually grows.

It is not the physical creation that spiritually grows.

The physical creation is just the vehicle through which spiritual growth is enabled.

The expansive growth of the Soul is in the essence of the Beingness.

The essence of the Beingness is the purity of the energy vibration.

The Soul is the pure essence of creative Beingness when the physical Self that is its creation, aligns with the creative ability of its Creator.

# Who My Identity Is!

My Identity is who I am in absolute reality.

Who I absolutely am, is my spiritual identity.

My spiritual identity is whoever I choose it to Be.

I am a physically Energetic Being with a mental Id & an emotional Entity.

I am a spiritual Being having a mental & emotional experience in physical form.

My Spiritual Beingness is a conscious mental energy called a Mind with an awareness of emotional energy at its Heart.

My conscious sense of Self is my ego, which is driven by a sub-conscious mind that is my Id and guided by a super-conscious Soul that is my Entity.

The alignment of my Id & Entity is my true Identity.

When born into physical form, my id & my entity soon become separated.

As my Id chooses a different path to my Entity, I develop a personality & a character relative to the mental beliefs & the emotional needs of my Ego.

My personality & my character is who my ego Self defaults to become.

My true Identity is what I have come into life to mentally learn & emotionally experience.

Life is the context through which I learn to become who I really choose to Be.

It is only by following my spiritual path that I learn who my true Identity really is.

Only the few who have chosen, discover their true Identity through Life.

# What Freedom Is!

Freedom is the ability to be at choice.

With the ability to be at choice, I have the freedom to create my own reality.

Freedom of choice allows a choice of reality.

It is the belief that there is only one reality that restricts freedom & choice.

The most common choice is not freedom but security.

Being secure & being free are a duality of choice.

I am free to choose security or I am free to choose freedom, but when I choose security, I lose my freedom.

In a relative dual reality world, I cannot be secure and be free.

I secure my freedom when I overcome the need to be safe & secure.

Safety & security is the comfort zone that inhibits my expansive growth.

Freedom is the ability of expansive growth without a contract that needs security.

In a world of absolute choice, my freedom is absolutely secure.

The ability to be at choice in a physical world, requires both mental authority & emotional power.

When I choose with divine authority, I access my divine power that enables my divine choice and I enjoy the freedom of my own divinity.

The only person that can restrict my freedom is my Self.

When I devolve my authority to others, I lose my power and the freedom of personal choice.

When life happens to me, I believe that others deprive me of my freedom.

When life happens by me, I fight for the freedom that I believe is denied me.

When life happens through me, I remove the standards that form the boundaries that limit the extent of my freedom.

When life happens as me, the ability to be at absolute choice is my freedom.

# What Refuse Is!

Refuse is that which is unwanted.

That which is unwanted is refused.

That which is refused is refuse.

Refuse is unwanted waste.

Whatever is unwanted is not needed.

Whatever is not needed is wasted.

Whatever goes to waste is refuse.

Refuse is whatever I refuse to accept.

When I refuse to accept whatever is provided, it is wasted.

The Lord giveth & the Lord taketh away.

The Universe provides & the Universe collects.

The Law of Attraction always balances the books.

Whatever I want is an asset and whatever I refuse is a liability.

I am liable to collect assets & dispose of liabilities myself.

My Soul makes no judgment between liabilities & assets, it just makes provision.

An expansive universe disposes of what is not appreciated.

Ingratitude is my statement of not wanting.

Not wanting is a statement of refusal.

My ingratitude is both the cause & the effect of my disapproval, my refusal & my non-acceptance.

Whatever I do not resonate in harmony with, I do not have the power to maintain in my reality and it is collected by a universal disposal system.

It may be dumped, wasted by decay or appear to be lost or stolen.

The universe makes no distinction between what is wasted & what is wanted, only between what is held in gratitude & appreciation and what is not.



Whatever I believe that I do not want or need and is not held in gratitude or appreciation, is surplus to requirements and refuse.

# What Community Spirit Is!

Community is the activity of a Communal Gathering.

A Communal Gathering is a group of people, who live in the same area, who meet & act together for mutual benefit.

Community Spirit is the combined energy of communal activity.

It is the energy required to power the activity of the community.

When the activity of the community is directed towards survival, community spirit is driven by physical & emotional need.

The emotional need to survive drives community spirit.

In this way, community spirit is evident in times of crisis, such as famine, war or natural disaster.

In contrast, a thriving community is empowered with community spirit when it has a common vision & common values.

Community spirit has the ability of authorised power.

Authority is aligned with choice.

When the choice of the Individuals within a community is aligned, community spirit is enabled.

When the choices of the Individuals are out of alignment, community spirit is not enabled.

Community spirit is the beneficial energy that flows through a community when Individuals come together with a common vision & purpose for the benefit of the community.

Community spirit is an exponential benefit of community power & ability being greater than the sum of the Individuals.

# What Team Spirit Is!

Team Spirit is the combined energy of a team of people.

A team is a group of individual people who co-ordinate their actions in a balanced & harmonious way.

Individual actions co-ordinate in balance when team spirit is in harmony.

Team spirit is the quality of the harmony of team energy.

Mental harmony is attained when the team has a common vision.

Emotional harmony is attained when the team energy flows in a concurrent direction with purpose.

Physical harmony is attained when the skills & accomplishments of the team members compliment each other in pursuit of a common mission or objective.

Team spirit is the physical, mental & emotional energy that flows unrestricted through a team.

The spiritual energy that flows through a team is the product of each individual team member's energy vibration.

When each Individual has faith in their own contribution to the team, their spirit flows within the team in a beneficial way.

When an Individual is limited by their own fears or beliefs, their energy flows through the team in a detrimental way.

Team spirit is the product of the self-esteem of each individual team member.

Self-esteem is the product of the mental confidence & emotional worth that each Individual has for their Self.

Team spirit is the quality of the combined confidence, worth & esteem that each individual team member emotes or expresses.

Where the team is an Orchestra, the leader is the Conductor and the music is the emotional expression of the quality of the team's spiritual vibration.

# What The X Factor Is!

The X Factor is the Essence of the Soul.

Essence is a factor of the Soul.

X denotes an unknown factor.

In the modern western world, the Soul is an unknown factor.

My Soul is my Spiritual Entity.

When defining my Spiritual Entity; power, authority & ability are all a factor.

Body, Mind & Emotion are also a factor.

The X factor is the experience of feeling emotional power.

The Y factor is the recognition of knowing rational, mental authority.

The Z factor is the achievement of seeing conscious, physical ability.

Who I am Being determines the quality of my emotional power & the quantity of my X Factor.

Divine states of being emanate a powerful aura.

The X Factor is an expression of the divinity or purity of the energy vibration of my Aura.

The ability to conduct or channel the authorised power of my Soul, is my X Factor.

The X Factor is not my physical presence but my energetic presence when I am physically present.

My X Factor is present when I represent the presence of my Soul in each present moment.

Musicians & Singers who express their Soul Connection have the X Factor, which is their powerful spiritual presence through their emotional expression, rather than the quality of their music.



The X Factor is relative to the emotional wavelengths of energy on which the frequency of words & thoughts are transmitted.

Thoughts & words have a Y Factor, it is the emotional power that conveys the X Factor.

When the X, Y & Z factors are in harmony, we experience the WOW Factor!

# What Pain Is!

Pain is the emotional effect of a mental cause.

Mental beliefs are the negative cause of emotional pain in physicality.

All physical reality is an emotional experience of a mental focus.

My mental focus projects my mental beliefs into physical reality.

Physical experience is an energy vibration with a mental frequency & an emotional wavelength.

My mental frequency of thinking is divided by the polarity of my choice of perspective.

Choice allows a polarity of mental thinking that is either positive or negative.

Negative polarities of mental thinking are transmitted on a negative wavelength of emotional feeling, because they are blocking or restricting pure emotional flow.

Emotional feeling is always perceived relative to a mental perspective of choice.

Pain is the negative emotional feeling of negative mental thinking.

In this way, pain is the Soul's indirect way of telling its Self that it is going in the opposite direction to flow.

The Soul's direction is for life to flow as a pure mental thought transmitted on a pure wavelength of emotion.

A pure wavelength of emotion is pain free.

As I purify my beliefs, I purify my thinking and my life becomes pain less.

Less emotional pain is the direct effect of relatively less mental dread, fear, anxiety & concern.

Overcoming personal fears is the pathway to a pain free life.

# What Language Is!

Language is how the Soul communicates with its Self.

My Soul communicates with my Self through the medium of intuitive thought.

Intuitive thought is received in the chosen language of the Self.

The Self chooses to think in the language that is native to the culture or race into which it is born.

The ability to think is innate.

The ability to read & write has to be either learned or remembered.

When I have lived multiple lives in the same culture, I remember the language and I quickly learn to talk, and read & write without difficulty.

When I am born into a new culture, for the first time, it takes much longer to learn to talk and even longer to read & write in that language.

Similarly, Old Souls that have lived lives in many different cultures have mastered many different languages, with accomplished linguistic skills.

Language is an original creation of the Soul that has been evolved by many Selves.

Thought is a collection of energy vibrations that we identify as words that are put into phrases & sentences.

The syntax of a language, the dialect of the speech & the semantics of the words are unique to the interpretation of each individual Self, relative to their life experience.

In the same way that a computer is programmed in the language of its operating system, so is the sub-conscious mind of my Self.

The operating system that is my Soul, chooses my language of choice when it chooses my parents or guardians.

# Who The Questioner Is!

I am the one who asks the questions.

I am the questioner, my Self.

The question is: Which Self is the Questioner?

My conscious Self hears a question in my mind.

When my conscious mind hears a question, who is asking the question?

My conscious sense of Self, my ego, is on a quest to find the answers through life; but who is asking the questions?

I am not conscious of where the questions come from, they just appear in my conscious mind.

My questions come from an unconscious source.

They originate in my sub-conscious mind.

The Questioner is my sub-conscious id.

At birth, my sub-conscious mind is born, with no answers and lots of questions.

As my sub-conscious mind is responsible for managing my physical body & my emotional needs, it needs lots of answers, so it has many questions to ask.

My programmed memory of stored beliefs holds the answers to the questions that have already been answered.

My sub-conscious mind needs daily answers to enable my choices to motivate or empower my authority.

The quality of my answers is determined by whether they are empowered or whether I need motivation.

Other people's answers may motivate me but they are not always wise & empowered.

The best answers come from my super-conscious source of empowered authority that is my omniscient & wise Self, my Soul.

My Soul always answers my questions, even before I ask.

The question is: To whom am I listening!

# What A Concept Is!

A Concept is an idea that is conceived.

That which is conceived is given birth to.

That which is given birth to, is given life.

When I conceive a concept, I bring it to life.

When I bring a concept to life, it becomes real.

Reality is a concept that allows the continuous experience of multiple concepts.

New concepts are conceived in life's continuously expansive reality.

It is the ability to conceive new concepts that allows reality to continuously expand.

My Soul conceived the concept of a Self.

The idea of a Self separate from the Soul, is conceived by the Soul to be experienced by the Self.



The Soul first conceived the Self as an idea, a thought & a concept.

The concept of a physical life, with a separate Self, allows the experience of relative dual reality.

The Soul expands relative to the experience of the Self.

Relative dual reality allows the experience of contrast & choice.

A range of contrast & choice puts colour, sound, taste, smell & touch into the realm of physical existence.

This allows the Soul to experience life through the physical senses of its Self.

Life is a concept of the Soul that is experienced by the Self.

Through the physical senses of the Self, the Soul intuitively senses the experience of life.

By giving life to its Self, the Soul conceived a way, and an infinite possibility of ways, to see, feel & know its Self.

To a separated Self, the Soul is just a concept.

To a connected Soul, the concept of life is absolutely enlightening.

# Who A Guru Is!

A Guru is a Human Being of Light or a Human, being Light.

Being Light has no darkness & no heaviness.

A Guru has overcome the density of their shadow self, to emanate the light of their wisdom.

A Guru is a wise Spiritual Master.

A Spiritual Master is one who has mastered their own spiritual energy.

A Guru is one who remembers who they absolutely are.

Guru translates as dispeller of darkness or ignorance.

When I dispel the darkness of my own ignorance, I uncover my own personal truth.

To those who need to learn, a Guru is a Teacher.

To those who need guidance, a Guru is a Coach or Mentor.

To those who need support, a Guru is a Counsellor or Adviser.

To those who need someone to follow, a Guru is a Religious Leader.

A Guru is one who knows their own divine path in life.

They know they have a vision & a purpose for their life.

A Guru is one that knows the absolute truth of who they are.

In overcoming their darkness, there is no duality to their Light.

A Guru is one who has the gravitas of wisdom, without the burden of common knowledge.

A Guru is one who brings clarity & direction to life and by doing so, allows others to see their own chaos & confusion.

A Guru is one who dispels the darkness in others, just by being the Essence of their Light.

A Guru is an Old Soul who remembers their mission in Life.

# What It Means To Like My Self!

To like my Self, I am required to know my Self!

To know my Self is why I am here.

I like my Self when it feels good.

It feels good when I am being like my True Self.

My true Self is a choice of quality attributes that I attain.

Who I am & why I am here are two fundamental questions, whose answers give me the means to like my Self.

I dislike not knowing who I am & why I am here.

When I see only the relative duality of physical life, there are many things that I like and as many things that I dislike in my Self.

I like my Self when I am true to my Self.

I like my true Self, but I dislike my false ego sense of Self.

The purpose of this dual reality existence is to offer the experience of a choice of perspective.

It is my choice of perspective that enables me to like or dislike my Self.

Duality allows a Self that I like and a Self that I dislike.

It allows a Divine Self that is my Soul Entity & an egotistical Self that is my Id.

When my id is separate from my entity, I lose my true identity.

In absolute reality, I am like my Soul Id-Entity.

In relative duality, my id often defaults my ego to an experience of life that is less ideal & divine.

I like that which I am like & I dislike that which I am unlike.

To like my Self means that I am required to challenge & change the personal attributes & attainments that are unlike the qualities of my Soul.

In doing so, I explore, discover & experience the true nature of who I really am.

The means to like my Self become evident when I learn the true nature of my purpose, my reason for being here, by defining who I am with true meaning.



# What It Means To Love Thy Neighbour!

What it means to love my neighbour depends on the meaning of Love.

When Love is in meaning, in balance, it is the true Love of Agape.

It is not the love of two sexually attractive partners, which is Eros.

Neither is it the love of friends which is Philos.

What it means to love my neighbour, depends on my definition of neighbour.

From my highest perspective, all living things are my neighbours.

The Consciousness of the Planet Earth is the sum of all living things.

My neighbours are all the living things that share my environment.

Everything that directly affects my life on Earth is my neighbour.

Love thy neighbour as thy Self is the Golden Rule.

It translates as: Be unto others as I choose others to be unto me.

It exists in different forms in every major religion in the world.

To love my neighbour is to honour the Golden Rule.

By the Law of Attraction: As I do unto others, so is it done unto my Self because like energy unto itself is drawn.

Who I am being in relationship to another, they will be unto me.

When I hate another, another will hate me.

When I need another, another will need me.

When I persecute another, another will persecute me.

When I share the power of my love with all other people,  
all others will share their love with me.

That is the power of Love & the authority of the Law of  
Attraction in action.

# What My Freedom Is Not!

My Freedom is not secure and my freedom is not insecure, it is free.

My freedom is innate, I do not need to secure it.

Freedom is the absence of both security & insecurity.

Insecurity causes procrastination & prevarication, which prevent my freedom of choice.

Security is my guard against attack, accident, loss or anything bad happening to me.

The boundaries of my comfort zone define the limits of my security, not my freedom.

Discomfort & insecurity occur outside the boundaries of the security of my comfort zone.

The comfort of my security zone inhibits my freedom.

My security zone is my personal prison cell within which I am comfortably confined by my own convictions.

No matter how well I gild my cage, it still restricts my freedom.

Freedom of speech is relative to my perspective.

It may be free or it may come at a cost.

Positive speech has no charge but negative speech always comes at a price, so it is not free.

Libel can be expensive and criticism, condemnation & complaints can come at a high emotional cost relative to the polarity of their mental charge.

It is my innate freedom that allows my choice of perspective, which determines my speech, which conveys my thoughts or my thinking, which causes my security or my insecurity.

I can choose the freedom of my destiny or I can choose the relative security or insecurity of my fate.

**My freedom is not ensured by the assurance of my security  
or the insurance of my insecurity.**

**My freedom is not restricted, it flows freely from its Source.**

# What Common Sense Is!

Common Sense is sense that is common to all.

There are five physical senses that are common to all Human Beings.

What I sense with my physical senses is common to all physical Beings.

There is a common sense agreement that we all see, hear, taste, smell & experience touch in the same way.

When I use my physical common senses, I experience the world in the same way as other people.

There are also three intuitive senses that are common to all Human Beings, which are not commonly seen, known or felt.

The common sense of intuition is not commonly used.

Intuition is a super-conscious spiritual sense that is seen, felt or known intuitively.

The spiritual senses of seeing, feeling & knowing are common to all, but unknown to most.

Spiritual common sense requires awareness.

When I am aware of my intuition, it is common sense to use it.

I use my spiritual common sense wisely, by being aware of it.

Instinct is the sub-conscious sense that is common to all living Beings.

I sub-consciously experience the world instinctively and I react accordingly.

I super-consciously experience the world intuitively, and I respond appropriately.

I consciously experience the effect of my world in whatever way I commonly sense it and I cause my experience in whatever way I deem sensible.



**It is just common sense.**

# What An Age Is!

An Age is a period in time.

A period in time can be a moment or consist of a finite number of moments.

Every moment, I get older in age.

Age is a measure of the length of a time-line.

A time-line is a linear measurement of a journey in space-time-reality.

A journey in space-time-reality is called a life.

The reality of continuous life-times is called an Age.

An Age is a period in history.

History is the record of past lives or time-lines from the perspective of a Historian.

An Age is a period of approximately 2000 years.

Our reality is currently moving from the Age of Pisces into the Age of Aquarius.

The apparent movement of the solar system through the twelve signs of the zodiac takes approximately 26,000 years.

As our solar system rotates on the Sun's axis, on its orbit of the galaxy, it is like the big hand of a clock displaying the minutes of an hour.

Every five minutes of Earth Time is a new Age on the Cosmic Zodiacal Clock.

The passage of the solar system through space allows time to age.

An Age is the measurement of travel in space over time.

Travelling in space takes an age.

Travelling in time is ageless.

The reality of every Age is continuous change.

Continuous change is how reality ages.

# What Misery Is!

Misery is both mental & emotional.

Mental misery is a scarcity mentality.

A scarcity mentality believes that everything is limited & scarce.

A Miser is one who hordes & saves, as they are afraid to spend.

Mental misery causes emotional misery.

Emotional misery is the effect of limited emotional power.

When emotionally connected to my power, I am empowered & happy.

When disconnected emotionally, I am relatively miserable.

It is the ability of a Miser to be miserable.

Scarcity mentality denies the abundance of happiness that I am authorised to enjoy.

Abundance mentality endorses the happiness of a fulfilled & empowered life.

Being content is the abundance of always having enough.

I am never content with the scarcity of too little or the extravagance of too much.

Both scarcity & gluttony lead to the experience of misery.

There is no pleasure in having more than enough or less than enough.

Misery is the painful experience of suffering low emotional energy that is caused by the fearful beliefs that limitations exist.

Misery is the fearful conviction of a limited mentality, in which scarcity is the cause of personal pain & suffering.

A miserable physical existence is the effect of emotional misery that is caused by the mental misery of a Miser.

# What Grief Is!

**Grief is the negative feeling of an unmet emotional need.**

**I grieve for the loss of what I need emotionally.**

**I grieve for whatever supplies an emotional need, when I believe that it is permanently lost.**

**My grief is the feeling of my own emotional loss.**

**Grief is a negative void of emotional energy that I believe can never be replenished.**

**When I lose a person who filled an emotional need of mine, I grieve for the loss of my own emotional energy.**

**Grief is the negative emotional feeling of an unmet challenge.**

**Every challenge in my life fails when I run out of emotional energy.**

**When I run out of emotional power, I fail the challenge and the challenge comes to grief.**

When I blame another for stealing or draining my emotional energy, I have a grievance with them.

Grief is caused by a sub-conscious belief that I need other people to meet my need for emotional energy.

Grief subsides with time because it takes time to find someone else to meet the emotional need that was believed to be lost.

Sympathy is not a remedy for grief.

Sharing someone else's grief does not meet their emotional need, it just prolongs the grief.

Grief is dissolved instantly when the emotional need is met.

Challenges are met instantly when I am sufficiently empowered.

There is no need for grief when there is no emotional need.

# What Intellect Is!

Intellect is a capacity of the sub-conscious mind.

The intellectual capacity of the sub-conscious mind is its ability to reason.

My ability to reason is relative to my ability to define my personal reality with purpose.

Intellect is the sub-conscious ability to make sense of reality.

We usually become conscious of our intellectual ability, or lack of it, when life does not make sense.

When life makes sense, the sub-conscious mind is intellectually at peace with itself.

All of my senses flow unrestricted into my sub-conscious mind.

The role of the sub-conscious mind is to make sense of the meaning by giving meaning to the senses.

Intellect is the sub-conscious ability to make sense of the meaning with a defined definition of a definite reality.



Intellect is the ability to define the meaning of reality with reasoning.

A reasoned definite meaning becomes a personal belief.

I believe a belief to be true when it has a reasonably definite meaning in my life.

The role of the intellect is to find the meaning in life with defined reasoning.

A person who reasonably defines the meaning of what is real in their life is called an Intellectual.

The capacity of my intellect determines how intellectual I am.

Where Intelligence is a measure of the quantity & the quality of accumulated knowledge: Intellect is the ability to use intelligence purposefully & meaningfully in a reasonably & rationally defined way.

# What Intelligence Is!

Intelligence is knowledge, information or data.

The ability to access our store of knowledge, information or data is believed to be intelligent.

This is really our ability to randomly access memory.

However, the ability to access memory without the intellect to use it well is not seen as being intelligent.

We appear to live in an educated world where intelligence without intellect is not very intelligent.

Intelligence is useless without the ability to use it wisely.

Intelligence is widely taught and measured in schools, without wisdom.

Intelligence without wisdom is a flawed intellect.

Intelligence with wisdom has three levels of attainment.

Contrary to popular belief, intelligence is not mental, it is physical, emotional or spiritual.

Physical Intelligence is conscious knowledge of the physical world.

We all gain physical intelligence of the world through our five physical senses.

Emotional Intelligence is informed awareness of the energetic world.

We all gain emotional intelligence through the experience of our emotional feelings.

Spiritual Intelligence is conscious-awareness of the absolute reality of everything.

We all intuitively see our connection to our spiritual Source with our intuitive feelings & our intuitive sense of knowing.

Being Intelligent requires the effortless ability to randomly access our store of physical knowledge, emotional information & spiritual data instantly.

# What A Crisis Is!

A Crisis is a point in space-time-reality when chaos is about to become a disaster.

A disaster occurs when chaos is totally out of control.

A world that is out of control is most people's common reality.

Most people live in a dramatic reality of controlled chaos.

When I lose control of the chaos, life is a disaster.

Life is chaotic when I am trying to manage my problems.

The more I focus on solving my problems, the more problems that I attract.

The more I focus on managing a crisis, the more critical the chaos becomes.

A crisis is an enforced turning point in life.

I am forced to take a different direction when faced with a disaster.

A crisis is a matter of perspective.

What I see as an imminent disaster is just one too many apparently unsolvable problems.

When I overcome a critical problem, I avert a crisis & avoid a disaster.

The one critical problem in life is seeing life as a problem, by being critical of life.

When I give up criticising, condemning, complaining & all other negative judgments, there is no problem in life; just the challenge of seeing only opportunities.

Life is never a problem when I have the emotional power to meet every challenge.

I am challenged by life to expansively grow as a spiritual Being.

Expansive spiritual growth is always an opportunity in life.

A crisis is the opportunity of a new direction that is offered by a turning point in life.

There is every opportunity to change a false perspective of a chaotic reality into a clear perspective of an ideal reality.

A crisis is averted when I stop having problems and learn my lessons that meet my challenges and open the door to the opportunities of an effortless life.

My every signpost in life directs my Self on a choice of path that leads to either effortless opportunities or leads to eventual disaster.

The polarity of my personal thinking always determines the direction of my path through life.

The path through life is very acute.

Too many problems & life becomes chronic.

Too many crises and life becomes critical.

# Why The Financial System Is In Crisis!

The Financial System is in crisis because it operates on debt, not on credit.

Instead of managing people's credit, it is managing people's debt.

Instead of managing a Nation's assets, it is managing a Nation's liabilities.

Trying to solve financial problems eventually leads to financial crisis.

The financial system is in crisis because of the belief that money makes us wealthy and the belief that money gives us power.

Because of these beliefs, the majority of the world is poor and powerless to change a system that supports an elite minority of rich & powerful people.

Money is a currency of exchange that allows the purchase of other people's services.

A financial opportunity is when money is spent wisely to the benefit of both the purchaser & the seller.

A financial crisis occurs when the financial system is used to manipulate & control the mass population of the people.

Saving money is based on a belief in scarcity, which is more beneficial for Banks than it is for its Investors.

When the Banks run out of money, a financial crisis is imminent.

The financial system is in crisis because of inflation.

Too much inflation leads to crisis and too little inflation leads to crisis, which is a lose-lose situation.

Nobody in the financial system can ever agree how much inflation is enough.

In a healthy financial system, when the cost of other people's services never rises, the cost of my services remains the same, as costs are never inflated.



**In a healthy financial system, no inflation is enough inflation.**

**In a healthy financial system, the role of the Banks is to manage people's credit, not people's debt.**

**The challenge of a financial system is to give the financial opportunity for all people to have enough.**

**When governments print money to allow the financial well being of its people rather than to service the financial debt of its people, there will never ever be a crisis of either money or confidence.**

**Lending money at interest promotes debt & the financial growth of the lender.**

**Lending money without interest promotes the financial growth of the borrower.**

**When the financial economy is based on lending, financial crisis in business is inevitable.**

**When all business is based on interest free borrowing,  
financial growth is inevitable.**

# Why The Health Service Is In Crisis!

The Health Service is in crisis because it is an illness service, not a wellness service.

The health service is designed to treat the sick, not serve the healthy.

The health service is in crisis because it cannot cure illness as it can only treat the symptoms of illness, not the cause.

The health service is in crisis because people are generally being compensated for being victims of life, as well as being victims of a health service.

The health service is in crisis because the government is taking responsibility for its people's health, instead of the people being responsible for their own well-being.

The health service is in crisis because it is being financially driven by the pharmaceutical companies to provide their healthy profits.

The health service is in crisis because the people believe that they need a health service to make them better.

The health service is in crisis because the more we focus on ill health, the worse our health becomes.

In a healthy Health Service, people are guided & supported to connect to their own innate well-being.

Illness & wellness are a duality that allow a choice on the pathway to the well-being of good health.

A Health Service that promotes well-being aligns people on their pathway to being well, not being ill & getting better.

A health service that promotes the prescription of pills & potions for profit is just a legalised drug dealer.

A health service that suppresses acute illness until it becomes chronic is a critical path to eventual death.

The health service is in crisis because it has no critical path to being Well.

# Why The Education System Is In Crisis!

The Education System is in crisis because it teaches intelligence without wisdom, knowledge without reason & definition without meaning.

The education system is in crisis because instead of being a system that educates people, it is a system that educates people into a system of education.

It is a system that is flush with knowledge but devoid of wisdom.

The education system is in crisis because it teaches intelligence, which is knowledge, without intellect, which is reasoning.

In an education system that sees the Teacher as an Intellectual and the Student as the recipient of the teacher's intelligence, there will always be a crisis of confidence.

Students can have no confidence in the intelligence of the Teacher without the intellectual capacity of reasoning.

Without meaning, reason & purpose, intelligence makes no sense.

Unless the student has a reason to understand the purpose & meaning of their education, it has no value to them.

The education system is in crisis because it offers little value to the majority of children, even though their parents have been educated to believe that it has great value for all children.

The education system is in crisis because it is designed purely to secure people a job in the workplace rather than defining the meaning & purpose to individual lives.

It serves the benefit of an intellectual controlling elite governing body of employers by determining whether a student is employable in the workplace or not.

The education system is in crisis because it is a rational system devoid of emotional intelligence & creative imagination.

Until our educators can imagine a creative system designed for the development of each individual student, the education system will remain in potential crisis.

# Why Democracy Is In Crisis!

Democracy is in Crisis because a ruling intellectual elite group of people have reasoned that the common people cannot reasonably govern themselves.

Democracy means government of the people by the people.

Democracy is in crisis because the majority of people do not choose to be governed the way they would choose to govern other people.

Democracy is in crisis because a freely elected government believes its role is to control people with a justice system enforced by the legislation of laws that enslave people to an elitist system.

Democracy is in crisis because the government is trying to control the people instead of managing the crises in the health, education & financial system.

Democracy is in crisis because a two party system will always be in opposition instead of agreement.



Democracy is in crisis because the government is decided by party politics, not the will of the people.

Democracy is in crisis because all political parties are financed by a ruling intellectual elite group of people.

Democracy is in crisis because the freely elected members of parliament are denied a free vote in parliament.

Democracy is in crisis because the House of Peers & Lords, who do have a free vote, are elected by a ruling intellectual elite group of people.

Democracy is in crisis because of Capitalism.

Capitalism is how a ruling intellectual elite group of people own & control the Banks & Corporate Businesses that manage all the essential services that are consumed by the common people.

Democracy is in crisis because in Government, there is no transparency, no accountability, no creative imagination & no wisdom.

Democracy is in crisis because there is no Global Vision that allows a Common Purpose for all the People of the World.

# Who A Buddha Is!

A Buddha is one who is enlightened.

An Enlightened Being is one who is connected to their Spiritual Light.

Spiritual Light is the wisdom of inspired revelation.

The wisdom of inspired revelation is intuitive thought from the higher Mind within.

My source of wisdom is my super-conscious higher Mind.

Buddha means Higher Mind.

The Higher Mind is the pure Light of Enlightenment.

Inspirational Thought is the Light Energy of the Soul.

The perspective of my Soul is the focus of my Higher Mind.

Soul connection is achieved through an intuitive alignment called enlightenment.

A Buddha is one who is in intuitive alignment with their Soul.

I intuitively see the spiritual Light on my Path, when I intuitively know in my mind & intuitively feel in my emotions.

Being enlightened is feeling, knowing & seeing my chosen spiritual path in life.

A Buddha is one who reveals to their Self, their own vision, mission & purpose for this lifetime.

What I intuitively know to be right because it intuitively feels good for my Self, is my next step on my spiritual journey of corporeal life.

A Buddha is one who was once lost but is now found, was once confused but now has clarity and is now without the frustration & drama that was preventing their Presence in Life.

A Buddha Presence is the emanation of an Enlightened State of Being.

# What My Emotional Competence Is!

**My Emotional Competence is a measure of the competence of my emotions.**

**The competence of an emotion is its power to be positively beneficial.**

**Negative emotions have no power and are an expression of incompetence.**

**Positive emotions are positively beneficial when they are being powerfully creative.**

**My emotional competence is my creative power.**

**The power to consciously create & experience beneficial emotions is my competence.**

**The more competence that I have, the more beneficial is my emotional experience of life.**

**My emotional competence allows my Self the ability to consciously choose an emotional state of being with the awareness of its power.**

When my state of being is emotionally competent, I can meet any challenge in life without failure.

My emotional competence is a measure of my ability to allow my emotional power to flow without entropy or resistance.

My only incompetence is my failure to connect to my emotional power.

With enough emotional competence, I see everything in life as a creative opportunity.

When I competently see every opportunity in life, I competently take every opportunity in life.

My emotional competence is my power to connect to my emotional power.

The paradox of emotional competence is that I need emotional power to connect to my emotional power.

**My emotional competence is a measure of my ability to flow effortlessly with life.**

**That's powerful!**

# What My Mental Capacity Is!

My Mental Capacity is the authority of my thought.

My thought is authorised by its Author.

When my ego self is the author of my thinking, my mental capacity is limited to my personal knowledge & experience of life.

When my Soul is the Author of my Thoughts, I have unlimited access to my inspired, intuitive, creative imagination.

The mental capacity of my inspired, intuitive, imaginative creativity is infinitely capable.

As my thoughts are creating my reality, my mental capacity is a measure of my ability to create my reality consciously.

My mental capacity is positively creative when intuitively aligned with the imagination of my Soul.



Conversely, my mental capacity is negatively destructive when aligned with the fears & limiting beliefs of my ego's id.

My mental capacity is a measure of my connection to the creative capability of my Mind.

The capacity of my mind can be sub-consciously limited or super-consciously expansive.

My mental capacity is limited by the negative beliefs & fears that are stored as programmes in my sub-conscious id.

My mental capacity is expansively exercised through the intuitive imagination of my super-conscious Soul.

My mental capacity is a measure of my ability to connect to my higher mind & my intuitive thoughts.

When I am in two minds my mental capacity is in a dilemma.

The mental capacity of my lower mind is measured by my ability to recall stored intelligence and use it intelligently for intellectual reasoning.

The intellectual reasoning of my lower mind is limited only by the beliefs that I believe to be true.

Whereas my lower mind has the gift of reasoning, my higher mind has the presence of being all knowing.

# What Music Is!

Music is a series of physical sounds that convey emotional feelings.

A sound is a vibration of matter that I hear with my physical sense of hearing.

An emotion is an energy vibration that I experience with my intuitive sense of feeling.

A physical sound without any emotional feeling is just a noise.

A noise that affects me emotionally is not necessarily musical.

Music is a sound that is in harmony with my own emotional feelings.

Without the emotional feelings of the musician, I cannot be in emotional harmony with the music.

Unless I connect emotionally to music, it is just a composition of different sounds.

Music is the composition of varying sound frequencies from a musical instrument that are conveyed on the emotional wavelength of the musician.

What makes a musician musical is the tone, pitch or melody of the emotion with which their instrument is played with bass, treble or balance.

Vocal chords are the musical instrument of a singer.

Emotional feeling determines the musicality of the musician.

The musicality of the emotional feeling is relative to the empowered thoughts of the musician being received by the audience.

The audience are those who receive the music both audibly & emotionally.

Music is a language of the Soul.

It is neither the notes of a musical instrument nor the lyrics of a song that convey the language of the music.

The language of music is the different wavelengths of emotion that are transmitted through the musicality of sound.

Music is a composition of emotional thoughts conveyed through the medium of physical sound by a musician.

Without a musician, there is no music.

Without an audience, there is no appreciation of the music.

# What The Purpose Of Life Is!

The Purpose of Life is to experience choice.

The purpose of Human Life is to experience a choice of choices.

Human Beings can experience the choice that they have chosen on purpose, as their life purpose, or they can choose to have no purpose in life and search for their purpose, or choose not to.

The purpose of life is to allow choice to become a reality by realising it as a reality of choice.

My life is the experience of the reality of my choice.

Realising my choice is my real life experience.

The purpose of life is for whatever reason I give it meaning.

We are all here in life on purpose.

Life is not an accident.

Even when I believe that life is an accident with no apparent purpose, I still get to experience my choice of an accidental life with no purpose.

The purpose of life is to realise & to experience exactly whatever I choose to believe to be true.

I can search for the truth or I can live out my fantasy.

I can live a fantastic life, I can live a lie or I can make any reality my truth.

The experience of my choice is my purpose in life.

As choice is personal to each & every individual human being, the purpose of life is individually unique & exclusive to everyone.

Even when I choose a collective, common & inclusive life, this is still my unique, individual & exclusive choice.

The purpose of my life is my choice, as is the purpose of your life your choice.

Even when the highest choice for one's Self is to withhold one's purpose for life, on purpose.



# What My Physical Perspective Is!

**My Physical Perspective is how I see my life in the material world of form.**

**I can see my Self from a physical perspective of being a physical Being, having a physical reality, doing physical things.**

**This is the perspective of being physically earthed on the planet.**

**I can see my Self from a physical perspective as being a spiritual Being, having a physical experience of reality, doing spiritual things.**

**This is the perspective of being physically grounded on the planet Earth.**

**I can see my Self from a physical perspective as a being a spiritual Being, having a spiritual experience of reality, doing spiritual things.**

**With this perspective, I am anchored to the planet Earth in a physical way.**

How I see my life in physical form determines my physical perspective of life.

Whether I am earthed, grounded, anchored or away with the fairies I can perceive life as happening to me, by me, through me or as me.

When my perspective is that life is happening to me, then I am either the victim or the villain of my experience.

When my perspective is that physical life is happening by me, then I experience the effect of whatever I am causing to happen.

When my perspective is that life is happening through me, then I allow providence to provide every opportunity for my higher learning.

When my perspective is that life is happening as me, then I realise that I am the creator of my own creation.

The paradox of personal perspective is that my physical perspective is the objective effect of what I am creating as my physical experience of reality and my physical perspective is also the subjective cause of the physical reality that I am experiencing.

My physical perspective can be relative to my understanding of physical reality or it can be an absolute overview of my Self as a materialised reality.

Material reality is a matter of personal physical perspective.

# What The Answer Is!

The Answer is a reply to a leading question.

A question is the key to unlocking the next step on the spiritual journey that I am leading.

The answer opens any door that is blocking my next choice of direction.

When I have no questions, life is proceeding at choice, nothing is blocking my way and no answers are required.

When life is happening to me, I am guided by other people's answers and I pray that their answers will work for me.

When life happens by me, I need answers to solve my problems.

I pray for whatever I believe that I need and I worship whoever delivers it.

When life is happening through me, my answers are inspired revelations of intuitive super-conscious thought.

Every prayer is an inspired question that is answered in meditation by my Intuitive Self.

When life happens as me, there are no questions as I already have all the answers that I will ever need.

The answer is always the opening through which I take my next step on my journey through life.

Opening answers require open questions that start with why, when, where, who, what, which & how.

The answer to Y is X, so never ask why as life just is whatever you choose it to be.

The answer to when is now, the answer to where is here, the answer to who is my Self, the answer to what is whatever is inspired, the answer to which is the one which feels best & the answer to how is effortlessly.

These are the 7 keys to an effortlessly inspired life for my Self that I best follow in the here & now because it feels both good & right for me.

# Who The Inner Coach Is!

The Inner Coach is my inner guide & supporter.

It is also your inner guide & support.

Inner guidance & support is available to everyone who chooses to connect to their own Inner Coach.

My Inner Coach is my connection that connects my Self to my Soul.

I connect intuitively to the inner tutor that is my Inner Coach.

The Inner Coach is the spiritual Source of personal power & authority.

My emotional power is enabled by my alignment with the authority of my Soul's higher Mind.

It is my emotional power that supports me and it is my mental authority that guides me.

The Inner Coach is the Source of the power & authority that enables a guided & supported life path.

I connect with my Inner Coach through the empowered inspiration, gained through meditation.

Inspired thoughts are empowered by the inner coaching of my Soul.

With empowered inspiration, everything is an opportunity in life that flows effortlessly without restriction.

The Inner Coach is the Love & Light of my Life.

My life is enabled by the emotional Love & the mental Light of my Soul's inner coaching.

I align with the life path of my Soul when my intuitive knowing & my intuitive feeling allow me to intuitively see a clear vision for my life.

My intuitive Inner Coach guides & supports my Self to see where I am now, where I have chosen to be and how I am going to get there.

**My Inner Coach is the Architect that designed the blueprint for what I have chosen as my vision, mission & purpose for this lifetime.**

**And that, I believe, is who your Inner Coach Is!**