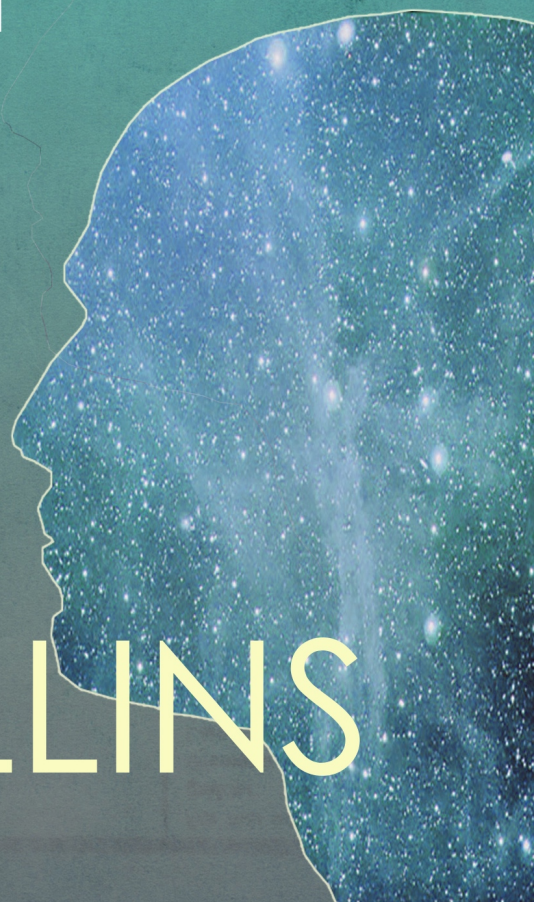


# Being Human

An Encyclopedia  
of Beingness

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# Who Am I?

I am a Human Being!

But, who is a Human Being being when being human?

How do I define who I am?

- By what I do and the role that I am playing?
- By what I have and the assets that I have obtained?
- Or, by who I am being and the state of my Beingness?

My answer is this:

I define who I am by the emotional state of being that I attribute to my Self.

I define who I am by the attributes that I have attained and I can consciously choose to be in any moment of time.

I define who I am by the quality of the life that I am presently experiencing.

I am the quality of life that I have attained and I attribute to my Self.

I am a living Being being Human.

# Why Am I Here?

I am here to experience human life.

I am here to experience life as a human being by being human.

I am here because this is where human beings live.

All human beings live on Earth.

I am required to live on Earth in order to experience my human beingness.

I am here because I have chosen to be here.

All human beings have choice.

Nobody is here that has not chosen to be here, although many have forgotten this.

I am not here by accident, I am here by design.

I am designed to be here right now.

All human beings intuitively know that they have a purpose for being human, although most have no idea what that purpose is.

My purpose is to experience Being Human.

# What Do I Have To Do?

There is nothing I have to do!

There is no need to do anything, unless I choose otherwise.

I am free to do whatever I choose!

Unless that is, I believe otherwise.

My beliefs create my reality.

Whatever I believe to be real becomes my experience of reality.

I create my reality by virtue of being here in this space at this time.

Living life is what I am doing, however I choose to do it.

The quality of my experience is relative to who I am being whilst I am doing whatever I am choosing to do.

What I do is not important!

Who I am being whilst I am doing it is my reason for being here.

## **Being Humane** is a quality human attribute.

Being less than humane is being sub-human.

Being humane is expressing a divine state of being.

Expressing a divine state of being is a divine experience.

Being divine is being in the image of my Soul.

We are all made in the image of our Soul.

Being in the image of my Soul is being humane.

Being humane is a Soul-like quality.

We all possess the potential to be humane.

Man is mostly a sub-human, being less than divine.

I can choose to be humane or I can choose to be less than humane and be sub-human.

It is in my expression of being less than I am that I realise who I really am.

It is in my sub-humanity that I realise my divinity.

Being Humane is a divine quality of humanity.

It is being Human with an 'e' for emotion.

# **Humanality** is the reality of being human.

The reality is that humanity is yet to realise its humanality.

It is yet to realise its human potential.

Humans create their own reality.

Humanality is a human creation.

Without creative humans, humanality cannot be realised.

The question is: Are human beings creating a humane reality?

Are human beings doing unto others as they would have others do unto them?

This is the Golden Rule of all humanity that is not yet the experience of our human reality.

Not all humanity is following the golden rule.

Humanality allows individual choice.

I can choose which rules to follow.

I can choose to be human or less than human, sub-human or in-human & inhumane.

Being inhumane is treating others as I would not choose to be treated myself.

The present humanality expresses our inhumanity.

It allows Man's inhumanity to Man.

# **Inhumanity** is not a humane choice.

Although, Man's Inhumanity to Man is a human choice.

It is a sub-human choice to be inhumane to other humans and other creatures.

Inhumanity breaks the Golden Rule.

Being humane follows the Golden Rule.

Believing that I am only human is an expression of my inhumanity to others.

Being human means I can choose humanity or inhumanity, being humane or being inhumane.

Being inhumane is being sub-human or inhuman.

Man has fallen into the belief of a duality between being physical and being spiritual.

Man is a spiritual being living a physical experience of life.

Humanity is the balance of a spiritual reality experienced in physicality.

Inhumanity is the experience of a physical reality that is out of balance spiritually.

# **Human Reality** is the realisation of being human.

It can be a real experience, an unreal experience or a surreal experience.

Whatever I realise to be my truth becomes my experience.

I experience as a human reality whatever I believe to be true.

Whatever I believe to be true, I create as my experience.

Whatever I experience to be real, I create as my truth.

My truth can be real, unreal or surreal.

My reality can be true, untrue or the absolute truth.

This is the reality of all Humans being endowed with their own individual and unique choice.

Whatever I choose individually, or we choose collectively becomes my truth or our truth.

I can choose to experience the same reality as other people or I can choose, create & experience my own version of human reality.



# **Being Really Human** is a personal choice.

“Am I really being human when I am being less than humane?”

“Is being inhuman a human quality?”

It is my experience that being inhuman is a human state of being that is not humane.

In general, we tend to see being inhumane as a human quality and we tend to see being inhuman as not a human quality.

Being inhuman is seen as being sub-human or belonging to a less evolved species of animal.

Being inhumane is seen as being a human being who chooses a less than beneficial state of being in relationship to other people or other creatures.

It appears that all human beings have a sense of what it means to be human but with a less than human understanding of what it actually is.

We all know intuitively what it means to be really human.

Unfortunately, we have mostly disconnected from our intuitive spiritual senses.

# **Being Less Than Human** is an option.

Choice allows me to be less than human.

I can choose to be a human being or I can choose to be a human doing.

Being a human doing is being less than human.

Human doings have forgotten who they are being.

They have substituted their 'beingness' for their 'doingness'.

They believe that they are being the role that they are playing.

Playing a role is doing not being.

I am not the role that I am playing.

Being a Coach is what I do, the role that I play, not who I am.

Even when I believe that my role as a Coach is serious and I carry it out professionally, I am still doing it and not being it.

Being human is a role that I play until I know what it really means.

Being human requires me to know who I am being whilst I am doing the role of a human being.

Doing my own version of humanity is not being human.

It is more often than not being less than human.

When I am being less than human, I'm not really being human but playing the role of my human personality and my human character in my human role.

I'm just playing at being human or playing the role of a human being.

# **Being Human** is a state of being.

In fact it is many states of being because being Human allows personal choice.

Personal choice allows multiple options.

I have a choice of who I choose to be as well as what I choose to do and the role that I choose to play.

Some options are human, some options are less than human – sub-human, and some options are super-human.

Super-human states of being are divine states of being.

Many human states of being are less than divine.

Some human states of being are inhumane.

What makes a state of being divine is its purity.

The purity of a state of being is determined by its wholeness or the absence of a gender or a polarity.

Impure states of being are divided by either gender or polarity or both.

Some impure states of being are sub-human and some are even inhumane.

What makes human beings human is the ability to consciously choose their emotional state of being.

This is Man's exclusive choice or Man's dominion over other animals.

# **Being Emotional** is being aware of my emotional state of being.

Emotional states of being are called attributes.

An attribute is an emotional state of being that I attribute to my Self.

I can attribute an emotional state of being to my Self because that is a human choice.

Human beings have evolved a process of thinking that is separate from the pure thought of their higher consciousness.

We have a consciousness that is separate and often divided from our Soul.

We lose touch with and are disconnected from our Soul shortly after birth.

It is their sub-consciousness that allows humans to be sub-human and inhumane.

This is a feat and a fate that is beyond the pure consciousness of the Soul.

To regain the purity of thought of my super-conscious Soul, I am required to re-align my sub-conscious thinking with my super-conscious intuitive awareness.

It is the purity of my thought that allows my Human Beingness to be expressed.

Human Beings have the ability to express emotional states of being that are less than divine.

We have the ability to express emotions that are gender specific or polar opposites, as well as experiencing our innate Divine states of being physically, mentally & emotionally Human.

# **Humanality is an Attainment** of my Self.

It is attaining the reality of being really human.

I attain humanality when I can in reality consciously choose my own ideal and divine states of being.

As my choice of divine states of being develops & grows, my divinity expands and the quality of my Beingness improves.

When I am choosing a less than divine state of being it is an expression of my inhumanity and my sub-human thinking.

Sub-human thinking is a process of my sub-conscious mind.

My sub-conscious perspective of life allows me to get underneath my understanding of what it is to be human.

I explore my humanity by being allowed to be less than human.

It is only by standing outside or underneath my humanity that I fully understand what it is to be Human.

I am learning how to be human through my experience of being less than human.

I can only fully appreciate the divinity, or lack of divinity, of my human reality by experiencing the quality, or the lack of quality, of my choice of sub-conscious attributes & attainments that comprise my personal humanality.



**Human Attainments** are the emotional attributes that I can consciously choose to be, at will.

Being human in a physical world is a conscious choice.

Being sub-human is a sub-conscious choice.

Being human is not a sub-conscious attainment.

It is a super-conscious choice.

It is my super-conscious entity that chooses my human reality.

My human reality is the realisation of my humanity through physical experience.

It is the physical experience of my spiritual reality.

The essence of my spirituality is pure Beingness.

The essence of my physicality is pure humanality.

In physical reality, I am pure humanality unless I sub-consciously choose to perceive a less than human, sub-human reality in my sub-conscious mind.

My choice of reality is what makes me human, or not.

The quality of my humanality is determined by my emotional attributes and my mental attainments.

**Human Qualities** determine the quality of the human experience.

Personal qualities are the quality of the attributes that are personally attained.

They are personal to each Individual, yet may be experienced collectively.

Divine Attributes have the highest quality of attainment.

Impure or irrational states of being have a low quality of life experience.

The quality of my experience of life is relative to the quality of the emotional attributes that I have attained during this and many other life-times.

My Soul is on an eternal journey to improve the quality of its human experience in the realisation of my Divinity.

It is through the experience of 'Being Human' that my Soul is exploring, discovering & experiencing who I really am.

The quality of all human experience is potentially divine.

That potential is just a potential until it is fully realised.

# **Human Potential** enables a divine experience.

Being human is my potential.

Divinity is the potential of all Human Beings.

It is the potential to live a divine life whilst being human.

Realising this potential requires us to individually define what it means to be uniquely divine.

We are all made in the image of God means that we all have this divine potential.

It is the potential to experience my own version of my own divinity.

There is one Universe and one version of Divinity that it is possible to experience in an individual, exclusive & unique way.

Human potential exists within all human beings.

Realising my potential means realising how potent I really am.

My potency is my power that always accompanies my authority.

I cannot attain divinity from a sub-human perspective of life.

I am require to experience being Human before I can choose a divine life in human form.

**Human Authority** allows all humans the authority of their own choice.

This is a super-conscious choice.

The authority to be human is the choice of my super-conscious Soul.

The authority to be sub-human is the option of my sub-conscious ego, called my id.

My id is my sub-conscious self that can be human, sub-human and sometimes inhuman.

My id & ego are the conscious & sub-conscious aspects of my consciousness that separate from my Soul at birth.

We always have a choice of following the path of the Soul or listening to the authority of other human beings who have no idea what our path is.

Disconnected from my super-conscious Soul at birth, I forget that I have the authority to be human and settle for a sub-human existence in a world of relative divided dual reality life, or death.

I follow the authority of my parents, teachers, ministers, governors, employers, colleagues & friends who determine the culture of my sub-conscious programming that causes my beliefs, my fears & my emotional needs.

Whatever I fail to choose for my Self is chosen for me by others.

# **Human Power** is an emotional potential.

Emotions are potentially powerful.

Muscles have strength, emotions have power.

The purer is the emotional state of being, the more potent is the power.

Divinity is omnipotent, all powerful.

Being all powerful is my human potential.

Human power is inseparable from human authority.

My Soul is omniscient, all knowing.

My Soul is Divine.

When I am aligned with the super-conscious omniscient authority of my Soul, I access my human potential of omnipotent power.

Super-conscious pure thoughts are transmitted on a wavelength of pure emotion.

Pure emotion is the feeling of my Soul – pure Love.

Pure Love is powerful and divine.

Impure emotion is divided by the gender of my personality and the polarity of my character caused by the impurity of my thinking.

My polarised thinking is the effect of my sub-conscious programming that is the experience of a powerless existence.



# **Human Ability** is my ability to be Human.

Being physically human requires both emotional power and mental authority.

I am authorised & empowered to be Human by my Soul.

When my sub-conscious Id determines my unauthorised path, I will require will power to achieve my task or goal.

Human Ability is limited by will power.

Will power is required to overcome the effect of the resistance caused by the negative polarity of my thinking.

A negative path disconnects my divine power because it is going in the wrong direction.

Human Ability has infinite potential as all possibilities exist and can be realised experientially.

Whatever we can individually imagine, we can potentially create or cause to occur as our unique experience in life.

Only with divine power & authority can my divine ability be realised as my human reality.

Without power & authority, my ability remains just a potential.

# **Being Human & Being Divine** has become a dual reality in modern day life.

We have become lost in a drama created by the duality of Man & God where God lives in Heaven and Man lives on Earth.

Heaven is a state of Being, not a place.

God is the essence of Beingness, not a person.

Being Human is divine when I become a Human Being being Divine having divine experiences.

My divinity has become lost within my religious beliefs that have become the living culture of my sub-conscious mind, handed down by my fore-fathers before me.

My Vision is to live in Heaven on Earth.

Living on Earth in human form is designed to be a heavenly experience.

I am already alive & well and living a heavenly existence on earth when I remember my ability to be connected to my divine power & authority.

I have a choice of being human, being divine or being a divine human being.

I overcome the duality of humanity & divinity by choosing a divine state of being as an expression of who I really am.

# **My Spiritual Nature** is my Beingness.

It is the nature of Human Beings to be spiritual.

All Human Beings are spiritual by nature.

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

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

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

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

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

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

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

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

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

## **Natural Selection is how life evolves.**

Life has evolved through a process of natural selection and natural de-selection.

Natural de-selection is called extinction.

Selection and de-selection are a duality. Dualities are normal in a relative dual reality existence.

Selection and de-selection are the consequence of the nature of the world on which physical life exists.

The opposite of Natural Selection is not Creationism. They are not opposing realities, theories or concepts.

Creationism or Creation is an act of Consciousness.

Consciousness creates through the Energy of Thought.

Thought is creative, yet it is not uncreative.

I cannot uncreate anything with my thoughts.

Thought can change what is, but it cannot uncreate what is already created.

As Thought changes, Reality changes and Life changes.

Actions can be destructive, but these are actions not thoughts.

Thought creates life and life evolves through thought.

Consciousness created the duality of Heaven & Earth – the physical and spiritual realms – to allow its Self to experience Life.

The Evolution of Life is the expansion and growth of Consciousness through a process of natural selection.

## **My Second Nature** is instinctive and intuitive.

Instinct & intuition are my 2nd nature, or are they?

My first nature is the personality and the character of the role that I am playing out in life. It is my ego sense of self.

My second nature is my True Nature, unless that is, I have been programmed to act with a different nature.

When my True Nature has been overwritten by fears and limiting beliefs, my 2nd nature becomes my mental programming, and my true nature becomes my Third nature.

I have 3 natural ways of being, which are potentially 3 different natures. In my world everything comes in threes.

My 1st nature is my Conscious Self that adopts the personality and the character of who I believe my Self to be.

My 2nd nature is my autonomic sub-conscious Self that is driven by my emotional needs and programmed with my limiting beliefs and my fears.

My first and second natures create the conflict and dilemmas of my heart and my head.

My 3rd nature is my instinctive and intuitive Super-Conscious Self that is my Soul and my Inner Coach, my True Self and my True Nature.

When I am being my True Self, instinct and intuition are Second Nature, but I have to overcome my fears and my limiting beliefs before I can realise & experience this.



**Human Nature** is the product of human personality and human character.

It is the nature of a Human Being to have a personality and a character.

The nature of my personality is determined by my emotional needs.

The nature of my character is determined by my beliefs and my truths.

Human Nature is the sum total of the personality and character of some 6 billion human beings.

Every Human Being has a unique, individual and personal nature.

Humans, unlike the beasts of the land, the birds of the air or the fish of the sea, do not have a natural behaviour; they have a chosen behaviour.

Apart from Humans, only certain apes and domesticated animals have so far developed the ability to express a limited personality and character.

The Nature of Human Beings is varied, diverse and complex.

The normal behaviour of Humans is determined by the beliefs of their nation, society, family, race, creed or religion.

There is nothing 'natural' about human behaviour, it is all learned and the consequence of our individual beliefs.

# **The Nature of Human Beings** has evolved through 'thought' and 'experience'.

What I think becomes my reality and my reality becomes my experience.

My beliefs about reality determine my needs.

My physical and emotional needs determine my behaviour.

My behaviour becomes an expression of my 'nature'.

Thought and choice are a human ability that is natural.

It is the nature of Human Beings to think, to reason and to choose.

All Creatures act instinctively.

Humans have the ability to choose to act instinctively, intuitively, responsively or reflectively.

We no longer rely on 'Natural Selection'; we have developed the ability of 'Human Selection'.

It is the Nature of Human Beings to be 'Selective'.

**Human Selection** is the ability of all Human Beings to have choice.

All Beings in human form on this planet Earth have unconditional choice. The only conditions on choice are self-imposed.

This is a world of relative dual reality existence that specifically allows choice.

All Beings and Entities choose to incarnate here as a matter of choice.

Life is not an accident.

No-one visits Earth for a physical existence unless it is of their own choice.

Life on earth is designed for the Soul Purpose of having unconditional choice.

Life has evolved on Earth through the choices that Sentient Beings have made on Earth.

The Evolution of Man has reached the point where the continuance of Human Life on Earth is Man's choice.

The Quality of Life on Earth is the consequence of Human Selection.

Each individual and unique Human Being has the choice to select the quality of their life that they choose to live and to experience.

We have that choice individually and we make that choice individually, whether we are aware of that choice or not.

# **Human Instinct** can be over-ridden by choice.

Animal behaviour remains instinctive.

Humans have a choice between acting instinctively and responding reflectively.

We are taught from an early age to reflect on our options before making an intelligently informed choice.

An informed choice that is classed as intelligent requires learned information.

The greater our learning and the more information we have, the greater our ability to reflect and to respond intelligently to any situation.

The more rational we become in analysing our situation and making informed choices, the less instinctive our actions become.

We have reached a point in human evolution where instinctive behaviour only occurs in moments of extreme danger to life.

In a rational world of educated planning, 'instinct' has almost become 'extinct'.

We have lost our powers of Intuition that allow our lives to flow instinctively.

We have lost the Source of our Connection to our "Intuitive-Instinct" - our Soul.

**Natural Attributes** are our inherent nature.

It is the nature of Man to be happy.

It is the nature of Man to be well.

It is the nature of Man to grow.

Growth is the state of being expansive.

Expansive Growth is the nature of the universe.

It is also the nature of my Soul.

The purpose of my Self is the expansive growth of my Soul.

It is the vision of my Soul that I am happy & well in my expansive growth.

When my Self is developing, my Soul is expanding and I am well happy.

Unwellness & unhappiness hinder self-growth.

The path of natural development is to grow out of my unwellness & my unhappiness.

It is not my Soul's intention to be unhappy or unwell other than to define my True Nature.



# **Natural Attainments** are not normal.

They are super-normal.

The attainment of Happiness requires the attributes of being physically content, being mentally fulfilled & being emotionally joyful.

The attainment of Well-being requires the attributes of being physically healthy, being mentally wise & being emotionally wealthy.

The attainment of Expansive-growth requires the attributes of being physically gentle, being mentally good & being emotionally graceful.

These are all natural attributes for super-conscious beings.

Most people are experiencing, exploring & discovering the dual reality existence of lesser human beings.

It is more normal to be unhappy, be unsatisfied, be unfulfilled & be sad but this is not our true nature.

It is more normal to be unwell, be unhealthy, be unwise & be poor but this is not our true nature.

It is more normal to be contractive, be steadfast, be judgmental & be powerless but this is not our true nature.

Natural attainments are required to be personally & individually attained, naturally!

# **Well-Being** is a Natural Attainment.

Well-Being is a triune reality of attaining:

- Physical Health
- Mental Wisdom
- Emotional Wealth

Well-Being is my true nature.

I will never find Well-Being by following medical advice.

No one else can make me better, only my Self.

Becoming Well is a process of becoming 'Better' called Personal growth.

Becoming Physically Healthy requires the personal development of my sense of Seeing the bigger picture of who I am and why I am here.

Becoming Mentally Wise requires the personal development of my sense of Hearing my messages and knowing the choices to make about the direction of my Life Path.

Becoming Emotionally Wealthy requires the personal development of my sense of Feeling that connects me to the Inspiration that empowers me on my Journey.

When I am connected to my sense of Feeling who I really am; Knowing the reason I am here; and Seeing the bigger picture of what I have come here to do, I am attaining my own individual, unique and exclusive Sense of Well-Being.

# **Being Healthy** overcomes the duality of illness & wellness.

Wellness & well-being is not the same thing.

Wellness is the apparent absence of illness not the attainment of well-being.

Being Healthy requires overcoming the victimhood of illness, unwellness, sickness & ailments.

It is the awareness that the detoxification of the body on a physical, mental & emotional level is a healthy natural process.

Nature is never unhealthy; it is our false judgment of the processes of nature that is unhealthy.

It requires a recognition that our toxic beliefs cause dis-ease & disease not the nature of fungi, bacteria & viruses.

Good or bad pathogens are a personal judgment of whether I approve or disapprove of the detox programme that they are performing.

Being healthy is my natural state of being that is relative to my wealth of emotion and the wisdom of my higher perspective.

There are no accidents and there are no victims in a truly healthy lifestyle.

## **Being Wealthy** overcomes the duality of being rich or being poor.

I am wealthy with emotional energy not material assets.

My material assets make me rich or poor not wealthy.

Wealth is the magnitude of my emotional power not the size of my bank account.

At source, we are all naturally & abundantly wealthy.

My wealth is a measure of how well I am connected to my true source of emotional power within.

The richer I am, the more money that I have, the more dependent I am on other people meeting my need for power and the more disconnected I am from my natural source of wealth.

Wealth comes from within and is accessed through my connection to who I really am.

I can be the richest Man in Babylon yet the poorest Man in Heaven.

Being Wealthy is a heavenly state of being that costs nothing and is naturally free to all people.

**Being Wise** is my natural connection to my higher consciousness.

Denying the existence of a higher consciousness is not wise.

A Wise Person knows their vision, mission & purpose for their life.

Wisdom is accessed through their intuitive knowing.

Wisdom is natural, innate & intuitive.

Learned knowledge has no innate wisdom.

Intelligence has knowledge of what to do.

Wisdom knows when to apply that knowledge well.

My wisdom is my authorised thought expressed as my personal choice.

Authorised thoughts are emotionally empowered, they always feel good.

Inspired revelations reveal wise actions.

Wise actions are the result of wise choices that are inspired & empowered.

Beliefs can be limiting & contracting.

It is the nature of wisdom to be expansive & developmental.

A Wise Man knows the true source of their wisdom.

# **Happiness** is a Natural Attainment.

Happiness is a triune reality of attaining:

- Physical Contentment
- Mental Fulfilment
- Emotional Joy

Happiness is my true nature.

I will never find Happiness outside of my Self. It is not something that another can give me or make me become.

Being Physically Content is my mission in Life. It is being without problems or tolerations.

Being Mentally Fulfilled is my vision in Life. Fulfilling my vision is why I am here.

Being Emotionally Joyful is my purpose in Life. It is my true Identity – who I am.

I attain Spiritual Happiness by:

- Being Content; Fulfilled; & Joyful.
- Living my Vision; my Mission; & my Purpose.
- Balancing my Energy: Physically; Mentally; & Emotionally.

## **Being Content** requires that I see that I have enough.

I cannot be content having too much or too little, which is more than enough or less than enough.

Having too much is as unsatisfactory as having too little.

Rich people are rarely content with what they have because what they have is never enough.

When I want for nothing, I have enough.

When there is nothing that I need, I have enough of everything that I need in abundance.

The universe is abundant, there is no scarcity.

Scarcity is just a subjective view of not having enough.

Gluttony is the personal experience of having too much.

Abundance is the feeling of being content with everything that I have.

To be content, I am required to overcome the dual reality dramas of my apparent gluttony that is caused by my scarcity mentality.

I cannot be happy with what I have until I know that I will always have enough.

**Being Fulfilled** is having the authority to live my vision with a purpose.

When I am following my true path, I am filled full of faith in my own mental authority to choose.

I am authorised to make choices that fulfil me.

I am fulfilled when I overcome the duality of success & failure.

In absolute reality, I cannot fail to be filled with the fullness of life.

Seeing my opportunities to experience life to the full is the gateway to my fulfilment.

It requires:

- The achievement of my aims & goals.
- The attainment of my emotional states of being.
- The accomplishment of my skills & qualities.

The quality of my state of being whilst achieving my goals and accomplishing my skills is the measure of the successful fulfilment of my mission in life.

I cannot fulfil a life that has no purpose.



## **Being Joyful** overcomes the duality of my pleasure or displeasure.

Pleasure is an emotional need that has value when it is met.

Meeting an emotional need pleases me because that pleasure has a value.

Joy is a true value.

It is a true value because it is my connection to my true source of emotional power.

Pleasure is man-made.

Joy is natural.

It is the emotional power of doing what I truly love and I truly value.

Pleasure & displeasure are a duality of unhappiness.

True Happiness is a triune reality of Joy, Fulfilment & Contentment.

Fun & pleasure are poor substitutes for true happiness.

# **Expansive Growth** is a Natural Attainment.

It is the triune reality of:

- Awakening to a Gentle Life
- Being Alert to a Good Light
- Being Aware of a Graceful Love

Expansive Growth is my true nature.

Nobody outside of my Self can give me the ability, the authority, or the power to expansively grow spiritually.

My emotional power is equal to the Wealth of my emotional Joy.

This is the magnitude of my power to realise the emotional states of being that are my Spiritual Attributes.

It is my Grace & my Awareness of Love.

My mental authority is equal to the Wisdom of my being mentally fulfilled.

This is the force of my authority to manifest the mental capacity of my Spiritual Attainments.

It is my Goodness & my Alertness to my Light.

My physical ability is equal to my Health and my ability to be physically content.

This is my potential ability to create, in this physical world, my True Spiritual Values.

It is my Gentleness & my Awakeness to my Life.

My ability to Personally, Spiritually, Expansively, Grow & Develop is equal to my Power to be Happy and my Authority to become Well.

# **Being Gentle** overcomes the duality of being strong or being weak.

Gentleness requires the power of grace and the authority to be good.

My strength comes from the inspired choices that allow my gentleness.

Being gentle is a potential not a force.

I cannot force my gentleness.

I allow my gentle nature to flow.

When I use force as my strength, it is called will power.

A strong will, will disallow my gentleness.

With the gentle nature of my goodness & grace, no will power is needed.

There is no problem and no obstacle to overcome.

Will power is my only obstacle to attaining a gentle nature.

There is no weakness in being gentle.

**Being Good** is the realisation that nothing is inherently bad.

Bad is just a judgment of my perspective caused by my belief that not everything is good.

When I am being Good, I am only attracting good experiences and good opportunities to experience.

Good opportunities are opportunities to be Good.

Every opportunity in life is a good opportunity.

There is no such thing as a bad opportunity.

When I am challenged with a problem, I have missed the opportunity and I have missed the opportunity to be Good and to experience good things for me.

It is the perspective of my false beliefs that creates an illusion of evil.

The final battle of good & evil, my personal Armageddon, will occur when I have challenged all my negative beliefs and replaced them with good ones.

I cannot be Good with beliefs that are bad for me and attract evil & negativity.

## **Being Graceful** is flowing effortlessly with purpose.

Flowing effortlessly on purpose requires emotional power.

Grace is a measure of my emotional power.

Saying Grace is a prayer of gratitude & appreciation that keeps me in the flow.

It allows the providence of my allowance to flow to me with grace.

I accept my provision with good grace.

My provision is provided with grace, for my approval.

With emotional power, I flow gracefully through each opportunity in life.

With grace there is no resistance.

There is no opposition, no negativity, no problem, no fear, no pain.

Grace is the magnitude of my emotional power.

Being graceful is my connection to my power.

**A Divine Attribute** is a state of being that is divine and approves an ideal life.

Divine States of Being have a pure wavelength of emotion that is undivided by male or female gender.

Ordinarily an emotion has either a masculine or a feminine gender, unless it is a divine state of being.

God, the state of being divine, has no gender.

A divine state of being is a wavelength of emotion on which a pure thought is transmitted.

A pure frequency of thought is undivided by either a positive or a negative polarity.

It is the polarity of a thought and the gender of an emotion that allows a human or sub-human choice.

It is the duality of gender & polarity that allows so many options or possibilities in life.

My options can be conscious or sub-conscious whereas, my super-conscious choice is always an inspired frequency of thought delivered on an empowered wavelength of emotion.

Super-conscious thought allows unconscious competence to manage my state of being.

My state of being determines my emotional power and my emotional competence to allow the capacity of a higher thought to be enabled.

To access my divine consciousness, I am required to state my true expression of who I really am as a representation of my Divine Consciousness – my Soul.

Divinity is a State of Being, not an Act of God.

# **Being Vital** is being consciously awake, alert & aware.

It is being in three minds:

- Being consciously awake
- Being sub-consciously alert
- Being super-consciously aware

It is vital that I use my full consciousness.

My conscious mind is awake to the physical world with my five physical senses.

My sub-conscious mind is alert to the physical world with my sense of instinct.

My super-conscious mind is aware of the physical world through my three intuitive senses.

When I am asleep, I become unconscious to the physical world and awake to my spiritual world of dreams, which I may or may not be aware of when I awaken from my sleep.

Even when asleep my sub-conscious mind is alert and will instinctively awaken me for reasons that I may not be aware of consciously.

Being vital is being consciously awakened to my instinctive alertness and my intuitive awareness whilst experiencing being both consciously awake & unconsciously asleep.

## **Being Awake** overcomes the duality of being consciously awake or unconsciously asleep.

It is being awake to my spiritual dream world as well as awake to my physical reality.

It is awakening to the reality of my dreams and awakening my dream of reality.

My ideal reality is just a dream until I awaken my latent creative ability.

It is being awakened to the realisation that I am creating my own reality.

It is being awake to the reality that I can re-create any reality that I can dream of creating.

It is creating my dream reality with a fully awakened consciousness.

It is awakening my creative potential to create the potential reality of my ideal life.

My ideal life is just a potential until I awaken to the realisation of my full potential.



## **Being Alert** is being conscious of my instinct.

I instinctively know the right path to follow, whether I am alert or not.

I am constantly & continuously alerted to my path.

I know this instinctively when I am alert to my messages.

Being alert allows my instinct to be intuitive.

I intuitively know that I am alert when I am.

My instinct instinctively keeps me on my path.

Being alert allows my intuitive messages to be consciously received.

My intuitive messages consciously alert me to my path.

Being awake allows me to listen.

Being alert allows me to hear my messages.

My messages are the signposts that alert me to my path.

## **Being Aware** is an intuitive knowing.

I can be aware without any prior knowledge.

I have no prior knowledge of my spiritual origins.

I have an awareness of my spiritual reality.

I have a conscious experience of my physical reality.

I have a conscious-awareness of being a spiritual entity experiencing a physical existence.

Being aware is a super-conscious competence.

It requires my Self to attain the capacity of my Soul.

I am conscious of my physical existence as a human being.

I am aware of my emotional state of being human.

I am aware of my mental capacity to be a human Being being Human.

Being Aware, I am fully aware of my Consciousness and fully conscious of my Awareness.

## **Being Valid** means being spiritually healthy.

Spiritual health requires both spiritual wealth & spiritual wisdom.

My ability to be spiritually healthy requires validation in order to be valid.

I validate & accept my spiritual health by approving my wealthy power and allowing my wise authority.

Wisdom without power is not valid, neither is wealth without authority.

When I approve my wealth of power and I allow my wise authority, I accept the validation of my ability to be healthy.

Disconnection from my spiritual authority disconnects my emotional power and impairs my physical ability.

When my ability is impaired, I need validation and I need to be validated.

Disconnected from my true Self, I will seek validation in the external world.

My vision, mission & purpose validates my being in this physical world.

My Soul holds the blue print for my journey through life and determines its validity.

## **Being Allowing** means authorising my thoughts.

It is only allowing authorised thoughts to be present.

It is disallowing all unauthorised thinking.

Unauthorised thinking is the consequence of holding limiting beliefs and fears.

Limiting beliefs and fears disallow my authority.

They undermine my confidence in my Self.

When I confide in my True Self, I find the truth of my authority and my true authority is allowed to flow.

Allowing my true authority to flow is an expression of my true faith.

I am allowed to be whoever I choose.

When I choose to be Allowing, I connect to the confidence of my faithful authority and my expansive thoughts that direct my path in life.

Being Allowing allows my Self-confidence.

It allows me to confide in my True Self with authority.

## **Being Approving** empowers my emotional energy.

My emotional energy is my power, when I approve it to be so.

When my emotional state of being is powerful, I approve of my Self.

Being approving connects my Self to my true source of power.

Connecting my Self to my true source of power requires my approval of who I am being.

Disapproving of who I am, disempowers me.

My self-worth is a measure of my emotional power.

It is the value to my Self of who I am presently being.

States of being that disempower me cannot serve me and have no value.

My most valuable state of being always has my approval.

Being Approving approves my value & worth in my Self.

It approves my self-worth and empowers me.

**Being Accepting** is the realisation of my emotional power and my mental authority as a gift to my Self.

When I allow my authority and approve my power, I accept my true ability.

My true ability is disabled by my inability to accept it.

My self esteem is a measure of the ability that I see in my Self.

My self esteem enables my ability to be realised.

My esteemed ability remains a potential, until I accept it as my reality.

When my true potential remains unrealised, I tolerate and endure my present experience of life.

When I accept my true potential and make it real, my present reality is presented as a gift to my Self.

Whatever I am unable to accept, I will forever tolerate.

I can only accept what I approve and I allow.

When I approve my allowance, I accept it as a present, as it is presented, in each and every present moment of my reality.

Being Accepting holds my Self in high esteem.

It sees my self-esteem as my esteemed gift to my Self.

## **Being Alive** is living life to the full.

It is being both vital & valid.

It is being spiritually alive as well as physically alive.

It is living my spiritual journey as well as being in physical existence.

Just existing physically is surviving a long slow journey towards eventual death.

Being lost, confused & frustrated in life is a slow & lingering death.

To be valid, my journey requires direction.

To be vital, my path is required to be clear.

Being alive is an expression of my presence with a clear & present direction.

My clarity is a present and my direction is a present with the presence of my Soul.

**Being Clear** is knowing my purpose for my life.

When my purpose for my life is clear, I attain clarity.

My purpose is to know my Self experientially.

It is to experience who I really am.

I have the potential to be anyone and any one aspect of my beingness.

Being clear is being free to choose who I am.

It is being clear about who I really am.

It is being free of confusion.

Confusion occurs when I am not being a true aspect of my Self.

An untrue aspect of my Self will confuse me.

It will indicate what I need and what I am without emotionally.

I need to be clear about my life to attain clarity.



## **Being Direct** is knowing my vision for my life.

My vision is the light at the end of the tunnel.

It is the light that illuminates my path.

It is the light that directs me on my journey.

It is the light that reveals my messages of revelation.

Knowing my vision allows me to be direct.

Being direct keeps me on track.

When on track, I am never lost.

I always know my way.

I know my way and I know my direction in life and I know that I am not lost.

I am no longer seeking my path because I have found it.

I find my way by being direct.

I attain the direction of my life with a vision for my path.

## **Being Present** allows my path to appear.

My clear & direct path only presents itself in the present moment.

My way becomes presently apparent in the now.

To see my clear direction, I am required to be present.

Taking yesterday's path today will return me to confusion.

Taking tomorrow's path today will get me lost.

Being lost or confused is very frustrating.

I am frustrated by my lack of presence.

My presence enables my journey to present itself to my Self.

My journey is a present to my Self presented in each & every present moment.

**Divine Attainments** allow my exclusive connection to my Source.

My Source is:

Omnipotent, Vital & All Powerful

Omniscient, Valid & All Knowing

Omnipresent, Alive & All Present

Divinity is the state of being whole & undivided experiencing a Triune Reality.

It is being in the Image of God.

I am never in two minds about my thought of direction and my personality is not clouded or confused by male or female characteristic programming.

The attainment of divine attributes allows me to be vital, valid & alive.

When I am being approving, allowing & accepting, I am being valid.

When I am being awake, alert & aware, I am being vital.

When I am being clear, direct & present, I am being alive.

When I am alert & allowing, my direction is authorised.

When I am aware & approving, I am clearly empowered.

When I am awake & accepting, I am presently enabled.

## **Omniscience** is the attainment of being All Knowing.

Being Scient is being aware of my knowing.

A Scientist is no longer one who knows but one who believes that they have knowledge.

Knowing is intuitive.

Knowledge is learned.

All the knowledge of the physical world will never enable me to be scient, let alone omniscient.

Omniscience is a measure of my intuitive ability.

It is a measure of my ability to intuitively connect to my Super-conscious Mind.

My super-conscious higher mind of my Soul is omniscient and knows all there is to know of my journey in this physical world.

Being omniscient requires my Self to be Soul-like.

With the perspective of my Soul, I connect to my innate wisdom and become all knowing and omniscient.

## **Omnipotence** is the attainment of being **All Powerful**.

Being powerful is not the ability to influence and control other people.

Being All Powerful is being full of the emotional power that allows my happiness & well-being.

My ability to be happy & well is not dependent on other people.

When being all powerful, I have the emotional power to fulfil my purpose and to live my vision for all my life.

It is having enough emotional power to manifest my ideal life.

It is the power to fulfil my potential as a spiritual human being.

My potential is to express the essence of who I really am, which is my omnipotence.

The only thing that depletes my ability to be omnipotent is my own belief system.

My wealth of power is relative to my authority to use it wisely.

## **Omnipresence** is the attainment of being All Present.

All Present means that I live in the reality of each present moment.

I live in the reality that is presented to my Self by my Soul.

I accept my reality as a gift and a present to my Self.

I can re-present my reality and I represent my reality, which allows me to change my reality.

My present reality is a representation of my Presence.

My presence is my state of living life with conscious-awareness of my omniscient authority & my omnipotent power.

It is the awareness that my reality is pre-sent from my Soul to my Self.

It is being totally accepting of what is occurring and seeing life as a unique opportunity for my personal development and expansive growth.

It is my expression of all the attributes that are attainable in a divine life of true quality.

It is knowing life from the pure perspective of my Source.

It is feeling life from the pure perception of my Heart.

It is seeing life from the pure experience of my Soul

**A Prime Attribute** is a state of being that allows me to lead my own life.

The quality of my leadership is determined by my prime attributes. My leadership qualities are a measure of how well I lead my own life.

True Leadership does not need followers but will attract followers relative to the quality of the leadership attributes attained.

Leading others effectively requires the prime attributes of being sensitively detached from all followers.

The Prime Attributes of Leadership are being authorised, being empowered & being enabled.

These are the essential qualities of a leader to lead their own life and follow their own journey.

We each have our own individual, unique & exclusive path in life.

It is not my journey to follow the path of another.

It is my mission to follow my own path and to allow all others to follow their paths.

Sensitive detachment allows me to be aware of the paths of others without any attachment to their dramas.

Following the Golden Rule, when I allow all others to follow their path they cause no obstacle or interference to mine.

It is not my path to get others to follow my example because when the example has merit others will automatically be attracted to it, as long as this is on their path.

The prime attributes of leadership are the same as the attributes that determine the quality of a Coach.

Leadership through Coaching is a Prime Attainment.

# **Being Authorised** is attaining the authority of my Soul.

I attain the authority of my Soul when following my Soul's chosen path.

My authority is a choice.

Authority allows choice.

I have a choice of authority.

I can follow my Soul's choice, I can follow my ego's choice or I can follow someone else's choice.

There are always three choices and only the 3rd choice is authorised.

My Soul always takes the Third Way.

My ego is authorised to choose but is not empowered to follow any path other than that of my Soul.

The ego's path is always allowed but not always authorised.

Following an unauthorised path will require will power.



**Being Transparent** is being an expression of my True Self.

It requires an open connection to my Soul.

My Soul has no hidden agenda.

My Self may hide from my Soul but my Soul never hides from its Self.

My Soul is a transparent Parent.

It guides & supports openly & transparently.

It answers every question that I ask.

Being transparent allows me to see through the veil of the illusion.

The illusion of physical life clouds my vision.

Overcoming & seeing beyond the dramas of physical life requires transparency.

There is no drama on my path other than the drama that I create myself.

Transparency allows me to see just that.

**Being Honest** means that my truth is apparent because I know my path.

An honest path has no resistance.

Being honest is being most effective or perfectly honed.

A less than perfect path is not honest.

When my path is not true, I will encounter resistance.

When I am true to my path, I am being honest with my True Self.

An honest path never interferes with the path of another.

The Law of Attraction ensures this.

I cannot honestly interfere with another's path and expect my path to be true.

Being honest overcomes the duality of truth & untruth.

An honest reality is true to life.

**Being Equal** acknowledges that we all have an equal right to be here.

We are all equal yet we all have a different path to follow.

We each have an equal opportunity to fulfil our potential for our life.

We each have a different choice and a different potential to fulfil.

Being equal recognises that our paths may intersect but never conflict.

No one path is better than any other path.

No Soul is superior or inferior to another.

The law of attraction promotes co-operation, not repulsion or rejection.

When being equal, I experience that life is always in balance with no defined polarity.

Inequality is the effect of being out of balance.

We all have an equal potential to attain balance.

All are created equally to co-exist harmoniously when in balance.

## **Being Powerful** requires emotional power.

Powerful personal attributes have emotional power.

Emotional attributes are full of power.

Irrational attributes are not.

There is no such thing as an unemotional attribute.

Attributes are emotional states of being.

Being rational is an emotional state of being.

Being unemotional is a state of being disconnected from my emotional sense of feeling.

Being unemotionally disconnected is not powerful at all.

Being rational relies on the power of the will, which has very limited power even with great will power.

Being emotional allows my power to flow.

The magnitude of the wavelength of any particular emotion determines how powerful it is.

The longer the wavelength of an emotion, the more powerful it is and the greater the magnitude that it has.

My awareness to consciously choose a particular wavelength of emotion is very powerful.

Seeking power from or over other people will always deplete my emotional energy and render me less powerful than my true potential.

**Being Compassionate** is sharing my passion with another.

My Soul shares my passion with my Self.

My Soul is forever compassionate.

I am being compassionate when I share my Soul's passions, which are my true values, with another.

When another person shares their passion with mine, I experience compassion.

Compassion is sharing mutually beneficial experiences.

Sharing mutually detrimental experiences is called sympathy.

Not sharing is called apathy.

Compassionate sharing is always expansive, never divisive.

Passion is the experience of personal true values.

Compassion is the sharing of a true value with others.

It is being of true value to others.

## **Being Empathic** means knowing my true Self.

My True Self is my Empathic Self.

Empathising with my Self requires me to know my Self and to be there with my Self.

It requires the empathy of my Soul.

My Soul is my perfect companion, always in total empathy with my Self.

Empathising with other people allows my Self the opportunity of being like my Soul.

To truly empathise with another, I see their circumstances through the eyes of their Soul.

To empathise with my Self, I require my conscious & sub-conscious to be in alignment and agreement with my super-conscious Soul.

Empathy is concordant-resonance at a Soul level.

It is being aligned with the true nature of my Self.

## **Being In Equanimity** is being in gender harmony.

It is when my yin & yang are balanced.

My anima & animus are united.

My male & female energies are combined in holy communion.

The battle of the sexes is declared drawn.

I am in equal animity.

I have overcome the duality of my male & female emotional energy.

My sins & virtues have united as divine attributes.

I no longer need another to make me feel whole.

I am an expression of pure energy that is undivided by gender.

My Id & my Entity express my true Identity.

**Being Able** is being able to use my spiritual ability in the physical world.

Skills enable my physical ability.

My spiritual ability is the product of my emotional power & my mental authority.

Spiritually, power + authority = ability.

My spiritual reality is the balance of my emotional power, my mental authority and my physical ability.

To enable my spiritual ability in the physical world I am required to be aligned on my path with clarity.

When I clearly feel my messages, I know my direction and I am enabled to follow my path effortlessly.

Being able requires my spiritual abilities to be grounded in physical life.

My potential for physical life is relative to the magnitude of my emotional power (who I am) & the force of my mental authority (why I am here).

Feeling the clarity of my purpose & knowing the direction of my vision enables me to see my present mission in life.



**Being Accountable** is being able to measure my spiritual growth.

It is accounting for every step of my life's journey.

it is being totally aware of my personal development.

It is knowing my direction.

It is feeling my power.

It is seeing with presence.

It is walking my talk.

It is hearing my messages.

It is feeling my path.

It is expressing my truth.

It is taking personal responsibility for the reality that I am creating in my life.

It is being a responsible creator.

It is knowingly creating the response that I choose for my ideal world.

**Being Credible** is having credence or cred-ability.

Cred-ability is my ability to be credited with everything that I ask.

I am credible when I connect to my Truth and my Way.

When I am following my true path and aligned with my vision, I am connecting to my authority, which is the Light of my Truth.

I am following my creed.

In my authority, I am credible and able to be credited with everything that I ask.

I have the ability to create my own life consciously and credibly.

My Soul is always credible with me, although from my mortal perspective I see my Soul as an in-credible Being.

My Soul is inner credible.

What I see as incredible, I call a miracle.

Miracles are an everyday activity for those who are inner credible.

What limits my credibility, or my ability to be credited with what I need, is my own personal perspective, which I call my truth.

My own personal truth is relative to my perspective of life and is not necessarily my Soul's Absolute Truth, and therefore it can limit my credibility.

The truth of my ego self is not always credible.

Being credible is living the truth of my Soul.

## **Being Equable** is having equal ability.

Physical ability is seen as a skill.

The more ability I have, the more skilful I am.

The more skilful I am, the more ability I have.

Spiritual ability is the product of power & authority.

Spiritual power is emotional competence.

Spiritual authority is mental capacity.

Spiritual ability enables physical capability.

Learning a skill is effortless with enough mental authority & emotional power.

I am being equable with others when we both have access to our own source of emotional power & mental authority.

We may not all have the same skills & qualities but we all have the same equal opportunity to develop our own set of skills & qualities.

We all have the same origin & the same source but a different Soul Agenda.

## **Prime Attainments** are the qualities of leadership.

With compassion, empathy & equanimity, I have attained the power to lead.

With transparency, honesty & equality, I have attained the authority to lead.

With accountability, credibility & equability, I have attained the ability to lead.

With compassion, transparency & accountability, I attain Humility and I am without pain.

With empathy, honesty & credibility, I attain Authenticity and I am without fear.

With equality, equanimity & equability, I attain Integrity and I am without problems.

With humility, authenticity & integrity, I am physically, emotionally & mentally in balance, harmony & accord.

I am spiritually centred, earthed & grounded in physical life.

I have the power, authority & ability to live my vision, mission & purpose for my life.

I have attained the faith to follow my path faithfully, free of fear, free of pain & free of problems.

Life is one long opportunity to experience life as I have chosen to lead it and I have chosen to follow it.

## **Humility** is often misunderstood.

When humility is being humble then I am adopting a lower stance than another.

I am allowing others to be superior to me.

My inferiority demands that I please others so as not to earn their displeasure.

It pleases greedy people for others to be humble.

When humility is being modest, I play down my ability in front of others.

I allow others to appear better than me.

It pleases proud people for others to be modest.

Proud people like to stand out above modest people.

True Humility is a human quality.

It is the quality of being at one with one's Self, at one with others and at one with the planet.

It is a measure of my connection to everything around me.

Choosing pride or modesty sets me apart from others.

Choosing greed or pleasing disconnects me from my Self.

Choosing arrogance or humbleness disallows humility.

Attaining and expressing humility is a joy, not a pleasure.

**A Problem-Free Life** cannot be attained by trying to solve all of my problems.

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

Solutions don't make problems go away.

Focusing on problems and looking for solutions never made anyone problem-free.

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

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

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

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

Solving problems is painful, fearful and hard-work.

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

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

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

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

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

**Authenticity** is attained by wrote.

When I consistently express who I really am, I am being authentic.

My 'wrote' is my path.

My path is pre-written.

When I am writing my own story, I am being authentic.

When I playing the title role in my life, according to the script, my story is authentic.

When I am playing a bit-part as an extra in someone else's story, I am not being authentic.

My character may appear genuine but my presentation is not authentic.

When my part in my story is genuine, I am being authentic.

I am expressing my true identity.

I am no longer acting out or portraying a personality or a character.

I do not pretend to follow my path.

I can be the author and the experiencer of my life or I can just play any role that I choose in life.

## **A Fear-Free Life** is without limitations.

I create my own limitations with my beliefs about whatever is limiting me.

My Soul has no fear.

Fear is an acronym for **F**alse **E**vidence **A**ppearing **R**ead.

In absolute reality, nothing presents itself as false.

When everything presents itself in my reality as an expression of my truth, I have no fear.

It is only when I cannot see the truth of what is occurring that I am limited by my belief about what may be occurring.

My comfort zone determines the boundaries of my limitations.

I only fear what is beyond my comfort zone.

With expansive boundaries, I become fear-less.

Within my limitless boundaries, I am fear-free.

A Fear-free life is authentic.



**Integrity** is not only an attainment and a personal quality but also a personal standard.

It is the standard measure of all personal qualities.

The question is: “Do my personal attributes, attainments & qualities have integrity?”

Integrity means Oneness.

Oneness means undivided by duality.

Personal qualities that are in opposition to each other do not have integrity.

Integrity is the balanced state of being that unites opposing genders of emotion & opposing polarities of thinking.

It is expressed as a pure wavelength of emotion with a pure frequency of thought.

Integrity is a measure and a standard of my true identity.

The limiting beliefs of my character and the emotional needs of my personality will always take me out of integrity.

Whether I am in integrity or not can be ascertained with the question: “Am I expressing who I really am?”

My True Self is always in the balanced emotional state of being in Integrity.

## **A Pain-Free Life** is powerful.

Pain disconnects my emotional power.

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

Becoming pain-less is a process of becoming more emotionally powerful.

I suffer the pain of my lack of emotional energy.

Living life without emotional energy is painful.

When empowered & inspired, life happens painlessly.

Disconnecting from my emotional source of power can be very painful.

Pain is my reminder of my disconnection from my true self.

When I cause pain to others, I will suffer the consequences.

Following my path is never painful.

Getting off track can be very painful.

## **An Effortless Life** is without problems, fear, or pain.

Life is designed to flow effortlessly.

Attaining effortless flow requires that I overcome the duality of hard and easy.

In this relative dual reality world, my life is either hard or easy until I learn to flow effortlessly with Life.

Life is always hard when scarcity exists.

Life is always easy when everything is plentiful.

Life can be hard when we attempt something new.

Life appears to be easier when we stay within our comfort zone and lead a normal life.

Whether life is hard or easy becomes my fate or my fortune.

An effortless life is my destiny and my birthright.

To flow effortlessly with life, I require the direction of my Wise Teacher & Inner Coach.

Life flows effortlessly with opportunities when I hear my messages and learn my lessons that avoid the problems that make my life chaotic and herald an imminent disaster.

I attain effortlessness when I see all circumstances and occurrences in my life as an opportunity to be lived, and I no longer see life as either a problem to be solved or a challenge to be overcome.

A Life of Humility lived with Integrity is Authentic and allows life to flow effortlessly on my chosen pathway to my destiny.

**Being Subjective** is being aware of what I am physically doing.

I am the subject of my activity and the subject that is active.

I am being actively subjected to life.

I am the subject of my book as well as the author of my book.

I play the active leading role in my life.

I plot the subject of my journey.

I focus on the subject of living.

I am the subject of my learning.

I live a subjective life doing what I believe is right for me.

The subject of my life is called my mission.

I am on a mission to subject my Self to physical life.

I am a subject following my Soul's objective.

My Self is the subject and the prime focus of my Soul's objective.

**Being Objective** is being aware of what I have mentally attained.

Objectively, I attain qualities that I attribute to my Self as a re-presentation of my Soul in physical existence.

My Soul sees my path and provides my Self with everything that I objectively need to fulfil my path.

Following my path is my objective and my reason for being here.

I objectively see my vision for my life.

I can object, but this would only be a reflection of my false perspective of life.

I have no objection to the objectives of my Soul.

Being objective is having the inner vision to see my journey as my Soul intends it.

It is having the eyes to see, the ears to hear & the heart to feel.

**Being Adjective** is being aware of my emotional state of being.

It is being aware of who I am and the qualities that I am emoting.

It is an awareness of the quality of my emotions and the state of being that I am consciously choosing.

It is my emotional intelligence that allows me the awareness to consciously choose my emotional state of being.

Grammatically defining my state of being requires an adjective.

An adjective is a describing word.

One that describes my state of being is called an emotion.

All emotions are adjective as they describe who I am being.

My purpose in life is to be adjective, to experience who I am emotionally.

My Soul just is pure infinite Love.

My ego chooses to be hateful, to be lustful, to be fearful, to be needy.

My self experiences definite aspects of who my Soul really is or really is not.

When I adjectively describe who I being with an adjective, I am being adjective.

**Being Emotionally Intelligent** is the state of being able to consciously comprehend my own emotional States of Being.

Rational Intelligence is the measure of my ability to choose what I believe is right or wrong for me.

Emotional intelligence is the measure of my ability to experience whatever I choose in the most beneficial way.

Being 'Emotional' means that I am aware of the feeling that is my emotional state of being.

Being 'Intelligent' means I have a rational knowledge or logical understanding of the situation, occurrence and circumstances that I am currently experiencing.

I am Intelligent when I can consciously rationalise what is happening in my reality.

I am Emotional when I can feel the awareness of my energetic state of being – my emotional energy.

Emotional Intelligence loses clarity when I confuse 'being emotional' with 'being irrational'.

When I am studying negative states of being that cause me to sub-consciously react, I am learning about my own irrational behaviour that is without emotional intelligence. I am studying 'irrational intelligence'.

Being emotional is not reacting irrationally; it is being consciously-aware of my emotional state of being. I never react emotionally because with emotional intelligence I am always able to respond intelligently.

Negative emotional states of being are irrational because a rationally intelligent person who is emotionally aware (intelligent) would never choose to experience them.

Understanding irrational behaviour does require emotional intelligence but it is not the definition of Emotional Intelligence.

# **Attaining Conscious-Awareness** requires an awareness of my consciousness.

Consciousness is not conscious of its Consciousness.

I am conscious of my physical reality, not my Consciousness.

I am aware of my spiritual reality but not conscious of it.

Consciousness is having knowledge of what I am doing.

Awareness is my knowing who I am Being.

I can have whatever I want to have, once I become consciously-aware of who I am being whilst doing whatever I am doing.

What I am doing is the role that I am enacting in my life with my character and my personality.

Who I am being is the emotional state of Being that I am experiencing, and is the true identity of who I really am.

With the awareness of who I really am, I have the ability to bring my vision into my conscious reality, because my purpose is revealed.

With awareness, I reveal the purpose of my life that directs me on my personal mission, to manifest my own individual, unique and exclusive vision for this life-time.

I am conscious of the path that I am following and aware of my purpose for following it.



## **Attaining An Exclusive Connection** allows me to connect to my exclusive source of power & authority by choice.

It is not only being connected to my power but also being connected to my authority.

It is not just being connected to my power & my authority but my exclusive power & authority.

My exclusive power & authority is exclusively for my Self.

It comes from my Soul.

When in alignment with my Soul, I am exclusively connected to both my power and my authority.

Connecting to my power & authority is how I connect exclusively to my Soul.

I cannot connect to my authority without also receiving my exclusive power.

I cannot connect to my power unless I am in my own exclusive authority.

My Soul has no distinction between power & authority, being exclusively connected to my Self with both at all times.

It is my disconnected Self that requires the distinction to realise why many things in life are unauthorised.

Once my connection is authorised, I gain my exclusive power for life.

When inspired and empowered with life, I know that my exclusive connection is authorised because I am Exclusively Connected to my Source and aligned with my own individual path.

## **Attaining Sensitive Detachment** allows my beneficial relationship with the physical world.

Detachment is how I connect with other people without becoming attached to them.

I am connected to other people at a Soul level and either attached to or detached with other people on a physical level.

I do not choose to be disconnected from whatever is occurring in my life.

I am attached to what is occurring in my life when I am part of the drama that is playing out in my life.

I get pulled into and attached to other people's dramas when I need other people for my emotional energy.

It is my need for emotional energy that attaches me to another and disallows my state of being detached.

It is my false and limiting beliefs about other people that disconnects me from them and makes me insensitive to them.

Sensitivity requires the understanding of where other people are emotionally in order to relate to them in the most beneficial way.

Relating well with another requires my sensitive detachment.

My insensitive disconnection or my over-sensitive attachment to other people is never beneficial to my path.

When being sensitively detached with other people my relationships are always beneficial and allow me to follow my path effortlessly.

I am being unto all others what I choose for them to be unto me – sensitive yet detached.

## **Being Mortal** involves living & dying.

It is being born into physical reality, living in physical reality and passing on from physical reality.

Mortal can mean life or death.

Being a mortal human is being alive.

Human mortality means death.

The reality of life is that death is inevitable.

Life & death are a duality.

They are the beginning and the end of a journey through physical existence.

I overcome the paradox of mortality when I accept that every journey has a start & a finish, a source & a destination, a purpose & a destiny.

It is my destiny to both live & to die.

It is my choice how I live and how I die.

I become mortal by entering physical form.

My physical form is mortal.

My spirit is immortal.

## **Being Immortal** means living for ever.

The question is how can I live forever in physical form?

The answer is by choosing many different life-times.

Why would I choose just one physical life-time that lasts forever when I can choose many different possible life-times as my space-time-reality?

The physical body is not designed to last forever.

Forever means eternally or everlasting time.

Eternity is beyond the limited realities of space-time.

My Soul is eternal.

My Soul is immortal.

My Soul never dies.

As my Self, I am mortal.

As my Soul, I am immortal.

I choose both on my journey of life & death.

## **Being At Choice** is self-determination.

At choice, I choose my journey through life.

I can choose to choose or I can choose not to choose.

My way is to choose what my Soul has chosen for my Self.

My ego has choice.

My Soul allows my ego to choose.

From my experience, my ego's choice is not always, prime, natural or divine.

My ego often has a secondary perspective of my life.

It is often unnatural and creates a reality that is less than divine.

My Soul always chooses prime locations, natural time-frames & divine experiences for its Self.

At choice there is only one choice – my Soul's choice for my Self.

I allow my Soul to determine the way for my Self.

## **Being Natural** is expressing my true nature.

My well-being is my true nature.

It is the nature of my health, the nature of my wealth and the nature of my wisdom that determines my well-being.

Being sick & unwell is not my true nature.

Being poor & going without is not my true nature.

Being unintelligent & ignorant is not my true nature.

My happiness is my true nature.

It is being content, fulfilled & joyful that ensures my natural happiness is present and being expressed.

Being dissatisfied is not my true nature.

Being unfulfilled is not my true nature.

Being unhappy is not my true nature.

My expansive growth is my true nature.

It is being gentle, good & gracious that allows my natural growth to be expansive.

Being strong or weak is not my true nature.

Being bad or evil is not my true nature.

Being steadfast or stuck is not my true nature.

Experiencing expansive well-being & happiness is my true nature.

**Being Divine** is living a divine life, which is ideal.

It is living the life of my choosing.

It is living life from my highest perspective.

Only my highest perspective of life is ideal & divine.

My omniscient authority allows me to be valid, to be alert & to be direct.

It allows my omnipotent power to flow.

My omnipotent power approves who I am with vitality, awareness & clarity.

My omnipotent power and my omniscient authority enables my omnipresent ability.

My omnipresent ability enables me to be awake, to be alive and to be present.

Being Divine is my connection to my true source of power, authority & ability.

## **Being Prime** is living with purpose.

It is being primed for life.

It is knowing the reason for my being here that is both chosen & authorised.

It is feeling the meaning of a life that is both inspired & empowered.

It is seeing the purpose of my mission in life to live my vision.

My vision is to live in a world where I am in control of my own power & my own authority, and responsible for my own actions.

That means I am authorised to be authentic, to be credible, to be empathic & to be fear-free.

I am empowered to be honest, to be compassionate, to be accountable, to be in integrity & to be pain-free.

I am enabled to be equal, to be in equanimity, to be equable, to be with humility & to be problem-free.

My prime objective is to live an effortless life.



## **Being Physical** is being egotistical.

My ego is my physical sense of Self.

Being egotistical is believing that I am a physical body living a physical existence in a physical world.

My ego has a choice of being egotistical, being spiritual or being both.

With full awareness of my spirituality, I have no need to be egotistical.

Disconnected from my Source, I am reliant on my physical senses to survive the dual realities of physical life.

Without awareness, my focus will be on my survival and my safety, security & comfort.

Being safe, secure & comfortable in pursuit of propagating my genes appears to be the best that I can achieve from a purely physical perspective.

There is more to life than just my physical perspective.

**Being Spiritual** requires me to ground my spiritual reality in the physical world.

It is living, expressing & experiencing my spirituality as a physical reality.

It is combining my spiritual awareness with my physical consciousness.

It is being a spiritual entity in physical form.

It is uniting my physical, mental & emotional aspects in balance, harmony & accord.

It is feeling the reality of my spirit, my spirituality; and knowing the reality of my physical form, my physicality.

It is consciously managing my mental reality, my mentality; in total awareness of my emotional reality, my emotionality.

It is being consciously aware of grounding my spiritual reality, whilst being earthed in physical reality.

It is bringing Heaven to Earth, by being alive in the ideal life of my particular choosing.

It is being visibly enlightened, being purposefully empowered & actively indeed.

## **Being Visible** involves following my vision.

When I am following my vision, I am visible.

I am there for all to see, who have the eyes to see with visibility.

Attaining visibility requires Light.

The light that illuminates my path ensures my visibility.

I cannot walk in darkness and follow my path visibly.

I cannot live in darkness and be visible.

Others can only visibly see in me what I see in my Self.

When I see in my Self who I really am, I become visible to others.

Being visible is an expression of my true identity.

When I express my true identity, I am visible.

I see a true vision of my Self and the vision that I see for my Self.

## **Being Purposeful** involves fulfilling my purpose.

It is knowing the reason that I am here.

It is feeling the meaning of life.

The meaning of life is a feeling of balance.

I walk my path with a balance of meaning & purpose.

It is seeing the reason for my being here.

It is my ability to reason with my Self.

Without reason there is no meaning or purpose.

Everything has a purpose and everything has a meaning that can be defined reasonably.

With a reasonable meaning, I discover my purpose.

With my purpose, I live life on purpose.

My life is full of purpose, when I know the reason and the meaning of life.

When life is filled full of meaning, reason & purpose, I am being purposeful.

I know who I am and I know why I am here!

## **Being Indeed** is being active.

It is actively following my path.

Am I on track?

Indeed I am!

My deeds are my covenant with my Soul.

I indeed follow the covenant of my Soul.

Indeed I am alive.

My mission is to live my life.

Indeed, it is not a matter of life & death.

Life & death is a duality of relative existence.

Consciously following my path is my Life.

On my path there is only life.

I am living in deed.

I am fulfilling my contract.

I am indeed being who I really am and doing what I have indeed chosen for my Self to do.

## **Being Enlightened** means being with Light.

The highest vibration of Light is thought.

I am enlightened by my inspired thoughts.

I am often disenchanted with my thinking.

I am enlightened with pure thought.

Impure thinking leads to disillusionment.

My thinking causes my illusion and my delusion.

My thoughts create my reality.

Pure thoughts create an enlightened reality.

Ideal thoughts create an ideal reality.

Thinking is a sub-conscious process.

Thoughts are a super-conscious revelation.

I am enlightened by my super-conscious revelations.

I am unenlightened with the process of thinking.

Being enlightened requires my exclusive connection to my intuitive super-conscious self that is my Soul.

**Being Empowered** is being with emotional power.

My emotional power is relative to who I am being.

All emotional states of being are relatively powerful or relatively disempowering.

Empowering states of being have pure emotional power.

Pure emotional attributes are empowering.

Divided emotions are disempowering.

When an emotional state of being is divided by gender, it loses its full potential.

When a mental belief is divided by polarity, it disconnects my emotional power.

I am empowered by pure frequencies of thought transmitted on pure wavelengths of emotion.

Unenlightened Beings are disempowered and will rely on being motivated.

I am empowered with the pure emotion of love, which only exists with a pure frequency of light.

Love is the purest emotion and the purest state of being.

## **Being Enabled** requires my power to be authorised.

When my power is authorised, my authority is empowered.

I am enlightened by the light of my love for life.

My light is enlightened, my love is empowered and my life is enabled.

Love, Light & Life is a divine triune reality.

Power, Authority & Ability is a triality of physical life.

My ability in life is relative to my power of love, my emotional state of being and my authority of light, which is my inspired thought.

Any inability to live life to the full is caused by my disempowered states of being that are the result of my unauthorised sub-conscious thinking.

Disempowered emotional states of being create emotional needs that are the result of my fears and my limiting beliefs.

Emotional needs and limiting beliefs disallow my ability to be enlightened, empowered & enabled.

Unenlightened & disempowered, I need lots of motivation to survive my traumatic life dramas, which makes being human a big problem.



# Being Human is a Choice

It is a divine choice to become human.

Every human Being has chosen to be so.

Every human being has a choice.

We all choose our state of being human.

Being human is an emotional state of being.

My choice of emotional state of being is determined by my thoughts & my beliefs.

My beliefs determine my thinking that determine my behaviour, which is an experience of my emotional state of being.

I consciously choose to be human, I unconsciously choose to be less than human and I sub-consciously choose to be inhuman.

It is all a matter of how I feel.

Being human feels good, whereas being inhuman or sub-human does not.

How I feel is a matter of my emotional power.

Emotional power is a matter of who I am being.

With emotional intelligence, who I am being becomes a rational choice.

Being Human requires Emotional Intelligence.

Emotional Intelligence allows me to choose the quality of my Human Beingness, the quality of my experience and the Quality of my Life.