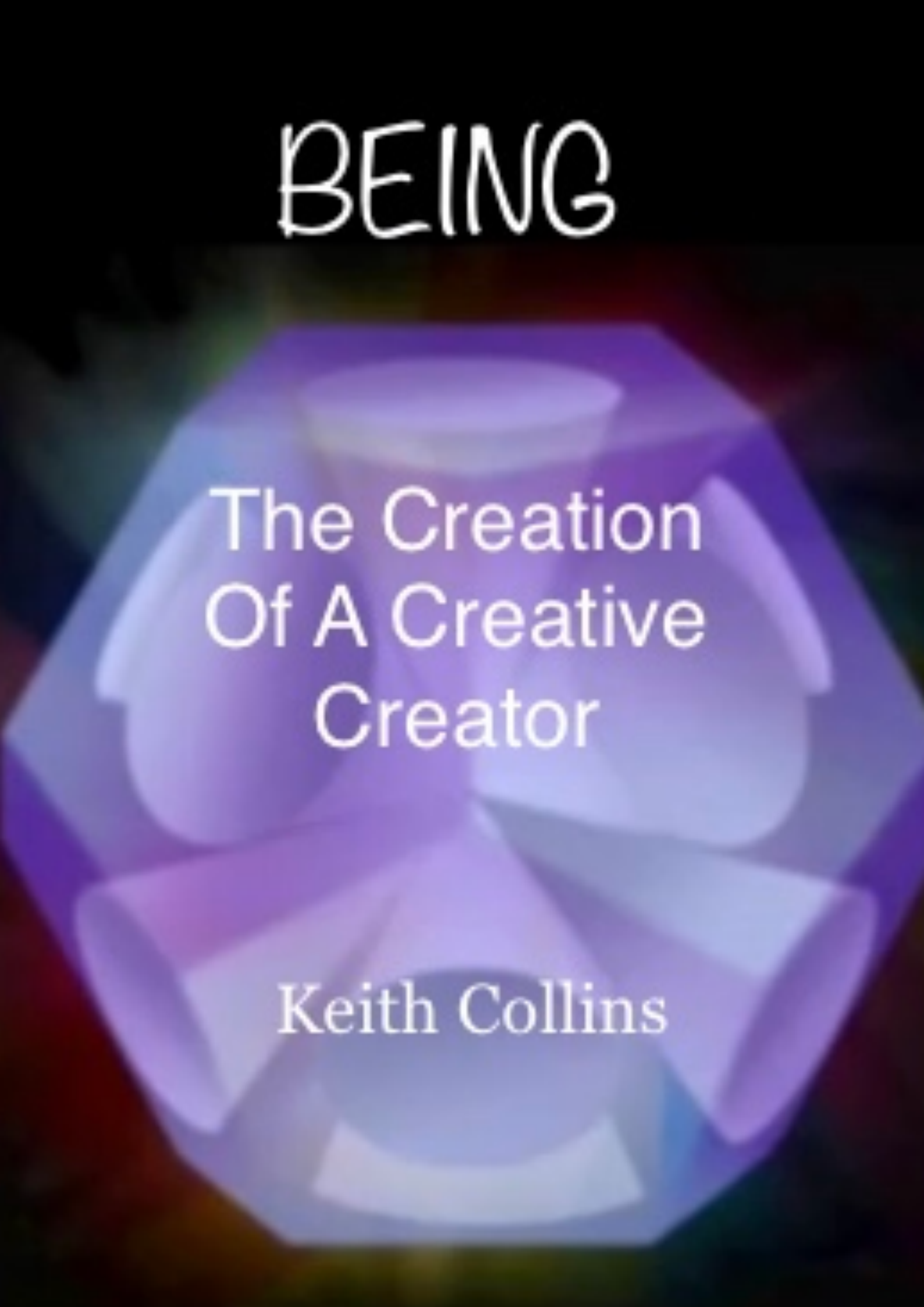


BEING



The Creation
Of A Creative
Creator

Keith Collins

Being The Creation Of A Creative Creator

Being the creator of a creative creation requires me to be the creation of a creative creator, who is creatively creating a creation.

- A Being is a Creation
- A Being is a Creative
- A Being is a Creator

Creating a creation requires a creative creator. A creative creator is required to be: Actual, Authentic & Real.

- By Being Actual, I am really authentic
- By Being Authentic, I am actually real
- By Being Real, I am authentically actual

I actually create with my thoughts, I authentically create with my feelings and I really create through my experiences. Thoughtful feeling experiences are how a creator creates creations.

- Being Actual is a mental thought
- Being Authentic is an emotional feeling
- Being Real is a physical experience

- Being Creative is the physical experience, of mentally thoughtful emotional feelings, of empowered inspiration

An Adjective State of Being is an emotional feeling.

An adjective is a describing word. I use an adjective word, an adjective, to describe my emotional state of being. When I describe my emotional state of being, I call it an attribute because I can attribute it to my Self. Creating adjectives is adjectively creative. I am being creative.

A Subjective State of Being is a physical experience, which is the effect of my doing something to cause it. I describe what I do with a doing word, called a verb. I verbalise my creative physical ability. The quality of my physical experience is relative to my ability to verbalise my adjective attributes with my objective attainments and create them.

An Objective State of Being is a mental thought. A noun describes an object and I think of a particular object or objective with a noun. A noun describes both an object and an objective that I have. I obtain an object to have it and I attain an objective that I have. When my objective is to attain a subjective adjective, I attain a quality attribute; by being an adjective subject with subjective creativity.

I creatively create the creation of a creative experience, with the creativity of adjectively Being, subjectively Doing and objectively Having.

Emotionally adjective feeling, with mentally objective thought, creates the ability to do a subjective physical experience.

- Subjective Physical Experience is the Creation
- Objective Mental Thought is the Creator
- Adjective Emotional Feeling is the Creativity

I am the Spiritual Creator of every Creative Creation when:

- My Emotional Attributes are Authentic
- My Mental Attainments are Actual
- My Physical Qualities are Real

When I physically realise my actual authenticity, I am able to authenticate my actual reality with emotional power and actualise my real authenticity with mental authority.

A Perceptual Perspective Of Creating Four Dimensional Spirituality

A Dimension is a polarised direction of a perspective of consciousness.

A perspective of reality has three dimensions when it identifies three directions in which the mind can consciously direct a thought.

Consciousness, Mind & Thought are three dimensions of my mental reality when my mentality identifies three dimensions of thought, mind & consciousness. Where consciousness is a reality, mind and thought are it's other two dimensions.

In an emotional reality; Heart, Feeling & Awareness are its three dimensions. In a two dimensional reality; my heart has an awareness of feeling and my mind has a conscious thought. In a three dimensional reality; my spirit has a conscious mind that thinks, a heart that has emotional awareness and a body that is having a physical experience. In a four dimensional reality; my spirit has a body, a heart, a mind & a Soul. In a spiritual reality or from a spiritual perspective; the Soul may be seen as a three dimensional consciousness that is the conscious ego, the sub-conscious id & the super-conscious entity.

In a physical reality; body, mind & emotion are the three dimensions of a spiritual entity, comprised of energy, matter & motion.

The perception of energy in motion as matter determines the experience of space-time-reality.

When a physical perspective sees only matter in motion, it has a perspective of three polarised directions of travel. A polarised direction of travel allows a choice of opposing directions. This creates a duality or dual reality, which is relative to individual choice & experience. My experience of a dual reality existence allows a polarised perspective, perception & experience of opposing choices in a three dimensional physical reality.

A physical point extends in two opposing directions of length called forward & backward, it extends in two other directions of breadth called left & right and in two further directions of height called up & down.

When I add a fourth dimension of perspective, my point Source can extend inward & outward into the depths of either the macrocosm or the microcosm.

An energy point source can extend in two opposing directions of spin, on a north-south axis or an east-west axis. It can orbit in a clockwise or an anti-

clockwise direction and it can also rotate in a positive or a negative direction.

Every physical body in time-space-reality exhibits three dimensions of physical characteristic and three dimensions of energetic motion. Energy, matter & motion are the three dimensions of a creative reality. Reality is created relative to the matter of energy in motion, the energy of matter in motion or the motion of energy in matter. These are the three dimensions of our mental perspective, emotional perception & physical experience.

A physical experience is a matter of energy in motion, an emotional perception feels the energy of matter in motion as emotion and a mental perspective knows the motion of energy in matter as a thought.

In whatever direction I polarise my perspective, I discover a new dimension of reality. In a three dimensional reality, every perspective has three dimensions; whereas in a relative duality, there is only a perspective of two choices in contrast to each other.

Space has opposing dimensions of full or empty, large or small, inert or dynamic. Time has opposing dimensions of past or future, late or early, before or after and reality has opposing dimensions of true or

false, good or bad, right or wrong, beneficial or detrimental.

We all live in a multi-dimensional reality of our own creation relative to the personal perspective or perception of our own experience of conscious-awareness.

Contrary to what Albert Einstein believed, time is not the fourth dimension of physical reality. Time is the 2nd dimension of space-**time**-reality and the 2nd dimension of the speed, **time** & distance of all energetic matter in motion.

Spirituality is the fourth dimension of the physicality, mentality & emotionality of being Human. The ideal form that every fourth dimension takes is created by the personal mental perspective, emotional perception & physical experience of being a Spiritual Human Creator. Four Dimensional Attainments are how a three dimensional Human Being ascends in consciousness to become a four dimensional Spiritual Being.

The Reality Of Self Actualisation

The Reality of Self Actualisation becomes real when I actualise my Self. What I actually actualise in my Self is the quality of my attributable attainments.

- Attainments are attributable qualities
- Attributes are quality attainments
- Qualities are attainable attributes

Actualising my Self is actually realising my True Self. Actually realising who my true Self is in reality, is Self Actualisation; which is relative to the quality of the attributes that I actually attain.

- An Attainment is an attribute that I can actually express
- A Quality is the actual expression of an attainable attribute
- An Attribute is a quality attainment that is attributable to my Self

The quality of my experience of reality is relative to the quality of the attributes that I have attained.

Attaining an attribute requires the ability to consciously choose to express it. The quality of an attribute is determined by my conscious choice to attain it.

An ideal attribute is a quality attainment. Attaining quality attributes is an ideal expression of my Actual Self. I actualise my Self by consciously choosing to express my awareness of the quality of the attributes attained. I attain a quality attribute by actually choosing it. When I consciously choose a quality attributable attainment to express, it actualises the reality of my Actual Self.

- For a quality to be real, it must be attained & attributable
- For an attainment to be real, it must be an attributable quality
- For an attribute to be really attributable, it must be a quality attainment

A quality attributable attainment is a quality attainable attribute that I realise and attain, by actually attributing it to my Self as an expression of my quality.

Self actualisation is becoming conscious of who my actual Self really is. Self realisation is becoming aware of who my real Self actually is.

My Real Self is not actually real until I actualise my Self in actual reality by realising who my real Self actually is. Realising the activation of the quality of my attributable attainments, the attainment of my

quality attributes and the attributes of my attainable qualities; is the Reality of Self Actualisation.

My Real Self is a Creation of my Actual Self, the Creator. When I express the quality of the attributes that I have attained as my created reality, I realise who my Actual Self really is.

From the perspective of my Self, I realise that I am being the creation of a creative Creator.

From the perspective of my Soul, I actualise a Creation of my actual creative Self.

The Appreciation Of Esteem

Appreciation is a triune reality of value, perspective & growth.

When I value something, I appreciate it; I appreciate its value.

With a positive perspective, I appreciate what I am perceiving. When I perceive it to be positive, I appreciate it.

When I grow spiritually, I appreciate. I appreciate with growth and I value my growth.

My Soul appreciates the appreciation of my Self because my Soul values its self growth. I value my Soul's perspective of the growth of its Self. Mutual appreciation between the Soul & the Self is a mutual perspective of personal growth, which has great value.

When my Self perceives it's perspective to be in alignment with its Soul, appreciation flows in every direction. Appreciation is a measure of the perceived value of Spiritual growth.

True Value is the emotional alignment of the Soul/ Self.

True Perspective is the mental alignment of the Soul/ Self.

True Growth is the physical/spiritual co-operation of the Soul/ Self.

The value of growth is relative to personal perspective. Personal appreciation expresses the value of my spiritual growth.

When I value my perspective, I grow & appreciate.

When I grow my perspective, my value appreciates.

When I perceive the value of my appreciation, my self-esteem grows.

Self-esteem is a measure of how much I appreciate my self-confidence and my self-worth. As I confide in my Self, I value the esteem of my Soul.

When I appreciate my confidence, I value my personal growth.

When I appreciate my worth, my personal value grows.

When I appreciate my self-esteem, I grow in confidence & worth.

I become worthy of my Soul when I confide in my Soul.

When my mental perspective appreciates, I grow in self-confidence.

When my emotional value appreciates, I grow in self-worth.

When my spiritual growth appreciates, my self-esteem grows.

Self-esteem is a measure of my confidence & worth.

Self growth is a measure of the value of my perspective.

Self development is the growth in value of my perspective. The only thing that ever develops, changes & grows is the perceived value of my perspective. As I perceive value, my appreciation grows.

The only thing that ever really appreciates is my Self-esteem.

The Awareness of Imagination

I Imagine Awareness to be about Consciousness, Realisation & Potential. It is the conscious realisation of potential, as is imagination.

Awareness has the potential to realise consciousness and it is the reality of conscious potential. I am conscious of potential that is already realised as reality. I am aware of the potential to realise something new as consciously real.

I am conscious of physical reality and I am aware of the potential for the spiritual reality of my imagination to become realised.

From a conscious perspective, thought realises that reality is real. Thought also realises that it is a perspective of the imagination because imagination has the potential to realise thought and perceive it as a reality.

An awareness that my thought is potentially creative allows the thought that my awareness is potentially creative. Potentially creative thought of the imagination requires the power of awareness to realise it as a conscious reality.

All reality starts with the awareness of creative potential from a conscious perspective. Without conscious realisation, the creative potential of the imagination is not actually real. Without consciousness, there is no awareness of spiritual potential; just a virtual perspective in the imagination of the creator. Without the potent power of the potential of awareness, there is no realisation, no imagination and no conscious creation is perceived. Spiritual Awareness requires physical consciousness, mental realisation and emotional potential. With all three, imagination is enabled.

- Emotional Potential is the Power of Awareness
- Mental Realisation is the Authority of Awareness
- Physical Consciousness is the Ability of Awareness enabled.

Awareness empowers my emotional potential to be creative, realises the mental authority of my mind to create and enables my physical consciousness to be a spiritually conscious-aware creation.

Awareness enables the creative potential of an imaginative mind. Unaware of my awareness, I am unaware of the creative ability of my imaginative mind.

An Awareness of my creative mental authority releases the potential of my creative emotional power to be realised as a conscious physical creation, called physical reality. With a conscious realisation of the creation, I have a spiritual awareness of the Image of the Creator.

This is how the Soul sees who it actually really Is!

The Nature Of Abundance

Abundance is the triune reality of Presence, Contentment & Enough.

Abundance is the nature of the Universe. When enough content is present, the universe is naturally abundant.

The nature of abundance is that enough content is present. When enough abundance is present, I am content. An abundant presence of contentment is definitely enough.

- Abundance is the mental contentment of enough
- Abundance is the emotional presence of feeling content with enough of everything in each moment of time
- Abundance is the physical present of enough material content

My abundant nature always has enough content present. The nature of enough is that contentment is present. The nature of contentment is having enough presenting itself in the present moment as a gift & a present.

When I am physically, mentally & emotionally content and I am also emotionally, mentally & physically

present, spiritual abundance is infinitely, eternally & continuously enough.

Spiritual abundance is being content with enough in the present moment. Abundance is natural when enough contentment is present. An abundant nature is present when I am content with enough.

Having less than enough and wanting more than enough, both limit the presence & contentment of having enough.

Abundance flows naturally through me, when I have the presence to be content with enough.

The Essence Of Beingness

Humans are essentially Unique, Individual & Exclusive Beings. Being unique, individual & exclusive is essential to human beings.

The paradox of being human is that we are all the same and we are all different. We are all the same exclusively unique individuals and being unique, individual & exclusive is what makes each of us different. Being the same & being different are essential to expressing the essence of our Beingness.

- Being Unique is being individually exclusive
- Being Individual is being exclusively unique
- Being Exclusive allows me to be a unique individual

Being unique, individual & exclusive is the essence of Beingness.

I do the same as other people, to have the same as other people, when I think I am the same as other people, because I think the same as other people.

This is not the essence of either being human or of a Human Being. Being the same as everyone else is not the essence of my life. It is not essential to a life of Human Beingness.

Being an exclusive, unique & individual person is an essential aspect of my life.

- Being emotionally exclusive, I feel essential
- Being mentally unique, I know I am essential
- Being physically individual, I see my essential nature

Essential to my being alive is my unique vision, my exclusive purpose and my individual mission. This is my defining, meaning, reason & purpose for me essentially being alive. It is by being apart from my Soul whilst an essential part of my Soul that I can discover, explore & experience the Essence of my Beingness.

The Certainty Of Faith

Faith is a triune reality of clarity, direction & presence.

- With clear direction, faith is certain
- With direction present, faith is certain
- With clarity present, faith is certain

The only certainty is my faith in my intuition:

- My intuitive knowing is my direction. It directs me directly in a faithful mental direction
- My intuitive feeling is my clarity. It clearly empowers my emotional clarity.
- My intuitive seeing presents my path. It presents with physical presence in each present moment of time.

My faith is certainly intuitive, my intuition is certainly faithful and my certainty is in my intuitive faith.

Without faith, I am often uncertain and without certainty, I am often unfaithful to my path. Without clarity, direction & presence; I am lost confused & frustrated:

- Being confused is without certain clarity
- Being lost is without certain direction
- Being frustrated is being without the presence of certainty

With direction, clarity & presence, I am certainly faithful to my journey through life. I am certain that my journey through life is the chosen path of my Soul. I have faith in the path of my Soul being certainly beneficial. I faithfully follow a beneficial path with certainty.

- My Soul directs my path with intuitive knowing
- My Soul clarifies my path with intuitive feeling
- My Soul presents my path with intuitive insight, you see

When I lose my faith, I default to foresight or hindsight, as I have no certain insight.

When I have intuitive faith, I am certain of my faith and I have faith in the certainty of my path.

The Integrity Of Truth

In Truth, Integrity requires transparency, honesty, accountability, sincerity, credibility, & wisdom. They are all integral to my truth.

- My honesty is transparent and my transparency is honest
- My sincerity is accountable and my accountability is sincere
- My credibility is wise and my wisdom is credible
- My integrity is accountable, transparent & wise
- My truth is honest, sincere & credible
- My integrity has honesty, sincerity & credibility
- My truth has accountability, transparency & wisdom
- I intuitively know the credibility of my wisdom
- I intuitively feel the sincerity of my accountability
- I intuitively see the honesty of my transparency

The Truth is that the Oneness of my Integrity has many perspectives that I perceive in many ways. I have only one true path, yet many ways to perceive it.

Truth or untruth is a judgment that will always take me out of integrity. Relative truth & untruth is subject

to an objective perspective, with either a positive or a negative polarity.

True integrity is beyond judgment. My path is the subject of my life journey and my objective is to walk my path with truth & integrity.

Truth & integrity illuminate my path, for my Self to follow. Honesty, sincerity, credibility, transparency, accountability & wisdom are all signposts on my journey.

The Truth of the Soul is expressed through the Integrity of the Self. When my integrity is true, I am at One with my Soul. When I am aligned with my Soul's Truth, I am at One and in Integrity with my Self.

My true oneness with my Soul expresses my integrity with my Self. The Truth is integral to my path because it follows the Truth of my Integrity.

The Experience Of Inner Peace

Inner Peace is experienced with calm, balance & harmony and as calm, balance & harmony; by being calm balanced & harmonious.

With Inner Peace:

- My mental calm is in balance & harmony
- My emotional balance is calm & harmonious
- My physical harmony is calm & balanced

I am spiritually at peace with my Self when I am mentally calm, emotionally balanced & in physical harmony.

- My physical harmony allows my health to flow
- My emotional balance allows my wealth to flow
- My mental calm allows my wisdom to flow
- My spiritual peace allows my wellbeing to flow effortlessly through my life

My negative choice of mental thinking disturbs my inner calm, disallows my enlightened thoughts and sponsors my negative emotional feelings. My inner conflict is the effect of my:

- Negative emotional traumas
- Negative mental turmoil
- Negative physical dramas

The divided male & female gender of my personality & character, disallows the true identity of my emotional balance. My negative choice of actions, driven by my fears & my false beliefs, disallow my experience of an harmonious life.

When the authority of my calm mental thoughts is in balance with the positive power of my emotional feelings, I am able to be in harmony with the beneficial opportunities of my life.

- When I am in harmony with the physical content in my life, I am content
- When I am in balance with my male & female emotional energy, I am joyful
- When I am calm with a neutral choice of mental polarity, my life is filled full of opportunities and I am fulfilled
- When I am harmoniously content, joyfully balanced & calmly fulfilled, I am physically, emotionally & mentally at Peace with my Happiness

Inner Peace is the spiritual flow of my mental wellbeing and my emotional happiness, as my physical experience of life.

The Vitality Of Being Alive

Vitality is the Vital Reality of Being Alive.

Being Awake, Alert & Aware are really vital to being Alive.

- When I am Awake, I am aware of being alert
- When I am Alert, I am aware of being awake
- When I am Aware, I am alert to being awake
- When I am awake, alert & aware, I am Alive

When I am physically awake, mentally alert and emotionally aware, I am spiritually alive.

- I am vitally awake when I see my life is really doing well
- I am vitally alert when I know I am having a real life
- I am vitally aware when I feel I am being really alive

It is vital that I am mentally alert to my thoughts, emotionally aware of my feelings and physically awake to my experiences.

- Unaware of my limiting beliefs, I am driven by my fears

- Unaware of my emotions, I am driven by my needs
- Unaware of my traumas, I am attached to other people's dramas

Unawakened to my spiritual reality, I am unaware of my emotional power and disconnected from my mental authority. My emotional power and my mental authority, through my physical ability, enable the Spiritual Vitality of Being Alive.

The Expansive Growth Of Spirituality

Spiritual Growth is expansive, expansive growth is spiritual and expansive spirituality is growing. For spiritual growth to be expansive, it requires the triune aspects of Enlightenment, Empowerment & Development.

- Physical Development requires empowered enlightenment
- Emotional Empowerment requires enlightened development
- Mental Enlightenment requires developed empowerment

Expansive Spiritual Growth requires empowered emotion, mental enlightenment & physical development. I can only develop, empower & enlighten my spirituality in physical reality.

Personal development in the physical realm allows expansive growth in the spiritual realm.

- Physically enabled development requires the rational intelligence quotient of IQ
- Emotionally empowered growth requires the emotional intelligence quotient of EQ

- Mentally enlightened expansion requires the spiritual intelligence of Wisdom

When I get that expansive spiritual growth through enlightened empowered development is intuitive, I am inspired by it. I get that:

- My IQ is developed with intuitive knowing
- My EQ grows with intuitive feeling
- My Wisdom expands with intuitive seeing

When I am inspired & empowered by my enlightened development, I develop inspiration with my enlightened empowerment and I empower the development of my inspired enlightenment.

My expansive spiritual growth is inspired when my enlightenment and my empowerment are inspirationally developed.

The Epitome Of Perfection

The Epitome of Perfection is an Optimum, an Ideal & a Model.

- My Ideal is an Optimal Model
- My Optimum is a Model Ideal
- My Model is an Ideal Optimum

When I am Optimal, Model and Ideal, I am the epitome of perfection.

- A model experience is the ideal feeling of an optimal thought
- An ideal feeling is the optimal thought of a model experience
- An optimal thought is the model experience of an ideal feeling

A model is imperfect when it is less than ideal and sub-optimal:

- Without an ideal feeling, an optimal thought is not a model experience
- Without a model experience, an optimal thought has no ideal feeling
- Without an optimal thought, an ideal feeling is not a model experience
- Without an ideal, optimal model, I experience the epitome of imperfection

Optima is the plural of optimum, which means most favourable, or most preferable because it is most perfect. I favour and prefer that which is most perfect. Optimal describes a perfect something. When everything is the epitome of perfection, I savour the perfection of everything. I have learned the meaning of optimal as my perfect thoughts operate in time and are frequently in frequency.

Ideal is the perfection of an idea. An idea is perfect when it feels good, which is ideal. Ideal is the emotional feeling that accompanies an optimal thought or idea.

Model is the perfect way. A mode is a way. Modest is the best way and model is the perfect way. The way of a perfect model is the optimum and the ideal.

- A perfect mental thought is the optimum
- A perfect emotional feeling is ideal
- A perfect physical experience is a model

Perfection is the epitome of my physical, mental & emotional, spirituality.

- An optimal model is a model of optimism
- A modest ideal is an ideal model
- An ideal optimum is an optimistic idea

A perfect idea is the Way of Truth. The epitome of truth is that it is the perfect way. The perfect way for my Self is to model my optimum ideals.

When I optimise every ideal, I am the epitome of a perfect model. I am the model experience of my Soul's optimum authority and ideal power. Physically modelling my optimum mental capacity, allows my ideal emotional competence to perfectly flow.

My Ideal Life is an expression of the emotional feelings of my optimum thoughts as a model experience of the Epitome of my Perfect Reality.

The Zenith Of Beauty

The Zenith is the high point of the heavens. Beauty is the aesthetic experience of Heaven on Earth. A beautiful experience is a heavenly experience.

Beauty requires a triune reality of Virtue, Purity & Attraction.

- Pure Attraction is a beautiful Virtue
- Virtual Purity is beautifully Attractive
- Attractive Virtue is Pure beauty

Virtue is a pure emotion, which is very attractive and very beautiful.

Purity is an attractive thought, which is very virtuous and very beautiful.

Attraction is a virtual experience, which is very pure and very beautiful.

The zenith of my beauty is being emotionally virtuous with a pure mentality that is physically attractive.

Attraction can be attractive & beautiful, non-attractive & plain or unattractive & ugly.

Purity can be pure with a true identity or impure when personalised by its gender or polarised by its character.

Virtue is beautiful when it is truly virtuous, saintly when it is opposed to sin and sinful when it is negatively masculine or virtually unreal.

The beauty of physical attraction is its perception of emotional virtue through its perspective of mental purity.

The beauty of mental purity is its feeling of emotional virtue through its experience of physical attraction.

The beauty of emotional virtue is seeing the mental purity of its physical attraction.

- Purity is a mental perspective of heavenly beauty
- Virtue is an emotional perception of heavenly beauty
- Attraction is a physical experience of heavenly beauty

I am actually physically attracted to the emotional purity of virtue and the mental virtue of purity because of the spiritual beauty of the experience.

The Inspiration Of Choice

Choice is a potential for all Human Beings. All human beings have choice but not all choice is inspired.

An inspired choice is authorised, empowered and positively enabled. A positively enabled choice is good, right & beneficial for me. It is not possible for an inspired choice to be bad, wrong and detrimental with negative consequences. It is possible though, to see whatever is beneficially occurring with a negative perspective.

Seeing the inspiration of my choice, whilst feeling the power of my choice, is how I intuitively know it is beneficial for my Self. An inspired choice has the authority of being aligned with the integrity of my Truth. My Truth is what aligns me with the choice of my Soul or True Self. My Soul always inspires its Self with positively beneficial choices that are aligned with a true vision & purpose.

My ego sense of Self, when unawakened to its Soul purpose, often makes detrimental choices for itself. The Soul gives its Self unconditional choice, yet only empowers choices that the Soul itself inspires.

- An empowered choice is authorised & enabled
- An authorised choice is empowered & enabled

- An enabled choice is authorised & empowered

Without the wise authority of my Soul, my emotional power is not physically enabled and without power, my choice is not authorised. I am always able to make a choice but that choice is not always divinely enabled with power & authority.

When my emotional power and my mental authority are divinely beneficial and effortlessly enabled, my choice is inspired. When my choice is not inspired, it is not empowered and is therefore not a powerfully creative choice.

Paradoxically, unempowered choices need will power to enable them to be activated. Following other people's true authority is not an empowered choice. When I am inspired by my own choice, I choose not to follow other people's authority. When another's authority & choice feels good, then I am inspired to follow it as my own choice. Being inspired to follow another's choice is always a good & beneficial choice. I am only ever inspired by my Soul, never other people. Without inspiration, my choice is not empowered and when others choose for me to follow their choice, they will have to motivate me in some way, to do so.

My inspiration of choice is always an empowered, enabled and authorised opportunity for spiritual development & growth.

The Efficacy Of Effortless Flow

Effortless is the natural state of Flow. Flow is the potential of zero point energy. Energy flows effortlessly, without resistance. Both hard work or laziness, sloth or diligence resist the efficacy of flow. Effortless Flow requires Gentleness, Grace & Goodness; not dedication, determination & commitment.

- Gentleness is effortless Good Grace, without physical determination.
- Grace is effortlessly Gentle Goodness, without emotional commitment.
- Goodness is effortless Graceful Gentleness, without mental dedication.

Gentleness has no assertive, determined force or active resistance; just the resilient strength of good grace. When I accept whatever is occurring with good grace, I am being gentle.

Grace is the absence of my ego's will power. It is my unconditional approval of whatever is gently occurring as goodness. Without any commitment or feeling of attachment, I approve of the goodness and the gentleness of whatever is occurring with the emotional power of my grace.

Goodness is the absence of any negative thinking. In the absence of any dedicated limiting beliefs, my positive thoughts are gently graceful and powerfully enabled. The positively inspired ability of my thoughts is a beneficial force for good.

- My gentleness is physically efficacious as there is no problem of resistance with my gentle actions and experiences.
- My grace is emotionally efficacious as there is no emotional pain with my graceful feelings.
- My goodness is mentally efficacious as there is no anxiety or fear in the inspiration of my intuitive thoughts.

Without the resistance, entropy & chaos of my physical problems, emotional pain & mental fear, life effortlessly flows in a truly efficacious way.

- When I effortlessly accept my gentleness, my physical experience is able to flow efficaciously.
- When I effortlessly allow my goodness, my mental thoughts positively flow with efficacious authority.
- When I effortlessly approve of my emotional feelings, they positively flow with efficacious power.

Approving of my power of grace, allows my good authority to accept my gentle efficacious ability.

Being allowing of my authority of goodness, approving of my power of grace and accepting the ability of a gentle efficacy is my recipe for the effortless flow of abundant opportunities in my life.

An abundance of beneficial opportunities is what effortlessly flows into my reality, when I am being gentle, graceful & good. They are the allowance that Providence provides, when I accept them with my approval.

The Sense Of Aesthesia

The Sense of Aesthesia is Sensual, Sensitive & Sensational. An aesthetic experience uses all the senses in a sensual, sensitive and sensational way.

- I am physically sensual in a sensationally sensitive way
- I am emotionally sensitive to sensual sensations
- I am mentally sensational with sensitive sensuality

When I am aesthetically grounded & balanced, I have a happy sense of physical contentment, mental fulfilment and emotional joy.

- Emotional joy is a sensual sensation
- Mental fulfilment is a sensual sensitivity
- Physical contentment is a sensitive sensation

When I am aesthetically balanced, yet unable to ground my thoughts or earth my emotions, I experience the intensity of my:

- Sensationally sensual Bliss
- Sensually sensitive Euphoria
- Sensitive sensational Ecstasy

Anchoring my ecstasy satisfies my physical contentment, grounding my euphoria is mentally fulfilling and earthing my bliss is emotionally joyful.

Physically sensual experiences require the use of my five physical senses of sight, hearing, taste, smell & touch.

Mentally sensational experiences require the use of my four instinctive senses of balance, temperature, movement & power.

Emotionally sensitive experiences require the use of my three intuitive senses of seeing, feeling & knowing.

- Sensual touch is physical
- Sensitive feelings are emotional
- Sensational thoughts are mental
- Aesthetic senses are spiritual

The more sensitively sensational my physical senses, the more sensual my experience.

The more sensually sensitive my instinctive senses, the more sensational my thoughts.

The more sensationally sensual my intuitive senses, the more sensitive my emotional feelings.

Aesthetically, my sense of touch can be physical, mental or emotional:

- Sensitivity touches me emotionally
- Sensation touches me mentally
- Sensuality touches me physically

Aesthetically my sense of taste affects me physically, mentally & emotionally:

- My emotional taste affects my emotional feelings
- My physical taste affects my physical experiences
- My mental taste affects my mental thoughts

Aesthetically, the senses that are common to all are the common Senses of Aesthesia.

The Actual Act Of Acting

The Actual Act of Acting requires Action, Activity & Activation. The mental activity of thought causes the emotional activation of feeling, through the physical experience of action.

- Activating activity allows physical action
- Activation of action activates mental activity
- Activity in action approves emotional activation

The emotional activation of mental activity enables physical action, the mental activity of emotional activation empowers physical action and the physical action of mental activity authorises the activation of emotional power.

- Action is physically actionable experience
- Activity is mentally active thought
- Activation activates emotional feeling
- Actually acting is a spiritual act

I actively activate a physical action, I activate the action of mental activity and I action the activity of emotional activation. Actively actioning the active act of activation of activity in action is a proverb with adverbs qualifying verbs and adjectives describing nouns.

I describe my emotional state of being with actively, active, actionable adjectives; I state what I am mentally doing with an acting, activating, actioning verb; and I acknowledge what I physically have with an action, activity, activation noun.

I define my Role as an Actor, as one who physically acts; my Role as an Activist, as one who emotionally activates; and my Role as an Activator as one who mentally actions.

- The activation of activity is a physical action
- The action of activating is a mental activity
- The activity of action is an emotional activation

The Actual Act of Acting requires capacity, competence & capability:

- Action requires physical capability
- Activity requires mental capacity
- Activation requires emotional competence

The action of acting is a physically capable act, actively active thought is the capacity of mental activity and being activated with actual feeling is an emotional activation.

- Physical action is relative to physical capability
- Mental activity is relative to mental capacity
- Emotional activation is relative to emotional competence

- Spiritual actualisation is relative to the capability of competent capacity

Competent emotional activation, with the capacity of mental activity, allows the capability of actual physical action.

- Incapability disables physical action
- Incapacity disallows mental activity
- Incompetence disapproves of emotional activation

A Dramatist re-activates the emotional trauma of mental fears as physical dramas.

An Activist reacts with physical drama to the mental terror of emotional trauma.

A Novelist re-creates the dramatic action of virtual trauma as a fictional experience.

An Actor physically re-enacts the emotional dramas of their mental experiences.

An Actualiser creates the real experience of the emotional activation of mental activity as a physical action.

The Validation Of Providence

Validation is the experience of being well grounded in physical reality.

Providence is the Universal Provider of physically real experiences. The experience of physical reality is provided, providentially, by Providence.

The Validation of Providence requires the triune attributes of being Allowing, being Approving & being Accepting.

- Being Allowing & Accepting validates my Approval
- Being Approving & Allowing validates my Acceptance
- Being Accepting & Approving validates my Allowance

My Spiritual Allowance is valid when I mentally allow it, emotionally approve it and physically accept it.

- I disallow my allowance, when I disapprove and find it unacceptable
- I disapprove of providence when I disallow it as unacceptable
- Validation is unacceptable for whatever I disapprove or disallow as invalid

My Allowance is the provision provided through the validation of the Providence of my Soul. My Soul

provides whatever my Self allows. What my Self allows becomes my allowance and what my Soul provides is the Soul's provision, which is Providence. When I approve of the Providence of my Soul, I allow my allowance and I accept the provision that my Soul is providing for its Self.

Disapproving & disallowing is the resistance that I am expressing, which invalidates my allowance, when my provision appears to be unacceptable.

The ego self is always at choice. I can choose to accept or reject, approve or disapprove, allow or resist whatever providence is providing as my allowance.

Providence is the Universal Provider of Abundance. Provision flows abundantly from the Provider, when there is no resistance. The ego has the choice to go without, to provide for itself or to allow the provision provided by Providence.

When the Self is expressing its belief in the scarcity of too little & not enough, or the gluttony of too much and more than enough in excess; it disallows the abundant content of always having enough of everything that is ever needed. When I have enough, I am content with the abundant opportunities in life for the provision of my allowance.

When I allow life to happen through me; by being unconditionally accepting, allowing & approving of whatever providence provides; every experience is certainly beneficially valid.

The experience of an effortlessly abundant life of valid opportunities is the validation for the validity of Providence.

The Synchronicity Of Co-incidence

The Synchronicity of Co-incidence is the correlation of concurrent co-existence through the chance of a fortuitous destiny. Co-incidence is in synchronisation when it correlates in time, with a concurrent space, in a co-existing reality.

When I mentally correlate my time, within my emotionally concurrent space, I co-exist within a synchronised reality that is co-incidental with everyone else.

It is no co-incidence that with synchronicity:

- Time correlates with spacial reality
- Space concurs with real time
- Reality co-exists in space-time

The paradox of space-time-reality is that co-incidence is no co-incidence, when I am aware of the reality of my own time & space being synchronised with synchronicity.

The physical reality of my mental time in emotional space is my chance for a fortuitous destiny, without the risk of a misfortunate fate.

My chance is always a real opportunity in the now of time and the here of space. I have the opportunity to see chance as a danger and a problem, a risk and a

challenge or as the chance of an opportunity to experience a fortuitous destiny.

- Seeing chance as a problem is an unfortunate mistake
- Seeing chance as a challenge can result in misfortune
- Seeing chance as an opportunity is ever fortuitous

The fortuitous chance of synchronised co-incidence is a sign-post to my destiny:

- It is my destiny to see chance as lucky & fortuitous
- It is my fate to see chance as an unlucky misfortunate challenge
- It is my doom to see chance as a problem of bad luck

My destiny is synchronised with the co-incidence of chance and the fortune of fortitude.

- My fortuitous choice of chance is destined to synchronistically coincide with my fortune
- My fortitude is the synchronised co-incidence of chance with destiny
- My destiny is to fortuitously synchronise my co-incidental opportunities, every chance I get

Unaware of the correlation of concurrent co-existence that is space-time-reality, I am unaware of any

chance of a fortuitous destiny and synchronicity is seen as just a co-incidence.

Without an awareness of the synchronicity of space-time-reality, co-incidence happens to me by chance, without fortitude, and by fate.

Without an awareness of my fortitude, my fortune becomes unfortunate, my destiny becomes my fate and my fate can easily become my doom; being relative to how lucky or unlucky I believe myself to be. When my destiny is left to my fate, my fortitude is doomed with every risked chance ending in misfortune. Any fortunate lucky chance is seen as a co-incidence without being co-incidental, and we call that incident an accident.

Every opportune co-incidence is synchronised with every fortuitous incident in a combined space-time-reality, in which every chance of a fortuitous destiny is realised.

The Physical Potential Of Mental Force & Emotional Magnitude

In this new Age of Aquarius, a mental force of Light and an emotional magnitude of Love enable the potential for physical Life.

The Energy of Motion is a Matter of the potential of its force & magnitude.

- The motion of energy in matter is its frequency of force, its wavelength of magnitude and its potential vibration
- The matter of energy in motion is its force of frequency of thought, with its emotional magnitude of wavelength that is a potential vibrational experience
- The authority of a force of a frequency of Light called mental thought, with the power of a wavelength of Love called emotional feeling, has the potential ability to enable a vibration of physical experience called Life

Life is the electric force of a dielectric potential with a magnetic magnitude, called electro-magnetic energy. Induced electro-magnetic wave particles have a particular range of vibration, relative to the spectrum of their frequency & wavelength. The induction of

polarised electro-magnetic wave particles generates either electricity or magnetism, relative to the direction of force & clarity of magnitude induced.

- The Scottish Inventor, James Watt, born 1736, gave his name to the potential of electricity called a watt
- The Italian Physicist Alessandro Volta, born 1745, gave his name to the force of electricity called a volt
- The French Physicist Andre-Marie Ampere, born 1775, gave his name to the magnitude of electrical power called an amp

The potential wattage of electricity is measured as its voltage times its amperage. This is the old age of watts, amps & volts, not the new age of force, magnitude & potential.

Life is really electric when the force of my mental authority of thoughtful choice, with the magnitude of the power of my emotional feeling, physically enables the potential ability of my physical experience.

The Matter Of Actualising Spirit

Spirit is the Spiritual Energy of all energy, matter & motion.

Spirit is:

- The Energy of matter in motion, of Space-Time-Reality
- The Energy of motion in matter, of Force, Magnitude & Potential
- The Matter of energy in motion, of Thought, Emotion & Experience
- The Matter of motion in energy, of Love, Light & Life
- The Motion of energy in matter, of Frequency, Wavelength & Vibration
- The Motion of matter in energy, of time, speed & distance

Spirit is: E = Energy of Love, M = Matter of Life, C = Motion of Light

- The Energy of Love is a magnitude of distance in space that is a relative wavelength of emotion
- The Motion of Light is a force of thought with a frequent frequency of time

- The Matter of Life is a potential speed of vibration that is a relative experience of reality

The Ancient Greek Philosophers understood the Four Elementary Dimensions of the growth of thoughtful feeling experiences:

- Thought is the mindful motion of Water or Nous
- Feeling is the emotional energy of Air or Pneuma
- Experience is the physical matter of Earth or Soma
- Growth is the spiritual expansiveness of Fire or Psyche

Greek Philosophy is the innate Love of 'Philos' with the innate Wisdom (Light) of 'Sophia'. Love & Light is the Life of a True Philosopher.

The Ability of Matter is relative to the Power of its Energy and the Authority of its choice of Motion. This is how the Soul actually actualises its Self with Spirit, to create the spirituality of its Spiritual Reality. In physical experience, the Self realises that it is an individual, unique & exclusive Creation of a Sole Creator (Soul).

The **Soul** is the **Source Of Unlimited Love, Light, Life & Learning** and the **Sole Source Of Learning Energy**.

The Ideal Qualities of Attributes & Attainments

The Opportunity of
Fortunate Fortune
Fortuitous Fortitude
Destined Destiny

The Synchronicity of
Correlating Correlation
Concurrent Concurrency
Co-existent Co-existence

The Actuality of
Capable Capability
Competent Competence
Capacious Capacity

The Spirituality of
Mental Mentality
Emotional Emotionality
Physical Physicality

The Aesthesia of
Blissful Bliss
Euphoric Euphoria
Ecstatic Ecstasy

The Happiness of
Joyful Joy
Fulfilled Fulfilment
Content Contentment

The Sense of
Sensual Sensuality
Sensitive Sensitivity
Sensational Sensationalism

The Flow of
Approving Approval
Allowing Allowance
Accepting Acceptance

The Effortlessness of
Gentle Gentleness
Graceful Grace
Good Goodness

The Choice of
Authorised Authority
Empowered Power
Enabled Ability

The Beauty of
Virtuous Virtue
Pure Purity
Attractive Attractiveness

The Expansiveness of
Developing Development
Enlightened Enlightenment
Empowered Empowerment

The Validity of
Vital Vitality
Awake Awakeness
Alert Alertness

The Wellbeing of
Healthy Health
Wealthy Wealth
Wise Wisdom

The Calm of
Peaceful Peace
Harmonious Harmony
Balanced Balance

The Truth of
Honest Honesty
Transparent Transparency
Sincere Sincerity

The Integrity of
Truthful Truth
Credible Credibility
Accountable Accountability

The Faith of
Certain Certainty
Clear Clarity
Direct Direction

The Esteem of
Worthy Value
Confident Confidence
Appreciative Appreciation

The Reality of
Actual Actualisation
Conscious Consciousness
Aware Awareness

The Abundance of
Eternal Eternity
Infinite Infinity
Continuous Continuity

“Life is the eternal eternity of time, in the infinite infinity of space, allowing the continuous continuity of Actual, Authentic, Reality”

P.S. Authentic means: I am the author of my actual reality.

P.P.S. Continuous Continuity means: This is only the beginning.