



The Inner Coach

Daily Life Lessons 2009

Keith Collins

New Year Resolutions

December 31, 2009

New Year Resolutions never resolve anything.

A New Year resolution is a new solution to an old problem.

It is a solution for next year that is designed to solve last year's problem.

Solutions never solve the cause of problems; they just fix the symptoms for a while.

New solutions never solve old problems; they just prove that old solutions didn't work.

In a problem-free reality, I have no problems, I have only opportunities for growth and therefore solutions and resolutions are not necessary.

Solutions and resolutions are not required when accepting opportunities.

When I see a learning opportunity as a problem to be solved, it will always be a problem to be solved, whether I have a solution or not.

An aspirin is a solution to the problem of a headache but it will never eradicate the cause of the headache and the problem will often return.

A problem will always be a headache until I become problem-free. I will not become problem free by trying to solve or resolve problems, either this year or at the start of a new year.

This New Year I invite all opportunities to present them self for my approval.

My New Year's Intention is to embrace all my opportunities for a problem-free and effortless Life.

An Open Mind

December 30, 2009

My Mind is never closed. It is always open.

What is either open or closed is my connection to my Mind.

To open to my Mind, I am required to remember, be re-minded, who I really am.

My Mind is neither my brain nor the beliefs that I hold in my sub-conscious memory.

I never 'change my mind'. I change my beliefs when I make a new choice about my reality. My Mind only changes as my Consciousness expands and grows.

I expand my Mind as I change my beliefs about my Self and my Reality.

My beliefs are not my Mind. They are just beliefs that I hold in the memory of my brain.

When I am 'making my mind up', I am really making a choice. I am discerning a preferred action for my Self.

My Mind is already 'made up'. The question is: "Am I open to realising the reality that is already created in my Mind"?

My Mind is the Super-Consciousness of my Soul.

My sub-conscious (mind) is my memory and my operating programmes that determine my human-ness.

My conscious (mind) is the mental processor that is my brain.

My sub-conscious is always closed, that is why I am not conscious of it.

The question is: "Is my Conscious Self 'Open' to and in alignment with the 'Mind' of my Soul"?

My Mind

December 29, 2009

My Mind is not my own.

I have a unique brain but not a unique mind.

I have a unique perspective of Life and I create my own individual physical reality.

Renee Descartes told science many years ago that the mind does not reside in the brain. They have not listened and are still studying the brain as though it is the mind that is the originator of thoughts.

Thoughts do not originate in the brain.

Thoughts are received, processed, stored, remembered and transmitted by the brain. It is this process that makes thoughts individual and personal but this is the action of my brain not my mind.

Making a choice is not making up my mind. My mind is not made up by, or of, what I choose for me.

Most thoughts are just a memory of a past experience or the projection of a past experience into the future.

Memory is stored in my brain not in my mind.

My brain, like a computer, stores information and reprocesses that information but is not capable of original thought.

Original Thought comes from the Universal Mind that is Pure Consciousness. It is channelled to my Self via my Soul.

Pure Consciousness is Original Thought, which is creative because it is the Creator. It doesn't come from the Creator, it is the Creator. All is created through Thought.

Spiritual Awareness

December 28, 2009

My Self has physical consciousness.

My Soul has spiritual awareness.

I am on a journey to re-unite my physical Self with my spiritual Soul with Conscious-Awareness.

Spirit is the energy of awareness.

Spiritual Beings have the awareness of energy.

A physical Human being may be unaware of their spiritual consciousness until they become spiritually awakened to the existence of their Higher Self or Super-conscious Mind that is their Soul.

In the physical realm, I become aware of my spiritual existence whilst asleep.

Whilst asleep, I become aware of my spiritual nature even though I am not aware of this when awake unless I am able to consciously remember my dreams.

Dreams are my conscious recollections of my spiritual awareness.

My Soul is conscious of my physical existence and aware of my spiritual existence.

My Soul is consciously-aware of Life.

Consciousness

December 27, 2009

Consciousness is Thought. It is not physical.

Thought is a mental energy. Physical reality is the consequence of Consciousness or Thought.

Without Thought, without Consciousness, reality cannot exist.

Thought is Consciousness experiencing itself.

My Self is the physical aspect of me that I am experiencing.

My Soul is the Spiritual Consciousness that is aware of who I am.

My Self thinks that it is the physical Being that I perceive with my conscious mind.

I know that I am a Consciousness that is Supra-conscious.

My Supra-conscious Mind is a Triality of my conscious mind, my sub-conscious mind and my super-conscious mind.

Being physically conscious (perceiving reality with my conscious mind) is only a small percentage of my Total Consciousness.

It is not that I am only using a small percentage of my brain but that my brain is only processing a small percentage of my reality as conscious thought.

Physical Consciousness

December 26, 2009

Physical Consciousness is what a human being is conscious of sensing with its physical senses whilst awake in the physical world.

When physically asleep, my physical consciousness is no longer conscious. I am said to be unconscious or asleep.

In their search for the source of their consciousness, scientists are looking for what they do not believe exists and will therefore never find.

My brain is the processor of my physical consciousness not its source.

My brain receives and processes my 5 physical senses through my sight, hearing, touch, taste and smell.

My brain is processing physical reality but it is my mind that is creating it.

With no distinction between the mind and the brain, science is looking at the brain as the creator of consciousness when Consciousness itself is the Creator of Physical Reality.

Looking for the source of physical consciousness in the brain is like looking for the source of a TV programme in the TV set.

Physical consciousness is an oxymoron because True Consciousness is not physical.

Consciousness creates the illusion of physical reality.

Science studies physical reality as defined by our physical senses.

It is the study of spiritual reality with my 3 intuitive senses that will uncover the Source of my Spiritual Consciousness.

Reflection

December 25, 2009

Reflection is the process of reflecting on past events to analyse what went well and what did not.

What I am reflecting on, I am focusing my attention on and what I focus my attention on, I create as my future reality.

When I am reflecting on my positive attributes and attainments, I am being in gratitude and appreciation for what has occurred and this will expand my personal development and growth.

Reflecting on my negative situation is called problem solving and this will never make my life problem-free. It just puts bigger and bigger problems into my future. The more I focus on my problems the more they appreciate and grow.

Reflecting on my reflection is my best opportunity for personal growth.

My reflection is the state of being that I am reflecting to other people. By the Law of Attraction, my reflection is a reflection of other people's state of being and their reflection is a reflection of my state of being.

I see who I am being as a reflection of other people. Other people are reflecting to me who I am being. Whether my reflection is good or bad is just my personal judgement.

On Reflection, I always have the opportunity to change my mind and thereby change what I am reflecting to others.

Reflecting on what others are reflecting to me is the best focus of my reflection.

My outer world experiences are a reflection of my inner state of being. When I change my perspective of life, a new reality manifests as my new reflection. Others then see me reflected in a new Light.

Inner Peace

December 24, 2009

Inner Peace is my natural state of being.

With Inner Peace, I am without inner conflict.

My inner conflict is created by my unauthorised thoughts, my limiting beliefs, my fears and my low self-confidence.

I declare Inner Peace with my Self once I attain authority for my thoughts with confidence, I own my beliefs and I become fearless.

Without Inner Peace my external world will be at war. I will be in conflict with other people because of my lack of Inner Peace.

Peace cannot reign in my Inner World until I have sovereignty over my Inner World.

World Peace will be attained when each individual declares their own personal Inner Peace.

Unless I own my Inner Peace, I will fear the lack of inner peace that others reflect to me.

The only real threats to my Inner Peace are my own thoughts and beliefs.

Wars are not started by religion but they are often the manifestation of fearful, limited and unauthorised choices based on peoples' religious beliefs.

Personal Inner Peace is the only way to manifest World Peace.

Inner Conflict

December 23, 2009

Inner Conflict is created when my standards and my boundaries do not match.

Unless I own my standards of behaviour, unless my standards are my own, I will experience an inner conflict created by the conflicting standards that I have been given by other people.

My standards are the behaviour that I find acceptable of myself. They are the standards of my personal behaviour.

My boundaries are the behaviour that I find acceptable of other people.

When others breach or trespass over my boundaries they come into conflict with my standards. Their standards are in conflict with mine.

My inner world is reflected in my outer world. My outer world is a direct reflection of my inner world.

Any inner conflict that I have will manifest as my reality in my physical outer world.

With clear personal standards and strongly enforced boundaries, my emotional energy is contained and manageable.

Inner Peace is the state of being without Inner Conflict

Tempted

December 22, 2009

Being Tempted is being offered a beneficial option.

A detrimental option is considered a bad choice and therefore I am not tempted.

I am only ever tempted by what I believe is good for me.

However, there is always a limiting belief attached to a temptation.

What I attempt, I usually fail at because of my limiting belief.

Without a negative limiting belief, I cannot fail, I am empowered and inspired to succeed, and I do. I don't attempt it, I just do it.

I am usually tempted by what other people consider to be bad for me. I am never tempted by what I consider bad for myself.

I am tempted by my fate when I cannot make a choice because I always get my fate when I do not make a choice.

I cannot tempt fate. I can choose my fate, receive it by default or deny it when I choose my Destiny.

I cannot tempt Providence. I either allow it or disallow it. Providence is always a beneficial option. It comes with my Destiny.

My fate may be beneficial or detrimental depending on my perspective of whether I am lucky or not.

I will always be tempted by my fate, never by my Destiny.

When I am inspired and empowered to live my Destiny, I am beyond temptation and never tempted to return to my fate.

Space-Time-Continuum

December 21, 2009

Energy continually moves through Time & Space.

Everything is Energy and everything is in Motion.

Time is a Space within Eternity.

Space is a Time within Infinity.

All that Is, is infinite, eternal and continuous.

Time & Space are the same thing seen from different perspectives.

When I see Time & Space as separate, they determine my Reality.

Without Time & Space, Reality cannot exist.

Within Absolute Oneness (Singularity) there is no reality.

Reality is the perspective of a Consciousness that perceives a time in space and a space in time.

Space is the Reality of my Time in this present moment of reality.

Time is the Reality of my Space in this present moment of reality.

The separation of Reality by both Time & Space creates my experience of this relative and dualistic world.

Duality is the dual reality that the contrast of Time & Space creates in my physical world.

To continually create my own personal Reality requires my personal Space and my personal Time to be available.

My Provider

December 20, 2009

Providence provides my provision.

My Provision requires my Allowance. My Provision is my Allowance.

Without my Allowance, being allowing, I am without my Provision.

My Provision is everything that I need for my journey in this life-time.

Everything that I need in my Life is already provided. Everything that I want is not always provided.

Wanting is a desire of my ego Self that may not be aligned with my Path and is therefore not already provided by Providence. I do not want or need what I already have.

Wanting is a statement of not having. What I do not have has not been provided because there is no provision for it.

What is not provided by providence will require will power to obtain.

Pro-vision is provided with fore-sight.

Provision is already provided by providence with foresight of every step of my journey.

Providence is my Soul in action – My Provider.

Quality of Life

December 19, 2009

Quality is the measure of my ability to enjoy Life.

My Quality of Life is determined by the attributes that I have attained.

My Attributes are the emotional states of being that I am able to attribute to my Self.

In a relative dual reality existence, my emotions are either positive or negative, are either male or female, and they have varying relative intensities.

In Absolute Reality there is only Love as a Pure Vibration.

Love is the Divine Attribute.

Aspects of Love that are experienced as Divine have no duality. They have a frequency, wavelength and vibration that is undivided by gender, polarity or intensity.

My Attainments are the Divine Attributes that I have attained and can consciously choose at will.

Attributes are the expressions of who I am Being that have my Approval.

Attainments are the expressions of what I have attained and I am Allowing.

Qualities are the expressions of what I am attracting in my Life and what I am Accepting as a gift.

Life has inherent Quality. The question is: “Am I experiencing it”?

Who is Choosing?

December 18, 2009

Who has choice?

We all have choice. I have choice. You have choice. My Self has choice and my Soul has choice. My ego self chooses with my thoughts but who chooses my thoughts?

My thoughts create my reality, so who is choosing my reality?

My Soul is choosing to give my Self unconditional choice. That means that my Soul puts no conditions on what I think and choose as a result of my thoughts. My thoughts originate from either my sub-conscious mind (my id) or my super-conscious Soul (my entity).

It is the choice of my Self (my ego) which thoughts that I consciously use to make my choice and create my reality. Unless I am aware of the thoughts that emanate from my Soul – my inspired revelations – I will continually choose the sub-conscious memories (programmes and limiting beliefs) that will re-attach me to my past experiences. The question is: “Who was choosing my past experiences”?

The past experiences that I store in my mind will always be in conflict with the desires of my Heart that will allow the expansive nature of my Soul to flourish.

When I give my Soul unconditional choice and it is my Soul that is choosing my reality, I have the faith to flow effortlessly along my path of Life and attain my Destiny.

When I am choosing from my sub-conscious memories, I remain stuck in the past and attached to my fears that become my recurring fate.

When I am choosing the reality of my Soul, I am creating my Ideal World and living in Heaven on Earth.

Scarcity & Poverty

December 17, 2009

My Scarcity is created by my disconnection from my Abundance.

Scarcity and abundance are not a duality. Abundance is a Divine Attainment.

The opposite of scarcity is gluttony, which is the pursuit or indulgence of more than enough. It is having too much of anything.

Abundance is my natural essence and is attained by following my authorised path. Abundance is my provision and to attain it I am required to choose it and to allow it to become my reality.

My Poverty is created by my disconnection from my emotional power that is my True Wealth.

Poverty and wealth are not a duality. Wealth is a Divine Attainment.

The opposite of poverty is riches, which is an abundance of attachments and possessions.

I can have anything in abundance but it will not necessarily allow me to be Wealthy.

I am Wealthy when I am connected to my True Source of emotional power.

The attachments and possessions that make me rich will disconnect me from my True Power and make me poor.

It is easier for a camel to pass through the eye of a needle than for a rich man or a poor man to enter the Kingdom of Heaven. Neither scarcity nor gluttony, poverty nor material riches have a place in Paradise.

The path towards my Ideal World is paved with Abundance & Wealth. These are the signposts on my Journey.

Wants & Needs

December 16, 2009

My ego wants what it believes will make me more safe, secure and comfortable.

My ego needs what it believes is necessary for its survival.

My conscious ego wants what it believes it does not have.

My sub-conscious ego needs what it believes is necessary to keep me alive.

My wanting is created by my belief in scarcity. Scarcity is the experience of things being scarce and limited.

My needing is created by my belief in poverty. Poverty is the experience of being powerless. (The belief that poverty is not having money comes from the belief that money is power).

Poverty is my lack of emotional power that makes me a victim of life. It is being without my True Wealth.

Scarcity is my lack of provision that accompanies my authority to make wise choices.

My experience of scarcity is created by my wanting what I don't need, and making unauthorised choices that do not manifest into my reality.

My belief in poverty is created by my experience of being disconnected from my True Source of emotional power.

There is still an abundance of scarcity (and extravagance/gluttony) in the Western World, even though poverty has been eradicated.

There is a wealth of poverty (and racism/greed) still in the 3rd World, where scarcity and gluttony have never really been a problem.

The needs and passions of the 3rd World are often confused with the wants and desires of the Western World.

3 Aspects of Thought

December 15, 2009

I do not think a thought so much as perceive it. I receive a thought in my conscious mind then re-transmit that thought through the action of perceiving it or making it conscious.

Thoughts are creative energy. I become the thoughts with which I define my Self. I become who I perceive myself to be. I am made in the image that I perceive and thus believe to be real. Whoever I realise myself to be, I make real.

I perceive myself to be real through 3 different aspects of thought:

I see myself and my reality with pictures and images. I see myself as an image that I have projected from my imagination into physical reality. I see the physical reality and I see the imaginary reality that is not yet physical and the potential ability of the focus of my thoughts is equally powerful with both.

I know myself and my reality through words. I know and define myself with the words that are my language. When I think with words, I can hear my thoughts. My words are the mental aspect of my focus and determine the authority of the thoughts that I choose to perceive.

I feel myself and my reality through my emotions. I feel the vibration of the reality that I have created with my thought. The emotional aspect of my thoughts is the power on which they are conveyed or transmitted.

Thoughts are conscious energy. All forms of energy have the 3 aspects of power, authority and ability. Conscious thought has the power of my emotions, the authority of my mind, and the ability of my physical body to create my Life.

Thought

December 14, 2009

Thought is Consciousness.

Consciousness creates thought and thought creates consciousness.

Thought is creative. It is consciousness manifested and consciousness manifesting.

Thought is Consciousness Being and Consciousness expanding and growing.

Thought is who I am, not what I do.

I think, therefore I am; is the view of my Self.

I am thought, therefore I think; is the view of my Soul.

What I think, I create. What I create, becomes my reality.

Consciousness expands through experience.

A new experience is a new thought.

A new thought is a new aspect of who I am.

I am the thought and the experiencer of the thought.

I am not the thinker of the thought, this is an illusion.

I do not create thoughts. I do not create consciousness, I am consciousness.

I am expanding consciousness not creating it.

Consciousness already Is.

I am the experiencer of thought that is expanding my own creation by experiencing who I think I am.

Acts of God

December 13, 2009

Acts of God are an oxymoron.

God does not act. Action requires physicality.

God is not part of the 'Human Play'. God does not appear in the physical world that is the 'Human Theatre'.

God is not the Director or the Producer, nor does God have any role to play.

God does not perform and never appears in person.

Acts of God are better described as Acts of Nature.

This is not the Nature of God but the Nature of the Earth, responding to the Nature of Man.

The Nature of God is the Law of Attraction.

The Nature of the Earth is a direct reflection of the nature of Man because of the Nature of God (The law of Attraction).

Whatever Man as a collective energy emits or transmits, will become what is experienced in return. The effect is always a reflection of the cause.

The Earth is a living organism that is Sensitive to the life forms that make up the nature of the planet. What is reflected by the nature of the planet's inhabitants will be what they collectively experience. Man is part of the creation that is the nature of our world.

God's Will

December 12, 2009

God's Will is God's plan. The Divine Plan.

It is God's plan to know God through each individual Self & Soul.

It is God's Plan for each individual Soul to discern their own choice. In this way the Universe, the one version of everything, will expand and grow to its greatest potential.

God created the Plan and Man created the Universe. The Universe is the one version of everything that Man as a Consciousness has created up to this moment in time.

God does not make choices for Man. God has no Will for each individual. God does not act.

Each individual Soul has chosen their own vision for each life-time.

As God has given each Soul unconditional choice, so each Soul gives unconditional choice to its Self.

From the perspective of the Soul there is no disconnection from its Self. What the Soul has the Self has.

My Self is free to choose whatever it wants. However I only have the power of creation when I am aligned with my Soul's choice.

When the will of my ego is not aligned with the Will of my Soul, it is not part of the Divine Plan and therefore will not manifest as a permanent reality. It will eventually decay and disappear in the process of time.

What is believed to be God's Will is God's Nature, which is the Law of Attraction in action.

Beware & Be Aware

December 11, 2009

I Beware what I fear.

To Be Aware is to respect.

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

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

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

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

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

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

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

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

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

Fearless & Courageous

December 10, 2009

I am challenged to confront my fears, not experience them.

When I am confronting a fear, I am in conflict with my beliefs.

It takes courage to fight my fears.

It takes intelligence to overcome my fears and become fearless.

I confront a fear by becoming conscious of the belief that is creating my fear.

A fear is always created by a false belief.

‘Feel the fear and do it anyway’ will put me in conflict with my fear.

‘Feel the fear and uncover the cause’ will allow me to confront the belief that is sponsoring the fear.

My fear of heights or my fear of falling is created by my belief that I cannot fly. Until I know, beyond a shadow of a doubt, that I can fly, it would be foolish of me to step over a cliff edge.

It is knowing that I cannot fly that keeps my feet firmly on the ground at the edge of a cliff.

Fear of spiders is a fear of being bitten and poisoned by the spider. Until I know, without a shadow of a doubt, that the spider will not hurt me, It would be foolish of me to pick it up.

It is knowing that a spider is dangerous that allows me to avoid contact with it.

What I fear, I will attract, because it is a growth opportunity.

Fearful people attract what they fear and will require courage to tolerate their fears.

Fearless people have no need to attract fearful situations and therefore they don't and have no need to be courageous.

Being fearless requires rational and emotional intelligence not courage.

Soldiers require courage to fight a war.

A fearless person has no need to fight any battles in any wars because they have overcome all of their fears. Without fear, war is unnecessary.

Kismet

December 9, 2009

Kismet is a predetermined or unavoidable destiny.

A pre-determined destiny is my fate.

When my destiny is pre-determined, I am not consciously choosing it.

An unavoidable destiny is my fate. When my destiny is unavoidable, I have no choice.

My Destiny is the choice of my Soul.

I am following my Destiny when I am aligned with my Soul's choice.

When I am aligned with my ego's desires, I will encounter my fate.

When I abdicate my choice, I encounter my fate.

When I tolerate my life and what is occurring in my life, I am receiving my fate.

The difference between my destiny and my fate is my perspective of what I am experiencing.

When I accept what is occurring in my life without toleration and see it as a gift, I am receiving what I am destined to receive.

When I am effortlessly flowing with life, I am allowing my destiny to arrive.

My fate is what I will have to tolerate when my ego Self chooses or fails to choose.

My Destiny is aligned with my Soul's choice.

My Soul's choice is never pre-determined and always avoidable.

Kismet is therefore my fate but not my Destiny.

Charisma

December 8, 2009

Charisma is my personal power of Attraction.

My power of attraction is relative to my emotional state of being.

My emotional state of being determines my personal charm.

My personal charm is the aura that I emanate.

The quality of my aura is determined by the intensity of my emotional energy.

The intensity of my emotion is determined by the gender and polarity of my energy.

When the gender of my energy is re-united, I transmit a pure wavelength of attractive energy.

When the polarity of my energy is harmonised, I transmit a pure frequency of magnetic energy.

When my gender is united and my polarity is harmonised, the intensity of my energy is in balance.

Charisma is the influence that I have on other people emotionally and energetically.

Charisma is the beneficial effect that I have on other people spiritually.

Charisma is the gift of grace and favour that I extend to others when I am connected to my Divine Source of Power & Authority.

In Good Faith

December 7, 2009

In Good Faith means aligned with my Soul's Path.

My Faith is my Soul's Path.

My Soul's Path requires my faith to follow it.

When I follow my Soul's Path, I am in Good Faith and faithful to my Soul.

When I follow someone else's choice, someone else's authority or someone else's path, I may be acting in good faith but I am being faithful to another and therefore unfaithful to my path and my Soul.

Acting in good faith is acting; it is not Being in Good Faith.

Being in Good Faith requires me to be the attributes of and attain the qualities of my Soul.

My Soul is always Faithful to my Self.

My Soul has unconditional Faith in my Self.

My Soul knows only Good Faith and is incapable of bad faith.

My Soul has unconditional Love for my Self and is always In Good Faith.

Equal with my Ability

December 6, 2009

I am Equal with my Ability when I attain my Potential.

My Potential is what I have come into this life-time to attain.

Attaining my Potential allows me to be Equal with the Ability of my Soul.

My Soul has infinite power and eternal authority to choose.

With infinite power and eternal authority, I have the continuous ability to live life to the full.

When I am Equal with my Ability, I am equal with my Soul's ability and I attain 'equability'.

When my power and my authority are divided, my ability is not equal.

My Self is divided from my Soul until my self regains its power, authority and ability to re-connect and align with my Soul.

When my Self re-connects to my Soul, it regains Equal Ability with my Soul and fulfils its Potential by regaining its True Power & Authority.

My 7 Core Beliefs

December 5, 2009

My 7 Core Beliefs are:

1. “Life Just Is”

The belief that life has rules creates ‘Death’.

2. “We all have choice”

The belief that we don’t have choice creates ‘Hunger’.

3. “There is enough”

The belief that there is not enough creates ‘Poverty’.

4. “Love is the Way”

The belief that love is not the way creates ‘War’.

5. “We are all Equal”

The belief that we are not all equal creates ‘Racism’.

6. “Let others follow their own path”

The belief that others should follow my teaching creates ‘Ignorance’.

7. “Follow your own path”

The belief that I should follow another’s teaching creates ‘Illness’.

At Choice with my Authority

December 4, 2009

I am 'At Choice' with my Authority when my choice has the authority of my Soul.

My choice has the authority of my Soul when it is aligned with my Soul's choice for my Self.

My Soul authorises only what my Soul has authored.

My Soul has authored what is written in my 'Book of Life'.

What is written in my Book of Life is my Soul's 'Wrote' and the Destiny of my Self.

When I choose my fate, I am at the choice of my ego.

When my ego chooses without Divine Authority, it will choose my fate not my destiny.

My fate is my unauthorised version of my life as chosen by myself.

To be At Choice with my Authority, I am required to know my Truth.

I attain my Truth through a process of challenging all my beliefs that are limiting my expansive development and growth.

It is my Destiny to live my Truth and to be At One with my Authority.

At One with my Power

December 3, 2009

I am 'At One' with my True Source of Power when I am empowered by my Soul.

My Soul empowers my Self when I am in alignment with my Soul's Path.

My Soul does not empower my ego to do its own bidding.

When my ego is misaligned and not empowered by my Soul, it will need will power to achieve my wants and desires.

I am At One with my Power when the gender of my emotional energy is united and whole.

When I am At One with my Power, my temperament is even and balanced.

When I am disconnected and in need of emotional power, I am at odds with my emotions and my temper is bad.

At one with my Power, my temper is good, my temperament is well, and I am in a good mood.

At one with my Power, I am independently empowered and my emotional needs have all been met.

Prime Attributes

December 2, 2009

Prime Attributes are the states of being that are primarily attributable to all individuals. Prime Attributes determine the gender and polarity of our emotional energy. As the gender and polarity of our energy determines its frequency and wavelength, our prime Attributes are a direct indicator of our personal energy vibration.

Positive Prime Attributes are the State of Being:

Male:

- Exclusive
- Detached
- Rational

Female:

- Connected
- Sensitive
- Emotional

Negative Prime Attributes are the State of Being;

Male:

- Disconnected
- Insensitive
- Unemotional

Female:

- Inclusive
- Attached
- Irrational

When I unite my male and female Prime Attributes in a positive way, I become:

- Exclusively-Connected to my Soul
- Emotionally-Rational with my Self
- Exclusively-Detached with other people

My positive emotional states of being derive from the positive unity of the gender of my energy.

My negative emotional states of being derive from my disconnected separation from the balanced polarity of my energy.

Joy & Pleasure

December 1, 2009

Pleasure is the positive emotional feeling of getting my emotional needs met.

Pleasant people please me with the pleasure they give to me when they meet one of my emotional needs.

When I meet someone else's emotional need, I have the pleasure of pleasing them because pleasing others pleases me.

Pleasure has a duality of pain, which is unpleasant and unpleasurable.

Whether an action or experience is painful or pleasurable is a personal perception based on an individual's beliefs.

“One Man's pain is another Man's pleasure”.

Joy is the pure emotional feeling of being connected to my own Source of Power.

Joy is the feeling of being connected to my Soul.

Joy is the pure positive emotion of being aligned with my True Self.

It is always a Joy to be the Beingness of my Soul.

I experience Joy through the act of doing what I Truly Value as this allows me to express the true value and worth of who I really am.

Joy is pure emotion that is without duality.

Joy is the expression of my True Power.

Fairness & Equality

November 30, 2009

Whether life is fair and equality exists depends on our own personal beliefs.

Our own personal beliefs create the reality that we are individually experiencing.

When we share the beliefs of our society, we share the same beliefs as our friends and our neighbours.

Life is fair when everything is in balance.

When energy is out of balance, life becomes very unfair.

We live in a contextual world of dual reality that is designed to offer contrast, division and thereby choice. Therefore unfairness exists as well as the possibility of fairness.

We have come to this physical world to experience difference in our own unique, special and individual way. Therefore life will appear to be unfair by its very nature.

However unfair life is, we all have an equal opportunity to fulfil our personal vision, mission and purpose for this life-time and experience our own true values.

We will all become equal and attain equality when we all believe that fundamentally “We are all Equal”.

With no distinction between fairness and equality, we can never be equal in an unfair world.

We are all made equal in the ‘Eyes of God’. We just have to ‘see’ that we are equal and life is unfair.

3 Types of Justice

November 29, 2009

Criminal Justice is:

- Man's attempt to create a fair system that victimises villains and compensates victims.
- A system of legalised revenge for the unjust deeds that Man performs against their fellow Man.
- Confines 'bad' people in a place of security so that 'good' people can feel safe.

Social Justice is:

- Man's attempt to create equality for all members of their society.
- Required in a society that believes that "all men are created equal but some never-the-less are more equal than others".
- Required in a society that encourages the need for education to provide knowledge; status to provide authority; and money to provide power; and encourages people to compete for all three.

Universal Justice:

- Just Is.
- Is provided by the 'Law of Attraction' according to the 'Golden Rule'. What we do unto others will be done unto our Self.
- Applies to all people, equally fairly and justly.

Grounding My Spiritual Potential

November 28, 2009

Grounding my Spiritual Potential is a prerequisite for creating my own conscious reality on Earth.

My Spiritual Potential is to be, do and have whatever I desire to create and manifest as real. It is realised through my 3 spiritual senses of seeing, feeling & knowing.

Once I can see, feel and know something to be true, I can manifest it instantly into my reality.

When I am unable to see, feel or know the existence of something, I am not resonating in harmony with what I wish to create and I will be unable to manifest it into my reality in this moment of time.

My Spiritual Potential is infinite, boundless and unlimited.

My Spiritual Ability to attract, manifest and ground something within my physical reality is limited by my lack of power and authority to choose it.

Unless I have the power and the authority, I am unable to ground my full potential within the reality of my physical existence.

Being emotionally-rational connects me to my power.

Being exclusively-connected aligns me with my authority.

Being sensitively-detached enables my power and my authority to ground my Spiritual Potential.

Grounded & Earthed

November 27, 2009

Rational people are earthed not grounded. Their rational behaviour based on rational beliefs defines their rational existence on Earth.

A rational, earthly or earthed existence is formulated and defined with the 5 physical senses of sight, hearing, taste, touch and smell.

I am 'Earthed' when I use my physical senses to define my physical existence on Earth.

Irrational people are neither earthed nor grounded.

Unemotional people are seen as rational and are therefore earthed rather than grounded.

I become grounded with the awareness of grounding my Spiritual Potential in an earthly existence.

I can be unawakened and earthed in my physical existence but I can only be grounded once I have awakened to the potential of my spiritual ability.

Being grounded is having the ability to use my spiritual potential in this physical world. This requires the use of my 3 intuitive senses of seeing, feeling and knowing.

My 3 intuitive senses allow me to ground my spiritual Beingness in Earthly reality.

To ground my spiritual potential in Earthly reality, I am required to be emotionally-rational.

Emotionally-rational people are both grounded and earthed.

Passively Assertive

November 26, 2009

Being Passively Assertive is communicating my choice to another, as my choice. I am asserting my choice in a passive way that is both non-active and non-aggressive.

When I am being passively assertive, I am gently explaining my choice to someone else with a confident and clear demeanour that is without aggression.

Being passively aggressive is resisting someone else's choice for me in a hostile way.

Being aggressively assertive is forcing my choice or my opinions and beliefs on to someone else in a hostile and threatening way.

Being actively assertive is physically doing what I have chosen as my choice, which may or may not be carried out with sensitivity to others. Without sensitivity to others my assertiveness may be perceived as active aggression instead.

Passively Asserting my beliefs and my choices is not imposing them on other people. It is simply asserting them as my choice.

Imposing my choices on others may or may not require me to be aggressive depending on whether others are tolerant or intolerant of my demands.

Imposing my choices on others is always an imposition.

Asserting my authority to choose is always my prerogative.

Hard Work

November 25, 2009

Hard work can be physically tiring, yet it can also be very satisfying.

When hard work meets my need to achieve, it is emotionally satisfying.

Work becomes very hard when it is emotionally draining.

Work is emotionally draining when it depletes my emotional energy and creates a need for emotional energy instead of meeting my need for emotional energy.

Very boring repetitive work is hard because it does not uplift me emotionally.

Work is hard when it has no true value or worth.

Work is hard when it deprives me of my own time. When I have no time for myself and I spend all my time doing what others want me to do, work becomes hard.

Work is hard when it deprives me of my space. When I lose my space, I lose my power.

I do not have to work hard to experience work as being hard. The more I experience work as being hard the more I will need external motivation.

When I value my work it is effortless. When I have time for work, space in which to work, and my work achieves what I truly value doing, it is never hard.

When my work is aligned with my Vision and fulfilling my Purpose it is always effortless and never hard.

Saints & Sinners

November 24, 2009

Saints & Sinners are a duality of religious morality.

What the church judges to be immoral and bad is called a sin. What the church judges to be moral and good is called a virtue. Saints are judged to be virtuous, sinners are judged to be immoral. A sinner is guilty of expressing the male aspects of their emotional energy, which are:

- Pride
- Envy
- Gluttony
- Lust
- Greed
- Wrath
- Sloth

These are called the 7 mortal sins that are judged by the church to be deadly.

A saint has innocence by virtue of expressing the female aspects of their emotional energy, which are:

- Humility
- Kindness (generosity)
- Scarcity (poverty)
- Human love (caring)
- Humbleness (pleasing)
- Meekness (patience)

- Hard work (due diligence)

These are called the 7 heavenly virtues and judged by the church to be saintly.

I believe Mother Theresa to be a shining example and the embodiment of Divine Love, not a candidate for sainthood, which requires the attainment of the above spiritual sins called virtues. Being virtuous is expressing the sensitive, emotional and connected aspects of our personality but it is not Divine because it is not holy because it is not whole. Being Virtuous is being without the rational, exclusive and detached male aspects of our personality and therefore is not a Divine State of Being. Divinity requires balance. Yin without yang is never Divine.

“Mother” Theresa

November 23, 2009

Mother Theresa is a shining example of a true “Mother”.

A Holy “Mother” is symbolic of the Power of Love.

A Holy “Father” is symbolic of the Authority of Light.

A Holy “Son” (Jesus) is symbolic of the Ability of Life.

“Mother-Father-Son” is the Holy Trinity.

The Power of Love is also called the Holy Spirit.

“Power-Authority-Ability” is the Whole Spirit.

“Love-Light-Life” is the Divine Triality.

The Divine Triality is the Whole Spirit or Holy Spirit.

Mother Theresa is recognised for putting the “Mother” back into the Holy Trinity.

Mother Theresa became a powerful and influential figure because of who she was being, the power of her love, not for what she did. The work that she did was just the vehicle through which she expressed who she really is.

Who she was being, her state of Beingness, was recognised to be very powerful and very influential.

Theresa of Calcutta is the embodiment of the ultimate “Mother”.

To canonise her as a saint would in her own words: “Become her darkest hour”. She chose to be a role model for Life, not the Roman Catholic Church.

In Good Faith

November 22, 2009

When I act in 'Good Faith', I am aligned with my Soul's choice.

My faith is my Soul's Choice. It is my Soul's journey for my Self, which is my destiny.

When I am in Faith, I am Good.

My Soul is Good, and when I follow my faith, I am Good also.

Faith is never bad.

Faith is beyond duality. There is not a choice between good & bad faith.

There is a choice between my Faith, which is my destiny, and my fate, and I am free too choose either.

When I follow a path in good faith and experience my fate, it is not my path and my faith that I am following. It is someone else's path and someone else's faith.

My Faith is Good for my Self and is exclusively unique to my Self.

My faith is another's fate as is another's faith my fate.

My faith is my fortune when I travel on my journey in Good Faith.

Being Excited

November 21, 2009

Being Excited is an energetic state of Being.

When my energy is being excited, it is my Soul exciting my emotional energy.

When I feel excited, I am feeling my Soul's excitement and I am aligned with my Soul.

My Soul communicates with my Self by exciting my energy.

When my Soul gets excited, I get excited myself because I am connecting to my Soul's power and I am aligned with my Soul's choice.

My Soul always gets excited when I am aligned with my Soul's Vision & Purpose.

When I get too excited, I am unable to manage, channel or process my Soul's energy beneficially. I get too excited when I am emotionally attached and needy and I do not have enough power to resonate in harmony with my Soul.

When I get nervous, I am connecting to my Soul's energy in a negative way. My negative thoughts, limiting beliefs and fears are making me nervous, anxious and afraid, instead of being positively excited.

Magic

November 20, 2009

Magic is a trick.

Magic is a trick performed by my physical ego or on my physical ego.

Magic challenges the laws of the physical world by appearing to defy them.

From a rational perspective, anything that overcomes the laws of physics, is magic and a trick.

Magic is an illusion. When we understand the trick, there is no longer any magic.

Magic and illusion are possible in a world that is already an illusion.

The physical world is an illusion of energy appearing to be matter.

It is an illusion of physicality appearing to matter.

What appears to be physical appears to be real.

If physicality is an illusion then physical reality is not really real. It must be a trick that is magic.

If we collected the protons, neutrons and electrons that make up the atoms that make up every man, woman and child on this physical world right now, they would fit inside the space of a sugar cube.

The reality is that what we appear to experience as physical matter is in fact empty space. Physicality really is just an illusion.

It appears that physical Life is a trick played on my ego Self by my Soul.

Spiritual Reality is not a trick, not an illusion and not magic. It is the Miracle of Life.

When I truly experience this miracle called Life, it really is magic.

Spiritual Transformation

November 19, 2009

I am transforming my ego from a physical sense of Self to a Spiritual sense of Self.

I am transforming the consciousness of my physical state of being to include an awareness of my spiritual state of being.

My physical ego is my sense of Self as experienced through my 5 physical senses of sight, hearing, taste, smell and touch.

I am transforming my physical ego to co-operate with my spiritual ego.

My spiritual ego is my sense of Self as experienced with my 3 spiritual senses of Seeing, Feeling & Knowing.

My spiritual ego is my Soul.

My Soul is my spiritual sense of Self.

I sense my spiritual Self with my 3 spiritual senses that are intuitive.

The essence of my transformation is Intuitive.

Intuition is the vehicle of my transformation.

I intuitively know, see and feel the transformation that I choose to make.

I am transforming to an intuitive life where I become my own Inner Tutor – my Soul.

Planning

November 18, 2009

A Master knows that the plan is to follow the plan, not to create the plan.

A Master Planner is thus an oxymoron.

I don't have to be on a Spiritual path to follow the Plan. The plan will unfold naturally according to plan.

I plan for my future when I do not believe that everything that I will want and need is already in my future, awaiting my arrival.

When I believe that whatever I want in my future I have to obtain myself, I will need to plan my future.

Having everything that I want and need right now does not disqualify me from having everything that I want and need in the future.

What I really want and need in my future will appear whether I plan for it or not.

When I stop planning, I stop getting what my ego thinks it wants in my future and I allow what my Soul wants for my Self to appear effortlessly.

When I stop wanting in the future what I believe that I do not have right now, I will have no need to plan.

When I stop planning to achieve my objectives, I have time to clarify my True Intentions, which are the essence of my future. What is essential to my future is already waiting for me.

When I have faith in the Plan, I do not need to know the Plan and planning becomes unnecessary.

Promoting & Allowing

November 17, 2009

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

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

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

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

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

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

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

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

Promoting my Self

November 16, 2009

Promoting is a skill of Sales & Marketing, which is required in business to sell the products and services of that business.

Promoting is also a goal of my ego self. I promote myself in business by becoming better at selling, marketing and delivering the services and products of the business.

When I believe that my power derives from money then the more I promote myself to the directors and managers of the business, the more money and the more power I will obtain.

When I believe that the higher the status I have, the more influence and authority I will have, the higher up the hierarchy of the company I will choose to climb and get promoted to.

When I know that my Power & Authority both come from the Source of my Beingness, I promote my Self by becoming more Attractive.

Promoting my Attraction is a process of Personal Spiritual Development & Growth.

My Soul has no need to promote anything. My Soul is eternally Attractive.

As I spiritually develop and grow, I promote the pure essence of my Soul and I promote my Attractive Self.

My Soul is my Source of Attraction that requires no promotion.

When I am promoting my Soul, I am confused and I am really just promoting my ego Self.

Promotion & Attraction

November 15, 2009

I promote my business to attract new customers.

I promote myself to become more attractive.

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

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

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

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

I get confused when I promote my Self in Business.

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

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

Nervous & Excited

November 14, 2009

Nervous energy can be exciting or excitable, depending on our point of view.

Nervous energy is negative energy. Negative energy is negative because it is created by a negative belief.

A negative belief is a limiting belief, which creates negative emotional energy that is called worry, anxiety or fear.

Excited energy can be exciting and positive. Positive energy is positive because it flows uninterrupted in an expansive forward direction. It flows effortlessly and expansively.

Being effortless and expansive is positively exciting.

Excitable energy is not positive and exciting. Excitable energy is not under control and is danger of creating negative consequences.

Nervous energy and excitable energy are a duality of negative emotional energy.

Positively exciting energy has no duality and is the pure undivided positive feeling that inspires and empowers our self to a new and exciting experience.

Nervous energy is seen as a problem, excitable energy can be a challenge, and exciting energy is always an opportunity.

Opportunity is my Soul being excited, whereas a problem causes my Self to be nervous.

Honest, Credible & Faithful

November 13, 2009

Being Honest is being lawful.

Being lawful is being true to other people in our society by following their rules and laws.

Being Credible is being believable.

Being believable is conforming to one's own personal standards of behaviour on a consistent basis. It is having consistent beliefs. It is walking one's own talk and having boundaries that do not conflict with one's standards. It is being true to one's Self.

Being Faithful is following one's own path and being in integrity.

Being in integrity is being whole and at One with one's Soul.

Being at one with one's Soul is being True to one's Soul Path and in co-operation with one's Soul.

Being honest, credible and faithful all involve being the Truth.

The question is: "Who's Truth am I Being?" The Truth of my Soul, the truth of my self, or someone else's truth.

My 3 Essentials for Life

November 12, 2009

My 3 Essentials for Life are the essence of my Life.

My Life requires both my Love and my Light.

Love is my power to be who I really am.

Light is my authority to have what I have chosen.

Power & Authority are essential to my Life because they determine my Ability in Life.

My Life is the expression of my ability to do what I have come here to do.

Power, Authority & Ability are my 3 Essentials for Life.

Without my power, my ability is frustrated and so am I.

Without my authority, my power is angry and I am confused.

Without my ability, my authority is intolerant and I am lost.

Connected to my power, I have Clarity and I am empowered.

Connected to my authority, I have Direction and I am inspired.

Connected to my power & authority I have Presence and the ability to do what I am inspired and empowered to do in my Life.

I Criticise, I Condemn & I Complain

November 11, 2009

I criticise my frustrated ability. When my ability is frustrated and does not come up to standard, it is open to piercing criticism of what I am doing.

I condemn my angry demeanour. When my power is depleted and I am in need of emotional energy, I am open to scathing sarcasm as to who I am Being.

I complain about everything that I find to be intolerable and unacceptable. When my authority or choice is undermined, it is frankly open to cynicism of what I have chosen to have.

My Inner Critic needs to accomplish, achieve and succeed. It suffers greatly when it is incapable of achieving high standards of performance in what it wants me to do.

My Inner Judge condemns because it needs to be just, be right and be good. It suffers greatly when accused of the incompetence of being guilty, wrong and bad, because of who I am Being.

My Inner Complainant needs to be comfortable, safe and free. It suffers greatly with the incapacity of making wrong choices and not being able to have everything that it wants and desires, exactly as it wants and needs me to have.

Conflict & Confrontation

November 10, 2009

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

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

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

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

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

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

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

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

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

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

Cleanliness

November 9, 2009

“Cleanliness is next to Godliness”.

But what is Cleanliness?

Cleanliness is Divine.

Being clean is the opposite of being dirty.

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

Pure Cleanliness has no opposing duality.

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

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

When I am clean enough, I attain Cleanliness.

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

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

True Cleanliness is an attainment not a standard.

Standards require a personal judgment, attainments require acceptance.

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

Balance or Growth

November 8, 2009

My ego self seeks balance and harmony.

My Soul seeks expansive growth.

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

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

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

My Soul is always in harmony with my Self.

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

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

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

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

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

Being Mistaken

November 7, 2009

Being Mistaken is feeling a negative thought as a negative emotion.

When I feel a negative emotion that has been created by a negative belief, I am mistaken.

A negative thought is created by a belief that is not in alignment with my Soul.

A positive thought is created by my ego Self wanting what it is choosing.

A True Thought is in alignment with my Soul's Intention for my Self and is always accompanied by a positive feeling.

A Truth is a belief that I share with my Soul.

A negative belief, even though I may believe it to be true, will lead me on a different path to my Soul's choice and intention for my Self.

When I am confronted by a negative belief that is a limiting belief, it will stop me following my intended Path.

When I interpret a negative emotion as my Inner Guidance telling me not to do what I am choosing to do, I am mistaken.

My Inner Guidance never says 'no', never guides me on a negative path, and is never mistaken.

It is never wise to follow any path with a mistaken belief.

Once I have challenged all my limiting beliefs and know that all my beliefs are my Truth, I will always be aligned with my Soul and I will never be mistaken.

I Am Always Right

November 6, 2009

“Once, I thought that I was wrong, but I was mistaken”.

I am always right, I am never wrong, but I can be mistaken.

I am mistaken when I mis-take myself.

I mistake myself when I am out of alignment with my Soul and I take my Self on another path.

My Soul is always Right. My Soul knows no wrong.

In the Absolute Realm of my Soul, wrong does not exist.

In the relative world of my Self, wrong is a belief that I hold when I am out of alignment with what I want to occur.

When I am aligned with my sub-conscious self, I am misaligned with my Soul, I am misaligned with my Soul's Path and I mistake my Self for my Soul.

When I re-take my Path and re-align with my Soul's choice, I correct my mis-take and I become Right.

The Eternal Triangle

November 5, 2009

The Eternal Triangle is Me, Myself & I.

Me is the conscious aspect of me that exists in the contrast of this dual reality world of physical relativity.

Myself is the sub-conscious aspect of myself that me is not conscious of. Myself operates and manages the automatic and the autonomic functions of the physical, mental and emotional body that is me.

I am or I, is the super-conscious aspect of who I am that resides in my unconscious. My super-conscious I, remains unconscious to me until the I becomes spiritually awakened, and I become aware of the spiritual nature that I am.

My supra-conscious entirety (entity) is an Eternal Triangle, Triality or Triune Reality of my conscious me, my sub-conscious self and the super-conscious Being that I am.

The conscious me (my ego) has a personality and a character that is determined by the emotional needs and the programmed beliefs that are held by my sub-conscious self, (my id).

The Consciously-Aware and spiritually-awakened Being that I am, holds the Truth of who I really am, which is my True Identity (Id-Entity).

One is an Eternal Triangle who originates from the Source of All that Is, which is Oneness.

Divine Humility

November 4, 2009

Divine Humility requires the attainment of Acceptance & Forgiveness.

When I walk this Earth with Divine Acceptance & Forgiveness, I have attained Spiritual Humility.

Attaining Divine Humility requires me to overcome the duality of pride & humility.

My Soul is the Divine Humility of unconditional Acceptance & Forgiveness.

My ego Self gets lost in a drama created by my pride in receiving and my humility in giving.

Pride is my ego expressing its righteousness about how good it is to receive from others.

Humility is my ego being modest about how good and right it is to give to others.

My ego's humility is the modesty that it is proud of having.

Being proud of not being proud is still an act of pride.

I require humility in order to tolerate other peoples' pride.

Tolerating other peoples' pride or modesty is not a state of being unconditionally Accepting & Forgiving and has therefore not attained Divine Humility.

Providence

November 3, 2009

Providence is not an Act of God.

God does not act. God just Is.

Providence is the provision of my Soul to my Self.

Providence is what my Soul has promised to provide for my Self during my journey called life.

My Life Path is providential.

When I am following my Path, providence is assured.

When I follow my path, I allow my provision to come to me.

I do not need to ask for my provision as it is on my path.

I may need to ask direction for my path in order to allow my provision to be provided.

When I am lost, confused and frustrated, providence becomes my fate as I become disconnected from my provision.

My Soul's greatest provisions are the lessons and challenges that allow my Self to take the opportunities to allow my provision to realise and manifest in my physical experience.

I require Pro-Vision for me to See my Provision.

There is no evidence of providence in advance. It requires faith and knowing.

Attaining Success

November 2, 2009

Success is an Attainment.

When I attain success, I know that I am successful.

I am full of success once I attain success and there is no time when I am not successful.

Once I attain Success, failure is no longer an option.

When I need success, I do not have success.

When I do not have success, failure is apparent.

Fear of failure creates the need to succeed.

Success and failure are a duality of physical life.

To attain Success I am required to overcome the duality of success & failure.

Once I have overcome the duality of success & failure, I have succeeded my failure and I have attained Success.

My Soul knows only Success and has no concept of failure.

Failure is just a personal perspective of my ego Self.

My Soul sees no failure in my Self.

When my Self sees no failure in its Self, it succeeds in becoming its Soul.

In My Ideal World

November 1, 2009

In My Ideal World:

- Every day is a holiday
- I have no problems
- Everything that occurs is an opportunity
- Life is effortless, never hard or boring
- All my emotional needs are met
- All my limiting beliefs have been challenged and changed
- I never get drawn into other people's dramas
- I am not attached to people or possessions
- Other people's reality is their creation not mine
- Nothing is irrational – if it's not rational it is Spiritual
- I have no principles, ethics, values, standards, morals, laws or rules that define my reality
- I am not limited by my boundaries because I am boundless and toleration free
- Relationships allow me to share what I already have
- I have everything that I want and need in abundance
- I am in a constant state of gratitude and appreciation
- I am the prime creator of my own reality and my Ideal World

Inspired & Empowered

October 31, 2009

When my ego Self is aligned with the influence of my Soul, it becomes Empowered & Inspired.

When I allow the emotional power of my Soul to influence my Self, I am inspired and empowered.

I am only inspired by other people's power, not their authority or choice.

I am only inspired by other people, not empowered by them.

I am only empowered by my Soul, not other people.

I am inspired by the influence of my Soul's Authority.

When I am inspired by my Soul's Authority, I am empowered by my Soul's Power.

I am empowered with the Love of my Soul's Power.

I am inspired by the Light of my Soul's Authority.

My Soul is always Inspired & Empowered.

My Soul unconditionally Empowers me with Inspiration and Authorises me with Love.

Influence & Control

October 30, 2009

When I have no distinction between influence and control, then influence is just a subtle way of controlling someone else.

I influence and control another when they accept my authority and my choice as their own.

When I deprive someone else of their own authority, I also deprive them of their power.

When I have a distinction between influence and control, I will influence others with my power and I will control others with my authority.

My power will always be a beneficial influence on others, whereas my authority will not.

When my ego seeks to influence another, it is just a subtle form of control.

When my ego Self follows the influence of my Soul, I connect to my True Power.

When my ego Self follows the influence of another, I am attached to the control of that other.

I influence another person by sharing my power with them.

I seek to control another when I need their power.

My Soul never seeks to control my Self, it gives my Self unconditional choice at all times.

My Soul knows that the only way to influence my Self is by sharing its Power.

The Power of Emotion is my Soul's Guiding Influence.

Influence means 'flowing with inner wisdom'.

Serendipity

October 29, 2009

Serendipity is the effect by which one accidentally discovers good fortune.

Serendipity is therefore seen as a lucky accident.

Serendipity is not a miracle.

People who believe in luck and accidents, do not believe in miracles.

A miracle is a supernatural occurrence that cannot be explained in a logical or rational way.

Serendipity by definition is not supernatural but accidental and fortunate.

When I know that good fortune is neither luck nor an accident, I can see the miracle behind every serendipity experience.

When I know that nothing happens by accident, I know that there is a super-conscious and beneficial force guiding my path in life.

Serendipity is my Soul in action.

My Soul & Inner Coach chooses only good fortune for my Self and knows that nothing happens by accident.

Miracles are everyday occurrences for my Soul.

Normality is an unchanging reality that is contrary to my Soul's growth and development.

Serendipity is a Divine Appointment with my Soul.

A Recipient of Life

October 28, 2009

A Recipient of Life is in a state of being that is able to receive Life.

A Recipient of Life:

- Receives all opportunities that are presented in Life.
- Accepts whatever turns up in Life.
- Allows Life to present itself as a gift.
- Knows that being Accepting & Allowing are the 'recipe' for an expansive Life.

When I am being the Recipient of my Life:

- I am allowing my Destiny to unfold.
- I am accepting with gratitude all of the opportunities that my Soul sends to my Self.
- I know and I am appreciating that whatever occurs is an opportunity for my spiritual development & growth.

As a Recipient of Life:

- My Path shines brightly before me.
- I can see the Light at the end of the tunnel.
- I allow my Vision, Mission & Purpose for this life-time to materialise and become realised.
- I approve of who I am being and what I am experiencing at all times.

Being in gratitude and appreciation for what I am receiving in Life allows this to be my continuing experience and allows me to continue to experience being a Recipient of Life.

The Role of the Guide

October 27, 2009

The Role of the Guide is neither:

- A master nor a slave
- A teacher nor a pupil
- A parent nor a child
- A leader nor a follower
- An employer nor an employee

A Guide does not teach, train, instruct, direct, lead, protect, consult, mentor or advise.

A Guide:

- Supports others on their own path
- Hears the messages that are directions on that path
- Explains the lessons that are required to be learned
- Outlines the shifts in perspective that are necessary to make
- Reveals the resolutions to the problems that are appearing
- Clarifies the challenges that are presenting
- Highlights the opportunities that are opening up
- Connects others to the power of their own inspiration
- Keeps the client 'present'
- Reveals the clients gifts (presents)
- Facilitates the clients presence
- A Guide is the modern day Messiah that accesses wisdom.

Guiding & Supporting

October 26, 2009

Guiding & Supporting is the role of a Coach.

I guide others to follow their own path, to connect with their own authority, and to make their own choices with confidence.

I support others with the power to step out of their comfort zone, to get their own emotional needs met, and to become the essence of who they really are that connects them to their inspiration and empowers them to feel their value and their worth.

To be a Guide, I am required to be sensitive to their situation and their condition.

To be a Supporter, I am required to be detached from the lessons that they are learning and from the shifts that they are making, so that I can hold them in their highest esteem.

To be their Guide, I am required to be consciously-aware of the path that my clients are travelling, and exclusively-connected to my own path that exists in synchronicity to their own.

To be their Supporter, I am required to empower and inspire them on their path, which requires me to understand their journey with both an emotional perception and a rational perspective.

The essence of being a guiding and supporting Coach is not what I am doing, it is the state of my being, which is sensitively-detached, exclusively-connected and emotionally-rational.

Sharing my Life

October 25, 2009

When I share my life with another, it is a joy.

When I share my life with another, it is an expression of how fulfilled my life is.

Unless I am content with my life, I would not choose to share it with another.

Why would I choose to share my displeasure, my unfulfilment or my discontent with someone else.

When I share my partner's life with them, I cannot be happy.

Sharing someone else's life is never fulfilling.

I am never content with someone else's life, only my own.

My partner's life may be a joy for them, but it can never be a joy for me, and my lack of joy will deplete their fulfilment and their contentment.

When my partner shares their life with me and I share my life with my partner, we have a sharing relationship together that is expansive.

We are each free to follow our own paths and free to support each other on our own path, and free to accept the opportunities that life presents to us separately and together.

Speaking with Authority

October 24, 2009

When I talk to others about my life's experiences, I talk with the authority of my ego self.

My ego self talks with pride and confidence on matters of which it is able and qualified.

My ego needs the recognition and acknowledgement of an appreciative audience to maintain my self-confidence.

Without the praise, applause and endorsement of my peers, my self-esteem will quickly plummet.

My Soul always Speaks with Authority.

When I speak from my Heart, I speak with the Authority of my Soul.

When I speak with the Authority of my Soul, I connect to my True Power.

When I speak with the Authority of my Soul, my audience feels my words, is empowered by my thoughts, and is indeed inspired to hear me.

When I speak with the Authority of my Soul, I connect others to the Power of their own Soul.

Talking & Speaking

October 23, 2009

When I talk ‘about’ someone else, I am just gossiping.

When I talk ‘to’ someone else, I am telling them about my experiences, my beliefs, my convictions and my opinions of life and I need them to listen to me.

When I speak ‘with’ someone, I am having a conversation with someone who hears me.

When I listen to someone, I am having a conversation with someone who is talking to me.

When I hear someone, I am having a conversation with someone who speaks with me.

My Soul is continually talking to me.

The question is: “Am I listening”?

When I talk about my Soul, I am just gossiping.

When I talk to my Soul, I am telling my Soul what I want and need. Some call it praying or saying my prayers.

When I speak with my Soul, my Soul speaks with my Self, and I hear my Self speaking.

When I hear my Soul speaking, I am my Soul.

I talk to my Soul when I am disconnected from my Soul.

I speak with my Soul when I am united and at One with my Soul.

Equability

October 22, 2009

Equability is the ability to know that “We are all Equal”.

Equability:

- Is without either superiority or inferiority
- Has no victims and no villains
- Has no greed and no need to please
- Has no arrogance and no humbleness
- Has no pride and no humility
- Has no selfishness and no unselfishness
- Has no competitiveness and no conflict
- Is not the belief that all Men have equal ability

It is the belief that we all have the same ‘potential’ ability. The belief that we are all equally potent or potentially powerful. It is only once we recognise our own potential ability that we can realise our potential and realise that that potential exists in everyone.

My belief in victimhood, superiority, and inequality created by my need to be better than others that makes me proud, greedy, arrogant and selfish, will all deplete my ability to fulfil my potential and realise my potency for life.

I realise my potential ability when my authority to choose is equal to my power to achieve what I have already chosen for my life.

We all have an equal opportunity to choose our own path in life and an equal opportunity to follow it. We also have the equal opportunity not to follow our path and be without equability.

Nice & Nasty

October 21, 2009

Nice & Nasty is a duality of the same energy vibration viewed from opposing perspectives.

Mrs Nice is friendly and I like her.

Mr Nasty is unfriendly and I dislike him.

Whether I experience someone to be nice or nasty depends upon my judgment of who I believe that they are being.

When they are being who I want them to be, they are being nice and friendly.

When they are not being who I want them to be, they are being nasty and unfriendly.

I like people who are like me and meet my needs emotionally. They are nice people.

I dislike people who are not like me and drain my energy emotionally. They are nasty people.

Nice people give me their emotional energy.

Nasty people threaten and deplete my emotional energy.

When I become totally accepting of a person, they are no longer either nice or nasty, and they no longer see me as either nice or nasty. They accept me as being accepting of who they really are.

When I no longer judge others, they no longer judge me.

Boundless

October 20, 2009

Boundless means being unrestricted by boundaries.

A citizen of the world has no frontiers and enforces no boundaries.

My boundaries are the standards of behaviour that I expect and find acceptable from other people.

A citizen of the world is totally accepting of all colours, races, creeds, nations and dominions in this world.

With unlimited boundaries, I am free and untethered. Boundaries bind my emotional energy.

Enforced boundaries separate and alienate me from others with differing standards and values.

My Boundaries delineate the extent of my comfort zone.

I create my boundaries because of my limiting beliefs. A boundary is a 'limit' and will by definition limit me.

When I am free and untethered from my limiting beliefs and my narrow minded perspectives, I have unconditional authority and unconditional choice.

With unrestricted choice, I have boundless energy.

My emotional energy is restricted by my negative mental thoughts.

When I tether my thoughts to morals, principles, ethics, rules, laws and values, I create boundaries that define my comfort zone.

When I am unconditionally comfortable and accepting of all traditions, cultures, characters, personalities, races and creeds, I will become a citizen of the world and boundless.

Without boundaries, I am vulnerable to victimhood and will drain my emotional energy easily and quickly.

I require clearly defined and impregnable boundaries before I can expand them. It is the expansiveness of my boundaries that allows me to be free and boundless, not the absence of any boundaries.

A Problem

October 19, 2009

A problem is a negative perspective of what is or appears to be occurring.

A positive problem is called a puzzle and is only a problem when I can't do the puzzle.

I create my own problems with the beliefs that I hold within my sub-conscious mind.

My sub-conscious mind holds the beliefs that determine my perspective that sees a situation as a problem.

Whatever I focus my attention on, I draw into my reality. This is the Law of Attraction in action.

When I focus on the problems that may potentially occur, I manifest them into my reality.

When I have a negative outlook on life, I create a negative life full of problems.

A positive life is problem-free and effortless.

With a positive outlook on life, I have the emotional energy, the power, to manifest only opportunities for my life.

I am empowered to see whatever is occurring in my life as an opportunity.

Solving problems will never make me problem free, it just allows bigger problems to manifest.

Being problem free requires me not to have problems and to accept everything that turns up in my Life as an opportunity for growth.

Life is a puzzle to be resolved, not a problem to be solved.

Professional Competence

October 18, 2009

Professional Competence is the ability to compete in business.

The ability to compete in business is determined by cash flow.

When I run out of cash, my business is declared bankrupt and I am no longer able to compete professionally.

It is the ability to raise cash or borrow money that allows a business to compete and be competent as a profession.

Borrowers are assessed by lenders as to their professional competence.

The question is: “Who assesses the competence of the lenders to be professional”?

Making a profit is determined by the business acumen of the Managers & Directors, not by their professional competence.

A business does not necessarily have to declare a profit in order to be successful, professional or competent.

A ‘not-for-profit’ business still requires professionalism, competence and cash flow.

The more professional a business appears to be, the more competent it appears to be.

Imagination

October 17, 2009

Imagination is the creative power of my Soul.

I connect to the creative ability of my Soul with my imagination.

Whatever I can imagine, my Soul has the power and authority to create (manifest) for my Self.

The focus of my imagination is the process of my Self choosing the choice of my Soul.

When using my imagination, I am seeing with the eyes of my Soul.

Imagination is Intuitive, Inspirational, Insightful, Inventive, Innovative, and is the Intention of my Soul for my Self.

Manifesting the choice of my soul for my self requires the gift of Imagination.

Imagination allows my Soul to present its gifts to its Self in every present moment of time.

Visualisation is the creative ability of my ego.

Imagination is the creative ability of my Soul.

My visualisation skills allow me to manifest the desires of my ego.

I require imagination to follow the path of my Soul.

With Imagination, 'I'm a genie'.

Visualisation

October 16, 2009

Visualisation is my ability to see pictures in my mind.

Visualisation is my ego's way of creating my future with images (visual pictures) of my past.

A visualisation of a beneficial future is called a dream.

A visualisation of a detrimental future is called a nightmare.

A fear is a visualisation of false evidence appearing to be real in a future reality, based on a past experience or belief.

It is the focus of my visualisation that makes both my fears and my dreams a reality.

It is because my ego Self resides in the realm of dual reality that I will face the realisation of my visual fears on my journey to realise the creation of my visual dreams.

Realisation

October 15, 2009

Realisation is how I consciously create my own reality.

I am consciously creating my own reality when I realise that I am.

I realise that which I focus my attention on.

The focus of my attention becomes my reality.

I am required to 'see' my reality for it to become my reality.

When I can only 'see' with my physical eyes, I can only realise what I can physically see, and I realise that only what I can see with my physical sight is real.

With my physical eyes, I will realise the limitations of my material world. I will believe only what I can see with my own eyes.

With my spiritual sense of Seeing, I realise that there is more to life than meets my eye and more to Life than that which is physically visible.

When my reality is limited to that which is visible and has already been created, I experience no new development and growth. There is no invention, innovation, imagination or insight.

Personal Spiritual Growth requires the development of my intuitive senses so that I can see, visualise and imagine a reality that my Soul seeks for my Self to realise and become my Reality.

When I come to the realisation that I am a Spiritual Being living a physical existence, then all possibilities become possible.

Distinctions of Coaching

October 14, 2009

There are two distinct aspects of Life Coaching:

Physical Life Coaching has the goal of achieving the wants and desires of my ego, which are:

- To get what ever I need emotionally
- To have whatever I need materially
- To achieve whatever I believe that I need to achieve
- To learn knowledge to attain status
- To attain status to earn money
- To earn money to gain power

Spiritual Life Coaching has the intention of attaining the Passions of my Soul, which are:

- To live my vision, mission & purpose
- To do what I truly value
- To attain Happiness, Well-being & Expansiveness
- To attest to my Power, affirm my Authority & acknowledge my Ability
- To be Healthy, Wealthy & Wise; Content, Fulfilled & Joyful
- To have Presence, Clarity & Direction
- To allow what I have, approve of who I am being and accept whatever turns up in my life

A Leaning

October 13, 2009

A Leaning is a choice. It is a preference between two choices.

I lean more towards one choice than another.

When I am leaning, I am not in balance.

When I am in balance, I do not need to lean.

Making a preference between two choices will always take me out of balance.

A preference requires a choice between two opposing dualities or extremes.

Any preference requires a leaning towards one extreme or the other.

A choice between my head and my heart is a duality and either option will take me out of balance.

My head has a rational reason for choosing.

My heart has an emotional purpose for choosing.

My Soul is rationally-emotional with a balanced perspective.

My Soul does not lean one way or another. It is always in balance.

It never has a preference, yet it always has a choice.

My Soul's choice is to choose what my Self and my Soul choose together.

True Co-operation is equability and has equilibrium. There is no leaning one way or another.

When I make the choice of my Soul, I overcome duality, I find the 3rd Way, it has equanimity and is aligned with my purpose and my vision.

Heart & Soul

October 12, 2009

My Soul is the Heart of my Beingness.

My Heart is the Core of my Being that is my Soul.

In Absolute Reality there is no distinction between my Heart and my Soul.

In relative dual reality, heart & soul becomes synonymous with my True Power & Authority.

My Heart is the Source of my True Power.

My True Power is called Love.

My Soul is the Source of my True Authority.

My True Authority is called Light.

With Heart & Soul, I have the Ability of Life.

When I live my life with all my heart and soul, I have the ability to live life to the full and my life becomes fulfilled.

The Ability of Life is my ability to connect exclusively to my own power and authority.

The Source of my Ability is the Power of my Heart & the Authority of my Soul.

When I put my heart & soul into something, I am authorised and empowered to succeed.

Hearts & Minds

October 11, 2009

My Heart connects to the authority of my Soul.

My Mind is the will of my ego Self.

When my ego self is at One with my Soul, my heart and mind is united as one voice.

I cannot follow both the path of my Soul and the will of my ego because whenever there are two options, I am in the dilemma of a duality and therefore my ego is disconnected from my Soul.

When my ego Self has overcome all the dualities of relative physical existence, I will be at One with my Soul and all choices will have been made.

Without dual reality, there is no choice, there is no self to make a choice and there is no mind distinct from my heart that distinguishes my Self from my Soul.

Unless my Mind is separate from my Heart at the Core of my Being, I have no ability to choose. There is no distinction and there is no contrast.

My Conscious Mind always has a choice to either follow the passions of my heart or the desires of my sub-conscious ego's mind.

Emotional Need

October 10, 2009

Emotional Need is the ego's lack of power.

My ego needs emotionally what it believes that it does not have.

My emotional needs are therefore created by my limiting beliefs.

A limiting belief is a belief that does not serve me and disconnects me from my Truth and my True Identity.

When I am disconnected from my True Authority, I am also disconnected from my True Power.

The Source of my True Power is the Source of my True Authority, my Soul.

When I am disconnected from the Source of my True Power, I will need emotional power.

How I will need to replace my emotional power is determined by my belief about what I think I need emotionally to regain my power.

Emotional need is an illusion created by my disconnection from my Source.

My Source is not only where I originate from, it is where my power originates from.

When out of alignment with the authority of my Soul, my ego will need to meet its emotional needs in order to power its will and desires.

My Ego

October 9, 2009

My Ego is my sense of Self.

It is who I experience my Self to be.

I cannot overcome my ego with will power.

Will power is the power of my ego.

I can only overcome my ego with Love.

Love is the Power of my Soul.

With the Power of my Soul, my ego will be overcome with Love.

When my ego is in conflict with my Soul, it is confused and is really in conflict with itself.

My Soul exists beyond all duality. It is never in conflict with my ego. It has unconditional Love for my ego and has given my ego unconditional choice.

When my ego overcomes conflict, life becomes Divine, and my ego is at peace, with my Soul.

My Soul is forever at Peace.

It is not my mission to overcome my ego by defeating it, but by absolving it.

With absolution, my ego becomes 'absolute', which is the state of having overcome all aspects of relative dual reality.

Once absolved, my ego becomes Soul-like with the attainment of Absolute Divinity.

My ego, my sense of Self, becomes who my Soul knows, sees and feels its Self to be.

Boredom, Ennui & Frustration

October 8, 2009

Boredom is my lack of vision and focused intention that deprives me of my self-confidence.

Without confidence and authority, and in the absence of making my own choices, I become bored.

I become bored under other people's authority that is not aligned with my own path.

I will have to tolerate boredom until it becomes intolerable.

Ennui is my lack of purpose and self-worth.

Without my emotional power and a sense of worth, I will suffer the melancholy, listlessness and depression of ennui.

With ennui, I will need motivation and drive.

Ennui will annoy me until it eventually makes me very angry.

Frustration is my lack of ability to do what I want to do and to achieve what I want to achieve.

Without sufficient ability, I will get frustrated.

I will get frustrated having to depend on other people to do things for me.

When my boredom and lack of authority incapacitates me, it will become intolerable.

When my ennui and lack of power angers me, it will show my incompetence.

Together, Boredom and Ennui will disable me, make me very frustrated and deplete my self-esteem.

Vital & Critical

October 7, 2009

Vital means necessary and important to life.

Critical means my life is being threatened.

What is vital is my Life-force Energy.

Disconnected from my life-force energy, my life is threatened and survival is critical.

When my life-force energy is depleted, my polarity becomes negative, I lose my direction and I become very critical of my chaotic life.

Life-force energy is vital because it is my power. It is the power of Love that is vital for Life.

When my authority is aligned with my Soul, I become vital and alive. My Soul's authority is vital to my path. It is my Light and my Inner Guidance.

When my authority is aligned with the choices of my ego Self, I become critical and my effortless life is threatened. I become critical because I am not fulfilling my potential and I am experiencing entropy, resistance and problems.

I always have a choice to connect to my vitality, my true power and authority, or to connect to my false power, my fears and limiting beliefs that make me negative and critical.

Being Cynical

October 6, 2009

Being cynical is being critical of what society considers to be acceptable.

Cynicism is the intolerance that I have for social conventions.

I am being cynical when I am unable to act from my own authority and I choose not to follow what is considered normal practice by society.

A cynic:

- Is often seen to be rebelling against what is considered to be accepted practice
- Sees normal life from a negative perspective
- Is suffering the fate of an external authority and seeks to change the choices of that authority
- Ridicules the choices of society, believing them to be wrong
- Is unable to accept what other people tolerate

The cynic has failed to connect to their own exclusive authority because they are without the power to do so.

My Soul is never cynical. It is authorised, empowered and accepting of Life.

The Tears of a Clown

October 5, 2009

The Tears of a Clown will make me either laugh with joy or cry with sorrow.

Either way, the clown is connecting me to my Soul at the heart of my Beingness.

The face of a clown is always smiling even though the tears may be of sadness.

Whether my tears are of joy or sorrow is purely determined by the polarity of my perspective.

When I perceive something to be negative and bad for me, I will weep tears of pain and sorrow.

When I see the same thing as positive and good for me, I will weep tears of pleasure and joy.

My Soul knows only Joy.

My Soul knows that my tears are the release of an emotional blockage caused by a limiting belief, and therefore tears are always a beneficial opportunity to grow.

Tears release me from my pain and have the potential to connect me to the Joy in my Heart.

When I don't know whether to laugh or cry, I weep tears of Joy that connect me to my True Self.

The smiling Clown knows that Tears are always beneficial and never detrimental.

Prevaricate & Procrastinate

October 4, 2009

To Prevaricate is:

- To deviate from my path.
- To project 'what if's' into my future.
- To find reasons not to continue.
- To find entropy and resistance on my path, that do not yet exist.
- The expectation that a negative effect will be the result of my actions.
- The prediction of a detrimental outcome to my intended actions.

Prevaricating will always take me off track because it is the experience of an unclear vision.

To Procrastinate is:

- To put off or delay
- The appearance of 'buts' from my past experiences
- The creation of uncertainty and dilemma
- The creation of negative judgments about my future
- To find reasons not to start something

Procrastination will stop me following my path before I even start to follow my path.

Both prevarication and procrastination will create uncertainty and dilemma that will result in the abdication of my choice and authority.

Being Irrational

October 3, 2009

Being Irrational is making choices that are not based on rational logic.

It is being ungrounded and not earthed in physical reality.

I am grounded in physical reality when I use my rational senses of sight, hearing, touch, taste and smell to discern what choices are right for my Self.

Being irrational is using my emotionally spiritual senses of seeing, feeling and knowing in a negative way.

When I am emotionally-connected to my own power and authority, I am making the choices of my heart that are aligned with my Soul.

When I am rationally-connected to my ego's self-worth and confidence, I am making choices with my head and my ego, which is my rational sense of self.

A rational person will perceive an emotional person to be irrational from their perspective.

An emotional person will perceive a rational person to be unemotional from their perspective.

I am being irrational when I am unable to use my emotional senses in a rational way and ground them in physical reality.

Being Inclusive

October 2, 2009

Being inclusive is making the same choices and living in the same reality as another.

It is following the same authority as others, so as to be like others and liked by others.

Inclusive people have the same standards and live by the same morals, ethics, principles and rules.

I include people who are like me and follow the same authority as me.

I include other people who follow my authority and I include myself with other people who follow the same authority as me.

When many people are being inclusive of the same authority, their power becomes exponentially greater, as the power of the group is used to meet the needs of the group.

I include myself within a group because the group meets my need for emotional power. The group is more powerful than an individual and therefore more able to meet my emotional needs.

When I am inclusively-connected to my power, I am getting my needs met by a group of other people.

When I am Exclusively-Connected, I connect to my True Power & Authority, which is the Ability of my Soul.

Being Attached

October 1, 2009

I am attached to what I need emotionally.

I become very attached to someone who meets my emotional needs.

When I am aware of the emotional energy that I need from another person, I am sensitively-attached to that person and in my female negative energy.

When I am unaware of the emotional energy that I am receiving from another person, I am insensitively-attached to that person and in my male negative energy.

Being emotionally attached is a dependency. I depend on those to whom I am attached for my emotional energy.

Where there is a mutual attachment of two people meeting each other's needs emotionally, a co-dependent relationship is created.

Personal development involves a process of becoming un-attached (Detached) yet still aware of other people's energy (Sensitive).

When I become sensitively-detached from all others, I sever my dependency and become emotionally Independent.

In a state of being sensitively-detached and emotionally independent, I am free to exclusively connect to my True Source of Emotional Power.

Dimensions

September 30, 2009

The Dimensions of a physical space determine its physical volume.

The volume of space within a cube is the product of its dimensions of length, breadth and height. This is a physical measurement of physical space, which is the absence of physical matter or the space that physical matter takes up.

Dimensions of Reality are determined by the vibrations of energy that are creating the reality.

Vibrations of energy are the product of their frequency and wavelength.

Frequency determines Time and wavelength determines Space.

A change in frequency and/or wavelength changes the vibration of energy and changes the reality which that energy is creating.

As the frequency or wavelength of a musical note changes, it becomes a different experience and we experience the sound in a different way.

As the frequency or wavelength of my reality changes, it also becomes a different experience and I experience reality in a different way.

The existence of many different dimensions of reality allows each of us to either create our own reality or enjoy the same reality as others.

My personal reality is the product of my personal time and my personal space.

Acknowledging Frustration

September 29, 2009

Frustration is my inability to do what my ego wants me to do.

Frustration is the failure of not being able to succeed.

Frustration is the resistance that I encounter when I am pushing against the flow.

The frustration of life being too easy, is called boredom.

The frustration of life being too hard, is called exertion.

When life flows effortlessly, there is no frustration.

When I can acknowledge the cause of my frustration, I can eliminate it from my reality.

Frustration is of my own creation as a result of my being without either my power or my authority, or my being without both.

When I acknowledge the choice and authority of my Real Self, my Soul, I become empowered and inspired.

When I am inspired and empowered by the power and the authority of my Soul, there is no resistance, there is no effort required, there is no exertion, there is no boredom, there is no failure, and there is no frustration.

“If at first you don’t succeed, reappraise your best intention”

Pleasing & Displeasing

September 28, 2009

Displeasing is being or doing something that another will not like.

I please other people so that they will either like me or love me.

If I need to be liked, I will please a person so that they like me.

If I need to be loved, I will please a person so that they will love me.

If I need to be appreciated, I will please a person so that they appreciate me.

Whatever emotional need that I need from another person, I will please them so that they meet it.

I fear the displeasure that I will feel, when I do not please a person enough so that they will meet my individual needs emotionally.

When I need approval from another, it is because I fear their disapproval, which will displease me.

When someone approves of who I am being, and appreciates what I am doing, it pleases me.

When I connect to my emotional power through another person, it pleases me.

When someone fails to meet my needs emotionally, it displeases me.

When I connect to my True Source of emotional power, I know that my Soul is Approving & Appreciating of my Self.

When I know and feel my approval and appreciation of my Self, when I know and like my Self, when I know and feel that my Soul meets all my emotional needs, I no longer need to please others and fear their displeasure.

Needing someone to please me is being "Greedy".

Tolerance & Intolerance

September 27, 2009

Tolerance is my ability to accept someone else's choices as my own.

With tolerance, I am able to follow someone else's authority and do as they want.

Someone else's authority is a 'have to', a 'must', an 'ought to', or a 'should'.

When I have to, ought to, should, or must, be, do or have something, it is a toleration.

Intolerance is when I decide that I don't have to, I didn't ought to, I mustn't, I shouldn't and I won't.

When this happens, I become intolerant of another, they become intolerant of me, or we become intolerant of each other.

Intolerance is when I exert my will power in direct conflict with the will power of another.

In a dual reality world, I can either tolerate the will of another or find it intolerable.

Either way, I am not being accepting of the opportunity to see what is occurring as an opportunity and a gift.

With acceptance there is no toleration and no intolerance, no energy loss and no conflict. Just the right choice for me based on my own personal perspective of what is occurring.

The Illusion of Wanting

September 26, 2009

The belief that I want something is an illusion.

I believe that I want something when I believe that there is something that I do not already have.

My ego lives in the illusion of not having everything that it wants.

Because my Soul is able to manifest anything it wants, it wants for nothing.

If my ego wants something, it means that it doesn't have it, which means that my Soul doesn't need it.

If my ego wants what my Soul doesn't want, it can have it, but it will take will-power to create it.

My ego already has everything that my Soul wants it to have.

My ego already has everything it needs in order to proceed on my Soul's Journey.

My Soul wants only for my Self to experience Life and has already given my Self everything I need to do so.

The quickest way to have everything I want is to want for nothing.

Resisting Allowing

September 25, 2009

Both anger (impatience) and patience will resist my state of being Allowing. I cannot manifest or create what my ego is resisting and disallowing.

Patience and impatience block the Law of Attraction because they are both unattractive states of being. When I am being impatient, I am focusing on what I want and do not have.

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

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

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

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

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

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

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

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

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

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

Patience & Impatience

September 24, 2009

Impatience is a mild form of anger.

I get impatient and angry when I run out of emotional energy.

I need emotional energy to be patient because waiting is a toleration and a have to.

With enough emotional energy, I can be patient.

As my emotional energy runs out, I will become impatient.

When I run out of emotional energy, I will react angrily to get it back.

Patience & impatience are a duality, that is, they are opposing expressions of the same energy.

Anger is a well known emotion because it is often accompanied by an intense physical reaction.

Patience & impatience are emotions or emotional states of being.

Patience is usually seen as a positive emotion and impatience as a negative emotion.

Whether vibrating in a positive or a negative direction, they are both the state of my energy in motion and I will have to choose one or the other until I overcome the duality and find a 3rd way of Being.

My 3rd Way is to be Allowing.

When I am either waiting patiently or reacting impatiently, I am disallowing what I want to attract and manifest into my life.

Clear Direction

September 23, 2009

With Clarity & Direction, I have Presence.

I have Clarity when my female energy is positive.

When I am Being Connected, Sensitive & Emotional, I have Clarity.

Clarity requires Awareness.

When I am inclusive, attached & irrational, my energy is negative and I become confused.

I have Direction when my male energy is positive.

When I am Being Exclusive, Detached & Rational, I have Direction.

Direction requires Consciousness.

When I am disconnected, insensitive & unemotional, my energy is negative and I become lost.

When I am Exclusively-Connected, Sensitively-Detached, & Emotionally-Rational, I have Conscious-Awareness and I have Clear Direction.

With Clear Direction, I have Presence.

Without Presence, I will become lost, confused and frustrated.

Greatness

September 22, 2009

Greatness is the quality of attaining Goodness & Gentleness.

The attainment of Goodness is the pathway to Wellness.

Wellness is the attainment of Health, Wealth & Wisdom.

The attainment of Gentleness is the pathway to Happiness.

Happiness is the attainment of Contentment, Fulfilment & Joy.

Gentleness is the attainment of Oneness, Equality & Choice.

Goodness is the attainment of Acceptance, Allowance & Approval.

A Great Life is Expansive & Effortless.

When I flow effortlessly through Life with expansiveness, I will attain Greatness.

Greatness is the attainment of my Power, Authority & Ability.

Choosing to Live

September 21, 2009

Life is a choice.

Life and death is a duality that we are programmed to accept as our reality.

The question is: “Am I choosing to Live, or am I trying not to die”.

Surviving death, surviving disaster, is not living, it is a survival existence.

Choosing to live is choosing Life.

Life is the product of my Love & my Light.

The more power of Love and authority of Light that is present in my reality, the greater is my ability to live Life well.

Choosing to live is consciously choosing how I choose to live. It is choosing my own reality.

Consciously choosing my own reality is the only way to live my Life. Any other way is not my way, it's another's way or another way.

Life becomes a conscious choice when I awaken to the reality that I choose my own reality.

When I know that I choose life and I choose to have choice in my life, then and only then can I start choosing to live.

Choosing to Die

September 20, 2009

We all choose to die at some time.

Choosing to live in this world permanently or eternally is the wish of an ego that believes itself to be mortal and fated to die for ever.

When an unawakened ego chooses to die it is called suicide.

When an awakened Soul chooses to die it is called enlightenment.

Once I am enlightened and awakened to my vision, mission and purpose in life, then I know why I am here.

I will also know when my life's mission is complete because my purpose will be attained and my vision fulfilled.

Once I have completed my reason for being here in this life-time, I will choose to move on, or pass on, or pass over to my next life adventure.

An unawakened ego chooses to die when it is old, worn-out and have lost its passion for life.

An awakened Soul chooses to live until it is old and then to die young as late as possible.

Our ego chooses to die when our Spirit chooses to live and become reborn.

My Soul Never Says No!

September 19, 2009

In the Absolute Realm of my Soul, 'no' does not exist. There is no duality. Yes & No is a duality.

In the Absolute Realm of my Soul, my Soul always says Yes!

My Soul always answers me in the affirmative.

My Soul answers all my affirmations and gives to my Self whatever I affirm.

My thoughts, words and deeds are my affirmations.

My thoughts words and deeds are therefore creative.

My Soul never says no because my Soul has given my Self unconditional choice.

It is my conditions that I put on my life that decide whether I say yes or no.

My Soul has no conditions for my Self.

My Self creates the conditions for my life itself.

When my Soul agrees with the choices of my Self, it expresses Joy that becomes my inspiration and empowers me to fulfil that choice.

Without the Soul's agreement and authority, there is neither joy nor inspiration and I will need my will power to achieve my ego's desires.

My Soul is a Capitalist

September 18, 2009

A Capitalist has the wealth to pursue their own business.

When I pursue the business of my Soul, I will inherit my Wealth.

My Wealth is my emotional power.

My power is always available to pursue that which my Soul has authorised.

I have the authority of my Soul to follow my Life Path.

My Wealth is aligned with the Path of my Soul.

A Capitalist is the owner of capital.

My Soul has the capital to manifest whatever it chooses or desires.

A Capitalist is one who owns or controls the means for producing Wealth.

My Soul only manifests Abundance.

My ego Self is capable of producing either scarcity and lack or gluttony and extravagance.

My Soul only ever produces Wealth.

My ego Self is capable of producing riches or poverty.

My Soul is my Capital.

Being my Soul is Capital.

Being In Attendance

September 17, 2009

Being in Attendance means:

- Turning up for Life
- Being awake to Life
- Being alert to my messages
- Being aware of my energy
- Being an Attendant of my Soul
- Attending to my Soul's directions
- Focusing on my Vision
- Knowing the reason and the meaning of my Purpose
- Being committed to my Mission
- Aligning with my Path
- Giving thought to my authority and choice
- Meeting my emotional energy needs
- Being present in the moment

Being in Attendance is attending Life School to learn my Life Lessons that lead me forward and allow me to heed and give notice to my Destiny for this Life-time.

Attention, Attention, Attention

September 16, 2009

To achieve an aim or goal in this physical world requires my intention, my attention and my action.

It requires:

- My intention, the aim or goal that I want to achieve. or where I want to be.
- My attention to where I am right now.
- My action plan as to how my intention will be achieved or how I am going to get there.

To attain my Vision for my life requires: Attention, Attention, Attention.

- My Attention to the image of my Ideal World.
- My Attention to what is already ideal in my world.
- My Attention to whatever is offering resistance to my Ideal World becoming a realisation and manifesting as a reality.

When I attend to the image of my Ideal World, I can see my Vision for this Life-time.

When I attend to placing my focus on the positive attainments, attributes and qualities that already exist in my reality, I allow more of the same to materialise into my future.

When I attend to no longer giving another thought to the fears, limiting beliefs, dramas and attachments in my life, I allow them to disappear from my reality.

When I pay attention to the thoughts that are creating my World and retain only the thoughts that are Ideal, my attention will repay me handsomely.

Patronising

September 15, 2009

Patronising is the act of playing the patron in relationship to another.

When I assume the role of patron or father figure, I am assuming that I have authority over or I am the authority for someone else.

I assume a superior status to the person that I am patronising.

Patronising is arrogance that declares it has authority over another's choice and seeks for another to be patronised or humbled.

When I am frustrated with someone's inability and become patronising of their actions, I am being critical.

When I am intolerant of someone else's choices or their incapacity to make the right choice, I am being patronising of their authority and I am being cynical.

When I get angry with someone's incompetence, lack of motivation and drive, I am patronising their will power and I am being sarcastic.

Sarcasm is the lowest form of wit because it is the least effective way of allowing someone to become inspired and empowered.

When I am being critical, cynical or sarcastic; when I am criticising, condemning or complaining; I am arrogantly patronising the recipient of my attention because of my pride in my need to be right and my greed in wanting to be better and superior to all others.

Good, Better, Best

September 14, 2009

From my physical perspective, I see myself as good. Others may judge me to be bad from their perspective, but I see myself as good.

Personal Development is about myself getting better. Getting better is about acquiring more knowledge via my 5 physical senses. Getting better is also a requirement when I am sick, ill or ailing and not feeling good. My goal is to become better and better at living in this physical world, so that I can be the best that I can be.

The paradox is that the best that I can be is not the best that I can be. From a spiritual perspective, I am already the best that I can be. To become better, I am required to grow and develop my Self spiritually as well as physically. Getting better spiritually is about acquiring more experience via my 3 intuitive senses. There is no limit to my personal spiritual growth and how better that I can become spiritually.

In my physical world, I am good, getting better, with my intention to become the best.

In my spiritual world, I am my best, getting better, with my intention to be Good.

“None is Good but the Lord”

My Soul is Good.

My Self is getting better through my Journey of Personal Spiritual Development & Growth.

It is not my intention to become better than other people or better than my Soul. Being better than others will never make me the best or Good.

Qualified

September 13, 2009

I am qualified to live my life.

I am not qualified to live another's life for them.

Qualifications are Man's judgment of Man's ability to serve Man.

Man needs to know that Man is qualified to do what Man needs Man to do.

My Soul knows that I am qualified to follow my path.

I do not need to train to follow my path, I just need to follow it.

I do not need to qualify to become who I am, I just am who I am.

I do not need to qualify for life. I have already qualified. I am alive and well and living my life.

Man needs to qualify me to do what Man wants me to do.

My Soul has already qualified me for my life.

I am already qualified to discern my path and the quality of the life that I choose for my Self.

Resentment

September 12, 2009

Resentment is the negative emotion that I feel when I am not accepting my Destiny.

Resentment is the feeling that I am not allowed to have what I think is best for my Self.

What I think is best for me is what my ego self wants and desires.

When I do not receive what I want, I feel resentment.

Resentment is the desire to have what has arrived, re-sent, because it is not well received.

My resentment is my sub-conscious way of expressing my ego's dissatisfaction at what has been received.

I will express resentment to any person that I am able to judge as guilty and blame for not allowing what I want to become mine.

Once I allow my life path to flow effortlessly and I become accepting of whatever turns up, everything I receive is perfect, I have no need for anything to be re-sent, and resentment is an emotion that is no longer expressed or felt.

I cannot resent that which I accept as an opportunity and a gift.

Controlling Fate & Destiny

September 11, 2009

“It is my fate to control my destiny”.

Whenever I try to control my destiny, I will follow my fate. My Destiny is my Life Path that has been chosen by my Soul.

I can choose to follow my Soul's Path or I can choose to follow the choice of my ego Self. I always have choice.

My ego will follow the path that leads to what it believes it wants and needs. This is my fate.

My fate only becomes my Destiny once I consciously choose, that what I really want and need, is to follow my Soul's Path for this life-time.

My Soul's Path leads to Personal Spiritual Development & Growth, which is always my Soul's Choice and the Destiny of my Self. My ego cannot control my Destiny. It can only 'Accept' it.

“It is my Destiny to control my fate”.

I control my fate by not following my fate. I control my fate by following my Destiny.

I will follow my fate by default. When I follow my fate, I am not in control of my fate, it just turns up as a consequence of my sub-conscious thoughts.

When I try to consciously control my life, I get my fate, because I get the essence of what I consciously focus my thoughts on.

When I let go of control and allow my life to occur, I receive my Destiny because I allow my Soul to choose it for me.

I cannot receive my Destiny until I choose what My Soul has chosen and I cannot know what my Soul has chosen until my Destiny arrives. Therefore control is useless.

Whether I am receiving my Destiny or experiencing my fate is just a matter of perspective that is determined by my beliefs and my thoughts about what is currently occurring in my life.

Unless I have awoken to my Spiritual Path, which is my Destiny, I will have no distinction between my fate and my destiny and I will have no control over either.

The Role of Victimhood

September 10, 2009

When I can see the victimhood of another person, I can no longer become their victim.

When I can see another in the role of the victim they cannot be the villain and therefore I cannot be their victim.

When I have no distinction between the victim and the villain, there is no duality, and no drama exists. Equality is achieved and victimhood is overcome.

When I am no longer a victim of life, I am no longer a victim in my life.

When I know that I am the creator of my own life, I am no longer the victim of my life.

I cannot be the victim of my life and the villain that created it.

When I am both the victim and the villain in my life, I have overcome the duality and I have achieved a state of being in equanimity with myself. My Soul shares equanimity with my Self.

I can only ever be a victim of my own choices or my choice not to choose.

Once I know that I have choice, I know that I create my reality with my choices and I am a creator by choice.

I am a creator whether I choose to be or not.

When I know that I created my own victimhood, then I know that I can uncreate it and I never need to play that role again in my life.

Being Idle

September 9, 2009

Being Idle is a state of mind not a state of being.

Being idle is the judgment of an active mind that needs to accomplish and achieve.

A mind that gains its power from the success of accomplishment, sees non-achievement as failure.

Being idle is seen as failing to achieve, which will drain one's emotional energy reserves.

Being idle will result in the boredom of doing nothing, which is seen as laziness.

Being idle will result in failing to do what I have to do, which is my fate.

Not being idle will ensure that I work hard to achieve everything that I want and need in life.

Working hard will ensure that I do not fail in life.

Whether I am being idle or working hard, succeeding or failing, being active or boringly lazy, my life is not effortless.

Effortlessness is a State of Being that allows me to flow effortlessly through life with the full ability of my power and authority.

Effortlessness is my idyll and my ideal, yet I am never idle.

Redemption

September 8, 2009

Redemption is the purpose of the Redeemer.

The Redeemer is the One who redeems their Life's Purpose.

To deem is to see and discern.

The Redeemer re-views the choices that they have made for their Self for this life-time.

To deem it necessary is to see the choice that it is necessary to take in order to follow the right path for my Self.

Redemption requires:

- The ability to choose with discernment
- The ability to see with the eyes that cannot see
- The ability to visualise the path of my Destiny
- The acceptance of my path without question
- The understanding that my Soul is unconditionally forgiving

Redemption is the knowing that my Soul has forgiven my Self its sin, for it is my fate to follow a dual reality existence in this relative world of contrasting opposites until I become my own Redeemer.

As a Redeemer I have chosen this life path for the Soul purpose of redeeming who I really am.

Spiritual Discernment

September 7, 2009

When judgment and discernment have no distinction, then discernment is my judgment of what is right or wrong for me.

When judgment is a discernment of what is right or wrong for others and discernment is a judgment of what is right or wrong for me, then there is no distinction between the two. Discernment is still a judgment and judgment is a discernment.

To Discern is not to judge, it is to 'See'.

When I discern with my physical sight, I spot or pick out something in my field of vision.

When I Discern with my spiritual sense of seeing, I see what is right for me with acceptance not judgment.

With my spiritual Discernment, I see what is the right path for me.

With spiritual Discernment, I see with the eyes of my Soul.

My Soul does not see anything that is wrong or bad for my Self.

My Soul sees, creates and discerns the right path for my Self.

My Soul is incapable of discerning a wrong path for my Self because my Soul is incapable of judgment.

With my sense of spiritual Discernment, there is no wrong path and I am never off-track.

The Paradigm of Success

September 6, 2009

In my old world paradigm, I measured success as my:

- Skills and knowledge that I had learned
- Status in my society
- Money that I earned in employment

The outward signs of my success were:

- A Four-bedroomed detached house
- A 3 litre automatic car
- A well educated family
- A white collar executive job
- An above average salary
- An annual holiday abroad

The paradigm of my new life has a very different measure of success.

My Success now means succeeding in my Life Vision by following the life path that is my Destiny.

My success is now measured as:

- Making authorised choices
- Being connected to my Divine Power
- Living an effortless life
- Being my True Identity
- Living my True Values
- Being Present in each moment

- My Acceptance of what Is
- My personal development and my expansive growth
- The Appreciation of everything that I have been given
- The Revelation of my Divine Messages
- Knowing who I am and why I am here

Being A Creator

September 5, 2009

Being a Creator is being creative.

A Creator that is not being creative is not creating anything.

The Creator of my world is my Self.

When I am not being creative in my world, nothing new is being created and everything remains the same.

Creativity is the vehicle through which change occurs.

Creatively changing and creating change is how I expand my world and my reality.

When I am not changing anything in my life, I am forsaking my creative ability.

My creative ability has infinite potential.

The potential of my creative ability is the product of the force of my authority to choose multiplied by the magnitude of my power to realise that choice.

When I realise that I am the sole creator of my world and that the sole creator of my world is my Soul, then I realise that I have the potential power and authority to create the world of my dreams.

I just have to align my creative choices with the power and authority of my Soul.

Possibilities & Opportunities

September 4, 2009

In life, all possibilities exist.

An opportunity is a possibility that is right for me.

What is right for me is my opportunity to follow my life path.

My Life Path is my opportunity to personally spiritually develop and grow.

My Life Path is one of many life paths.

There are many, if not an infinite number of paths in life.

We all have the opportunity to choose one possibility.

A possibility is a potential experience.

An opportunity is the potential to fulfil one possible experience.

One possible life path has the potential for many, if not an infinite number of opportunities for development and growth.

Infinite possibilities create confusion.

One definite possibility with infinite opportunities requires clarity of purpose.

True Wealth

September 3, 2009

True Wealth is beyond the attainment of material possessions.

Being rich by having material wealth does not make me Truly Wealthy.

A Country Estate with servants, a fleet of cars and a holiday villa in the South of France with a motor yacht, will not make me Truly Wealthy. Not managed well, they will probably make me poor.

The Queen of England often struggles to maintain her position on the 'Rich List' and frequently encounters scarcity, frugality and lack as well as the extravagant luxury in to which she was born.

True Wealth is an attainment of the attributes of Happiness and Well-being.

A Wealth of Happiness is attained by managing and connecting to my True Source of Emotional Power.

Money and power get confused. No amount of money is ever able to buy True Happiness.

A Wealth of Well-being is attained by overcoming all my limiting beliefs and becoming fearless.

Knowledge and status get confused. No amount of status or position of authority is ever able to overcome fear.

With Happiness and Well-being, I am Truly Wealthy.

Spiritual Roles

September 2, 2009

The Redeemer is: Sensitively-Exclusive

Sensitive to the reality of others, whilst redeeming my own ideal world in which to live my own exclusive life.

The Teacher is: Emotionally-Rational

A student of the rational, scientific, physical world; and a student of the emotional, energetic, spiritual world.

The Overcomer is: Sensitively-Rational

Sensitive to the opposing dualities of life and able to rationally discover a third way of being, in order to overcome the dual realities.

The Comforter is: Emotionally-Detached

To comfort others, I am required to be detached and stand in my own power whilst sharing my emotional power in a positive and expansive way.

The Healer is: Sensitively-Detached

Sensitively aware of the energetic emotional disposition of others, yet able to be transparent to and detached from their problems and mis-alignment.

The Messiah is: Exclusively Connected

Connected to and hearing my own exclusive messages that inspire, empower, enlighten and reveal my own personal path of expansive growth.

The Saviour is: Exclusively, Rationally and Detachedly-Connected

Exclusively connected to my Soul, whilst being rationally conscious of my Self, yet detached from all other people energetically.

The Observer

September 1, 2009

The Observer is the one who sees all.

The Observer is neither in judgment nor non-judgment.

The Observer sees the Big Picture.

The Observer is my Soul & Inner Coach.

My Soul sees everything and says nothing, unless first asked.

My Observer sees my Life Path and the direction that it takes.

My Observer sees everything that occurs in my life as an opportunity.

Observing is a state of being, not a state of doing.

My Observer sees all with my intuitive sense of feeling and knowing.

My Observer feels the presence, feels the gap, and feels the flow that allow my expansive growth to occur.

My Observer knows my path, knows my destiny, and knows my vision for this life-time.

As the Observer, I am all Seeing, all Knowing, and all Feeling.

Grace

August 31, 2009

Grace is the Power of God.

Grace is my Divine Power.

Grace is my Pure Emotional Energy.

Grace is Pure Feeling undiluted by emotion.

A Graceful Life is an energetic life that is inspired and empowered.

There with the Grace of God go I.

Grace is my connection to my Divine Source of Power.

But for the Grace of God, I will need to find my emotional power from elsewhere, which will be my fate.

I have the Grace to follow the Path of my Soul.

When I follow my life path, I am empowered with Grace. I am full of Grace – graceful.

A Graceful Life is an effortless life.

With the Grace of God, Life is effortless.

With the Grace of my Divine Power, I am following my Destiny that is aligned with the Favour of my Soul.

An Effortless Life

August 30, 2009

It is not a spiritual life that I seek but an effortless life.

An effortless life flows forward in a positive direction without resistance, entropy or toleration.

Flowing forward in a positive direction means enjoying new and beneficial emotional experiences.

Being without resistance, entropy or tolerations means having no fears or limiting beliefs that create recurring negative emotional experiences.

A purely physical life can be very hard work.

With plenty of money, life becomes easier, but I still have to work hard to earn it and to keep it.

A purely physical existence is either hard or easy, but it is never effortless.

Following an effortless path requires the assistance of an 'all seeing', 'all knowing', and 'all feeling' accomplice.

That accomplice is my Soul and Inner Coach.

Without my spiritual connection, an effortless life is not possible.

Therapy or Coaching

August 29, 2009

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

Coaching is for people who have awakened to their destiny.

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

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

Coaching is for well people who choose to get better.

Therapy is for ill people who want to get better.

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

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

Therapy provides a quick fix to overcome problems.

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

Emotional Needs & True Values

August 28, 2009

When I am disconnected from my Source of emotional power, I need to coach people to meet my need to achieve that raises my emotional energy.

When I am connected to my Source of Power, I truly value the opportunity to create awareness that coaching allows me.

When I am disconnected from my Source of emotional power, I need a relationship with a partner to meet my need for approval that raises my emotional energy.

When I am connected to my Source of Power, I truly value the bonded bliss that we share together in moments of intimacy and love.

When I am disconnected from my Source of emotional power, I need to travel and explore and find my space and experience new things to recharge my batteries.

When connected to my Source of Power, I truly value the inner revelations of discovering the unknown that allow me to expand my Self and follow my path.

An emotional need is the power that I need to do what I truly value.

Without my emotional power, what I truly value in life is still waiting to be discovered.

My Ideal World

August 27, 2009

In My Ideal World:

- I am at one with my Soul and aligned with my Vision
- I am at the choice of my Soul and being my Purpose
- I am content with enough, which is Abundance
- I am experiencing the joy of being in my Power
- I am equal in equanimity and equability to all other people
- I am fulfilled with the revelations that show me the way of expansive growth
- I am doing what I truly Value to do in my Life
- I accept everything that turns up as a gift and an opportunity
- I allow everything that I want and I have to reappear in my future
- I am in gratitude and I am in appreciation of Life
- I affirm my path, attest to who I am and acknowledge how far I have travelled.

My Ideal World is my version of the Heaven that I choose to create on Earth during my life-time.

Without a Spiritual Path

August 26, 2009

Without a Spiritual Path:

- Life is not effortless
- There are no messages to guide me
- The same life lessons keep recurring
- Problems become bigger and more complicated
- Chaos is the inevitable result of my losing control
- I am destined to face a disaster
- There is no apparent purpose to my life

Without a Spiritual Destiny:

- I am on a slow declining path towards eventual death
- Other people's choices become my fate
- I will want everything that I believe that I do not have
- I will depend on other people emotionally
- Life will be one drama after another
- I will feel challenged outside of my comfort zone
- My most common choice will be not to choose

When there is no 3rd Way:

- I can either be selfish or unselfish
- I can either be humble or arrogant
- I can either live in luxury or poverty
- I can either work hard or be lazy

- I can either be patient or get angry
- I can either be proud or be modest
- I can either be generous to others or miserly

Without a clear Vision for my Life:

- My power will depend on my having money
- My authority will depend on my status in life
- My ability will depend on my knowledge of life
- Having money will depend on my knowledge and status
- Having status will depend on my knowledge and money
- Having knowledge will depend on my education and who I know
- Happiness will be a distant dream

Without a Spiritual Path I am doomed, and I will require a strategy for physical survival, in a material existence of life or death that will rely for the most part on my luck and good fortune.

Positive Thinking

August 25, 2009

Positive thinking requires positive emotional energy.

Positive thoughts are normal when I have positive emotional energy.

Positive thinking is not possible when my self-esteem is low and I have negative thoughts and emotions.

Positive affirmations do not work when my emotional energy is low.

When my emotional energy is high, affirmations are unnecessary.

Low emotional energy fosters negative thoughts that create low emotional energy and low self-esteem.

Positive thoughts are the natural consequence of positive beliefs that empower and inspire with positive emotional feelings.

I cannot trick my sub-conscious into behaving positively, but I can reprogramme it to think positive thoughts based on my new positive beliefs.

When I am running on someone else's beliefs, I will need someone else's emotional energy to fulfil and uphold them.

Telling someone to think positively is just encouraging them to focus on their negative thoughts.

I cannot suppress my negative beliefs. They will continue to run in my sub-conscious mind where they are stored.

I cannot change a sub-conscious belief until I become conscious of it.

Until I become conscious of my beliefs I cannot decide whether they are positive or not and decide to keep them or change them.

My conscious positive thought does not determine my emotional state of being. It is my sub-conscious beliefs that determine my emotional state of being. My emotional state of being will not change until I consciously change my sub-conscious belief that is creating it.

Positive thinking requires me to have positive sub-conscious beliefs.

Positive thinking is my natural state of being, once I become free of all limiting beliefs, tolerations, boundaries, fears and emotional attachments.

The Paradox of the Oxymoron

August 24, 2009

A Paradox is a self contradicting statement that can only be true if it is false. e.g. "I require a physical existence in order to experience my spiritual reality".

True and false is a duality. In Absolute Reality there is only Truth, nothing is false.

Duality is a constant of Time & Space. In each moment of time and in each situation in space, something is either in existence and true or not in existence and false.

True or false is a perspective of the observer. When the same observer sees a situation from both perspectives at once, they allow the Paradox to be the Truth.

Ultimate Truth is revealed through the understanding of the paradox of the dual reality of existence.

An Oxymoron is a figure of speech, where two words with opposing meanings are used together intentionally. e.g. "Spiritual Physics".

A Physician or Physical Scientist will see 'Spiritual Physics' as a contradiction in terms that is not logical and therefore it must be irrational, false and untrue.

A Spiritually Aware Initiate will understand the Paradox of the Oxymoron knowing that Spiritual Physics is the study of how to live energetically in a physical world.

Conscience

August 23, 2009

Conscience means against science.

Science is a logical, rational perspective of the world.

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

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

Religion seeks to convey what is right.

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

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

What I consider to be morally right becomes my conscience.

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

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

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

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

The Energy of Spirit

August 22, 2009

Spirit is Energy. Spiritual means 'of energy'.

Spirit is a triality of:

- Physical Energy
- Mental Energy
- Emotional Energy

Mental Energy is called 'Light' and I know Light with my spiritual sense of Knowing.

Mental Energy creates Time, which is the frequency of my thoughts.

Emotional Energy is called 'Love' and I feel Love with my spiritual sense of Feeling.

Emotional Energy creates Space, which is the wavelength of my thought energy in motion.

Physical Energy is called 'Life' and I see Life with my 5 physical senses and my spiritual sense of Seeing.

Physical Energy creates Reality, which is the vibration of my thought energy that has materialised.

To be a Spiritual Entity experiencing a physical reality called Life requires me to know the revelations of my Light as thought, and requires me to feel the realisation of my Love as emotion.

The Battle for Power & Authority

August 21, 2009

The Battle for power & authority is the Battle of the Sexes.

I access my Power via my female energy of being Sensitive, Emotional & Connected.

I access my Authority via my male energy of being Detached, Rational & Exclusive.

When I unite my male and female energy, my power and my authority become exclusively connected.

In a normal co-dependent relationship, the male energy provides the authority to choose and the female energy provides the power to achieve what the male energy has chosen.

Becoming independent requires me to make my own choices and supply the power to achieve them myself.

In an inter-dependent relationship, I share my power with my partner whilst we pursue a similar journey sharing the same choices and authority.

In an inter-developmental relationship each partner connects to their own power by accessing their own authority, and under their own power and authority they share their journey.

To move beyond the Battle of the Sexes into an inter-developmental relationship requires there to be no longer any competition for power or authority.

The Battle for Power & Authority only ends once each partner is:

- Exclusively-connected to their own Source of Power
- Emotionally-rational in their choice of Authority
- Sensitively-detached in their Ability to relate to all other people.

Once I attain my own power, authority and ability, I have no need to compete with anyone, not even my Self.

Delirium

August 20, 2009

In medical terms, Delirium is a mental state of confusion, disorientation, anxiety and hallucinations that is caused by dehydration, drug intoxication, or infection.

This is a negative perspective as viewed by a rational, scientific and non-spiritual mind.

To my knowledge and experience, I have never encountered anyone being deliriously unhappy, deliriously depressed or deliriously afraid.

Apparently, being deliriously happy is not yet a medical condition, presumably because it is an emotional state of being.

Positive emotional states of being are not a medical condition. The symptoms that are diagnosed as medical conditions are required to be either physical or mental and negative.

Being Deliriously Happy is a Spiritual Attainment.

Spiritual Delirium is a state of being in ecstasy that is spontaneous and exciting.

Delirium is uncontrolled excitement because when I seek to control my excitement, my ecstasy disappears.

When uncontrollable emotional states of being become a problem, doctors will seek to control them with drugs.

However, creating an emotional state of delirium with drugs has been deemed as unlawful in our society.

Happiness is my natural state of being. Delirium is just a measure of how well connected to that happiness I can be.

Being Deliriously Happy in this dual reality world, without the use of drugs, is no mean attainment.

Victimhood

August 19, 2009

Victimhood is a drama created by the belief that what is occurring is being created by something or someone other than one's Self.

I become the victim of someone else's actions when I believe that I am.

I am only ever the victim of my own thoughts.

I am only ever the victim of my own reality that I have created with my own thoughts.

Fear is a false belief that I am attracting into my reality because of my belief in its existence.

I will become a victim of whatever I fear simply because I am focusing my thought upon that fear.

I am only ever the victim of a reality that I do not want.

I do not see myself as a victim of the reality that I consciously choose.

I am therefore only ever a victim of the reality that I sub-consciously choose.

When I do not want the reality that I have chosen, whether at a conscious or a sub-conscious level, I am free to make a new choice.

Victimhood ceases to be when I realise that I have always been the victim of my own choice, which is the focus of my own thoughts.

I overcome victimhood when I take responsibility for my thoughts and actions, and I no longer give my fears another thought.

I can only ever be a victim of my Self and the creator of my own victimhood.

Force & Power

August 18, 2009

Power is not a force.

A powerful energy has magnitude not force.

A forceful energy has authority not power.

Nuclear power is derived from the magnitude of energy that is apparently locked within each atomic nucleus.

Nuclear force is the authority that a Country with nuclear weapons believes that it has over another Country.

A Country with nuclear weapons believes itself to be a nuclear power, yet nuclear weapons have no power without the authority to use them.

Nuclear powers are not authorised to use nuclear weapons.

Authority means choice and no right minded person would ever choose to use nuclear weapons other than as a deterrent.

A deterrent is something that forces our authority upon someone else.

A nuclear threat is a global example of 'an eye for an eye' or what you do unto me, I will do unto you.

This misinterprets the Golden Rule which is: "Do unto others as you would have them do unto you".

Do we really choose as a nation to be threatened with atomic weapons by another nation?

Why then do we choose individually and collectively to be a nuclear power and a nuclear threat to other nations?

Thought is a forceful energy with authority and can be either a positive blessing or an evil curse, which is relative to the perspective of our reality.

Nuclear power has no authority, no choice, and no polarity. It is a powerful energy with a great magnitude that can be used in either a beneficial or a detrimental way according to the force of our own authority.

My potential ability in Life is relative to the force of my authority combined with the magnitude of my power.

The force of my authority is determined by the clarity of my thought that determines the magnitude of my own emotional power.

A Quasi World

August 17, 2009

A Quasi World resembles the real world but it is not my Real World.

A Quasi World is:

- ‘Nearly so’
- ‘Almost so’
- ‘Effectively so’
- ‘Resembling but not equal to’
- ‘Not exactly so’
- ‘As if’
- ‘As it were’
- ‘So to speak’
- ‘That is to say’
- ‘In a way’
- ‘In a manner of speaking’
- ‘Namely’
- ‘In other words’
- ‘To wit’

In a Quasi World:

- ‘I get what I deserve’
- ‘It serves me right’
- ‘Que sera sera’
- ‘It is God’s will’

- ‘So be it’
- ‘It is my fate’

A Quasi World is someone else’s creation that I have chosen to live in.

My Destiny is to live in the Real World, which “Just Is”, whatever I create it to Be.

Rationally Detached

August 16, 2009

Rational and Detached are two different states of Being.

They are not a duality and therefore not the same energy seen from an opposing perspective.

When being rational means being detached from my emotions, I am being unemotional and emotionally disconnected.

I cannot be both rational and detached unless I have a distinction between the two.

When I have no distinction between the two states of being, I am being disconnected emotionally.

When I am being Rational, I am conscious of my own physical reality, that I am creating with my thoughts, words and actions.

When I am being Detached, I am conscious of the fact that all other people are creating their own reality with their individual and unique thoughts, words and actions. I am emotionally transparent and unaffected by other peoples' emotions.

When I am being rationally-detached I am lost within someone else's logical reality as defined by a current and prevailing scientific world view.

Being rationally-detached is being unattached from my life-force energy and disconnected from my own creative ability.

Detachment is my gift when used in a Sensitive way without emotional attachment.

When I am being rationally-detached, I am exclusively disconnected from my gift of my own personal sense of Power.

My personal power comes with my emotional state of Being, which I disconnect from emotionally when I am being rationally-detached.

Emotionally Sensitive

August 15, 2009

Emotional and Sensitive are two different states of Being.

They are not a duality and therefore not the same energy seen from a different perspective.

When emotional and sensitive have no distinction they create an emotionally sensitive Human Being.

I cannot be both emotional and sensitive unless I have a distinction between the two.

When I have no distinction between the two, I will be confused and become emotionally sensitive.

When I am being Emotional, I am aware of my own emotional state of being. The emotion that I am feeling is being created by me.

When I am being Sensitive, I am aware of the emotions of other people. The emotion that I am feeling is being created by someone else.

When I am being emotionally sensitive, I am unaware of whose emotion is affecting me emotionally and I am confused.

Being emotionally sensitive is being too sensitive, which is being attached emotionally to another or other people.

Sensitivity is a gift when I use it with non-attachment or Detachment. When it attaches me emotionally to other people it can be a curse.

When I am being emotionally sensitive I am likely to become inclusively connected to other people.

A Peaceful Space

August 14, 2009

A Peaceful Space has:

- No tolerations
- No fears
- No limiting beliefs
- No boundaries

My comfort zone is a comfortable place but not a peaceful space.

My comfort zone is defined by my boundaries.

Beyond my boundaries lies conflict and disorder.

When I am taken out of my comfort zone, my space will be threatened and my peace will be shattered.

I attract that which I focus my attention on.

When I focus on my fears, I realise them and bring them into my reality and into my experience.

Fears trespass into my peaceful space by disconnecting me from my emotional power.

Whatever I am tolerating in life takes away my emotional energy and stops me doing what I truly value.

My limiting beliefs disallow my true authority and will take me off my Path.

In my own Peaceful Space, I am empowered, inspired and enabled to do what I truly value, without fear, limiting beliefs, tolerations or the need to enforce my boundaries on others.

Being in my Peaceful Space requires me to have the Power to be who I really am.

In my Peaceful Space I am connected to the Source of my True Authority.

My Peaceful Space is at the Core of my Being where my Soul resides.

Time for Peace

August 13, 2009

Personal Time and Inner Peace are relative to each other.

Personal time requires clarity of thought, as does inner peace.

Personal time requires clear direction, as does inner peace.

Personal time requires presence in the reality of now, as does inner peace.

With enough personal Time and personal Space, I attain inner peace.

Inner peace is the absence of conflict within my sub-conscious belief system.

Clarity of thought requires simple uncomplicated Core Beliefs.

When my beliefs are in conflict, so am I.

Having too many problems creates the chaos of my inner conflict.

A problem-free life has plenty of personal time & space with the clarity & presence to define a clear direction for my Life.

When I am lost, confused and frustrated, I have no Time for Peace.

Aspiration & Inspiration

August 12, 2009

I will Aspire to the heights of my ego's desire.

I aspire to succeed in physical life.

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

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

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

Inspiration enables empowered action.

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

I am inspired with a magnitude of emotional power.

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

Inspiration is my Soul breathing life into my Self.

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

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

Consideration

August 11, 2009

Consideration is my process of deciding what I want.

What I want is what I consider to be good for me.

When something is apparently not good for me, I no longer consider it an option.

When I have given all of my options due consideration, I am able to make my choice and decide what I want for me.

When my consideration is based on my judgment of past experiences or on my future expectations, I may be considerably disappointed.

What I want for me is what my Soul wants for my Self.

What my Soul wants for my Self is already present in my reality even though I may not yet have consciously chosen it.

When consideration is the process of deciding what I want, it is my ego self that is in judgment and expectation.

When Acceptance, Gratitude and Appreciation are my process for deciding what I want more of, then my abundance becomes considerable.

My Soul always gives due consideration to what it wants and needs for my Self.

My Soul is never inconsiderate to others.

Being Considerate

August 10, 2009

Being Considerate is acting in a beneficial way having considered what is best for other people.

Being kind and considerate is giving others what I think that they want and desire.

Being good and considerate is being who I think that others want me to be, so that I gain their approval.

Being nice and considerate is doing what will please other people and not offend them.

Being considerate by considering other people allows me to become good, nice, kind, pleasing, humble, unselfish, appeasing, meek, and loving with humility.

It also allows others to be bad, nasty, greedy, selfish, miserly, arrogant, assertive, wrathful, lustful and proud.

It is never possible to know what is beneficial for someone else and therefore impossible to correctly consider what is right for them.

Considering others will always rely on making assumptions that are subsequently proved to be right or wrong.

A consideration of another is a judgment.

When I am being considerate, I am making a judgment of what I believe is what someone else wants or doesn't want.

Christ Consciousness

August 9, 2009

Christ Consciousness is God Consciousness.

God Consciousness is who God is.

Human consciousness is who I am.

I am conscious of my human-ness.

I will attain Christ Consciousness when I become conscious of my Divinity.

“God knows who God is”!

When I know who God is I will become Divine.

It is not possible to know who God is, without being Divine.

Christ Consciousness is God being conscious in human form.

Christ is the expression of human Divinity, which is Divinity in human form.

Christ Consciousness requires conscious-awareness.

Conscious-awareness requires indepth knowledge of physical reality and a higher knowing of spiritual reality.

Jesus was consciously-aware and knew who he really was.

Anger

August 8, 2009

Anger is the state of being without emotional power.

Anger is perceived to be a violent reaction to being deprived of emotional power.

When disconnected from my true Source of emotional power, anger becomes inevitable.

I do not store anger, I experience it as an emotional state of being.

I store the fears, limiting beliefs and falsehoods that create my emotional loss of power.

As long as I retain any fear in my sub-conscious mind, I will retain the ability to react with anger.

Once I have challenged my limiting beliefs, confronted my fears and realised my Truth, anger is no longer inevitable.

When I express my anger, I am acting out a drama that is based on, and rooted in, a limiting belief.

When I suppress my anger, I am endorsing the belief that is creating my emotional energy drain.

Managing anger by suppressing it may be beneficial for other people, but it is detrimental in the long term for my own good health.

Not having anger or not experiencing being angry is most beneficial for my Self.

When I Believe

August 7, 2009

When I believe that God is the Creator of Life, I believe that God creates my fate.

When I don't believe in God, I believe that my fate is my destiny.

When I believe that Man is the creator of his/her own life, I know that there is more to life than Man.

When I believe that my Soul is the creator of my life, I forget that I have choice.

When I don't believe in fate, a higher destiny becomes a possibility.

When I believe that God is a supreme being, I am humbled in his presence.

When I believe that I am potentially made in the image of God, I become equal with God.

When I believe that I am equal with God, I am free to co-create my Life with my Soul.

When I believe that all Men are the Sons of God, I am free to create my own reality in alignment with that which my Soul has chosen for my Self.

Pleasing & Teasing

August 6, 2009

Pleasing someone means giving my emotional energy to providing what they want.

It is giving my power to their authority, which pleases them but does not please my Self.

Pleasing my Self may be seen as greedy by others, yet pleasing another allows them to be greedy.

People who are greedy for emotional power, in order to become better than others or superior (more powerful), need others to please them and yield to their higher authority (position of power or status).

Teasing means taking my emotional power from other people.

I tease emotional energy out of other people by embarrassing and humiliating them.

People who tease are greedy (needy) for emotional energy and will need to tease energy from people who do not readily please them.

‘I’m only teasing’ means I want to steal your energy because I’m greedy but I don’t want you to feel humbled and inferior to me because then I will appear to be arrogant, unfriendly, unpleasant and a bullying intimidator.

Alleviating Suffering

August 5, 2009

It is not my path to alleviate the suffering of others.

Suffering is a personal experience created by my individual thoughts and emotions.

Trying to alleviate the suffering of another will attract more suffering for us both.

Whenever I decide the intentions for another, they are never wise intentions, no matter how ‘good’ I believe them to be.

Making choices for another deprives them of their own authority, which is the path to suffering their fate, not discovering their destiny.

The only way to help others alleviate their own suffering is to assist them to see the cause of their own pain.

When I can see the cause of my own pain distinct from the symptoms that I am suffering, I can alleviate my suffering instantly.

True Compassion is not the state of wanting to alleviate the pain and suffering of others – this is sympathy.

Compassion is being in a state of having alleviated my own suffering. I am then free of suffering and free to share my passion with another.

Pain is inevitable in life – suffering is optional.

Suffering

August 4, 2009

Suffering is the experience of an intense energy vibration.

I suffer when my life-force energy, my vibration, is too extreme.

Low vibrations of energy manifest in the physical as blockages that cause illness, pain, disease and suffering.

Suffering may be cured instantly by discovering the cause of the blockage that is depleting the life-force and lowering the vibration.

An energy vibration is the product of a wavelength of emotion and a frequency of thought.

The gender of the wavelength and the polarity of the frequency determine the intensity of the vibration.

Divided wavelengths of emotion are created by the polarity of my thought, which is either positive or negative.

My thoughts create my emotional state of being that I experience as either pain or pleasure.

Pain and pleasure are the same energy experienced from opposing perspectives. To some people excessive pleasure is painful, while to others excessive pain can be pleasurable. It just depends on one's thought about the experience.

When I neutralise the polarity of my thoughts and unite the gender of my emotions, I equalise the intensity of my energy vibration, attain a balanced state of being and alleviate any suffering instantly.

Service

August 3, 2009

The purpose of my Self is to Serve my Soul.

When my ego self serves its self and not its Soul, it is being self-serving and selfish.

When my ego self serves others for the benefit of its self, it is being pleasing and unselfish.

When lost in duality, my Self is acting in a drama called 'The Master & Servant'.

A servant or slave always serves its master.

My Self is not a servant of its master, my Soul.

My Soul is beyond the dual reality drama of relative physical existence.

My Soul seeks for its Self to be equal to its Soul, so that it becomes equal to its Self, not its Master.

The Soul gives to its Self choice, not orders.

My Soul seeks for its Self to Master its Service, not to become a servant of its master.

The purpose of my Self is to become a master in service to its Self, which is to become as its Soul is.

My Soul is always in service to my Self. It is never not in service to myself.

I Master Life once I become in Service to my Soul.

Power & Authority

August 2, 2009

Where I get my emotional power is determined by whose authority I choose to follow.

When I follow the authority of another, they will have to motivate me with their power.

An employer motivates their employees to follow their authority by paying them wages. Money is therefore seen as power.

When I follow the authority of another without being given any power, I will revert to my control drama to provide my power.

My control drama is how I compete with others for my emotional energy, or how I steal another's energy before I will follow their authority.

When I follow the authority of my ego self, I will require will power to achieve my goals and objectives.

My will power or self-motivation is obtained by getting my emotional needs met.

My sub-conscious ego (my id) drives me to get my emotional needs met in order to obtain the power to function under my ego's authority, which is the ego's choice and the ego's will.

When I follow the Authority of my Soul, I am empowered and inspired.

When I am inspired and empowered, I am connected to the Source of my Authority and my True Power, which is my Soul.

When I am disconnected from my Soul's Authority, I will require will power to achieve my goals and desires.

My will is powered by meeting my emotional needs or where an emotional need remains unmet, by my control drama.

My ability is always determined by the quality of my power and authority.

Intensity

August 1, 2009

Intensity is the vibration of my emotional energy that is determined by its gender and polarity.

When the gender of my energy is too pronounced and the polarity too extreme and out of balance, my energy becomes too intense.

My energy can become too intense because its polarity is either too positive or too negative.

It can become too intense because its gender is either too assertive or too submissive.

The frequency of my energy can become intense when it is either too high or too low.

The wavelength of my energy can become intense when it is either too long (too cold) or too short (too hot).

When the vibration of my energy is too wide, too narrow; too high, too low; too long, too short; too hot or too cold; it becomes too intense.

An intense energy vibration creates “tension”.

A free-flowing, expansive intention requires my energy to be in balance, not in tension.

I choose to be “Intent” not in tension.

Balance & Harmony

July 31, 2009

I am in balance when my emotional energy is balanced and without duality.

A balanced energy vibration requires a balanced intensity.

A balanced intensity requires a neutral polarity and a united gender.

A balanced intensity is neither high nor low, hot nor cold, black nor white, loud nor quiet, soft nor hard.

A neutral polarity is neither good nor bad, right nor wrong, introvert nor extrovert, forward nor backward, up nor down, right nor left.

A united gender is neither male nor female, yin nor yang, masculine nor feminine, assertive nor submissive.

When my gender and polarity are in harmony, my intensity is balanced.

When my energy is emotionally balanced, I can be in harmony with another person.

I harmonise with another when I am balanced with the same intensity.

Being too intense creates disharmony and imbalance.

Beauty

July 30, 2009

True Beauty is:

- An Energy.
- An Aspect of Love.
- A feeling from the heart of the beholder

True Beauty has no ugliness.

Physical beauty is the illusion of something not appearing to be ugly.

All physical matter is inherently ugly because by definition it has a low energy vibration.

Lowering its vibration is how energy manifests as physical matter.

Although the process of creation is truly beautiful, the result is often very ugly.

Everything that God has created is Beautiful.

Everything that Man creates has a degree of ugliness.

All physical matter is relatively unattractive. Some is more unattractive than others and some is less unattractive than others.

What I am attracted to, I call beautiful.

What I am repulsed by, I call ugly and unattractive.

When I see the beauty in the ugliness and imperfection, it becomes perfectly beautiful.

I see physical beauty as an attractive sight.

I feel True Beauty as an aspect of Love from the heart of my Beingness.

Divinity

July 29, 2009

Divinity is the state of being Divine.

I am made in the image of God.

God is me being Divine.

Being exclusively-connected to my power will be Divine, Omnipotent and my greatest attribute.

Being sensitively-detached with other people is a Divine ability called the quality of Omnipresence.

Being emotionally-rational and consciously-aware will be Omniscient and the Attainment of my Divine Authority.

Divinity is:

- Affirming my Life Path and Allowing what I have chosen to manifest.
- Attesting my Purpose and Approving of who I am realising my Self to be.
- Acknowledging my actions and Accepting the mission that I am creating mySelf.
- Becoming an expansive Being on my journey of personal spiritual development and growth.
- Seeing, feeling and knowing that my Self and my Soul are as One and Equally at Choice.

6 Modern Virtues

July 28, 2009

1. Being Sensitive is being aware of the emotional energetic state of being of other people.
2. Being Connected is the ability to connect to my true Source of emotional power and be inspired.
3. Being Emotional is being aware of my own emotional state of being and of my own life-force energy.
4. Being Detached from other people is being unattached from and unaffected by their emotional energy.
5. Being Exclusive is the awareness of my own unique vision, mission and purpose for my life.
6. Being Rational is the ability to make conscious choices based on a physical assessment of what is actually occurring at any one time.

Sensitive, connected and emotional are the 3 positive aspects of the female gender of my emotional energy wavelength.

Detached, exclusive and rational are the 3 positive aspects of the male gender of my emotional energy wavelength.

6 Modern Sins

July 27, 2009

1. Being sensitively Attached to whoever or whatever meets my need for emotional power.
2. Being connectedly Inclusive with whoever or whatever is the doctrine and false authority of my fate.
3. Being emotionally Irrational in my ability to make beneficial choices and use my emotional energy effectively.
4. Being detachedly Insensitive is being unaware of the emotional state of being of other people.
5. Being exclusively Disconnected from other people by following my own fate as an atheist, agnostic or a fatalist.
6. Being rationally Unemotional like Mr. Spock of Star Trek and believing only in what is provable, logical scientific fact.

Being attached, inclusive and irrational are the 3 negative aspects of the female gender of the wavelength of my emotional energy.

Being insensitive, disconnected and unemotional are the 3 negative aspects of the male gender of the wavelength of my emotional energy.

Divine Attraction

July 26, 2009

Divine Attraction is the nature of my energy or spirit when it is united and whole.

When I am aware of the Holy Spirit or whole spirit acting in my Life, I am experiencing the power of my own attraction.

Divine Attraction is determined by the vibration/intensity of my spiritual energy.

The intensity of my energy is determined by its gender and polarity.

The vibration of my energy, my energy vibration, is the level at which my spiritual energy is vibrating.

The more balanced and harmonious my vibration, the more attractive I become and the more able I am to attract the reality of my Life consciously.

When my energy is both exclusive and connected, I have the power to attract.

When my energy is both rational and emotional, I have the authority to attract.

When my energy is both sensitive and detached, I have the ability to attract.

With the power, authority and ability, my attainment of Attraction is Divine.

Magnetic Attraction

July 25, 2009

My Magnetic Attraction is determined by the frequency/polarity of my mental energy.

The frequency of my energy is divided by either a positive or a negative polarity.

A high, positive, good frequency of energy is seen as attractive.

A low, negative, bad frequency of energy is seen as repulsive.

An ideal friend and soul-tie is resonating at the same frequency and polarity as my self.

I like and I am like my own kind of people and I am attracted to them magnetically.

I find that exclusively-connected people are positive and attractive.

I find that inclusive and disconnected people are negative and unattractive.

I find that sensitively-detached people are positive and attractive.

I find that insensitive and attached people are negative and unattractive.

I find that emotionally-rational people are positive and attractive.

I find that unemotional and irrational people are negative and unattractive.

What determines the personality and character of my energy is the frequency and polarity of my thoughts.

Positive thinking people are magnetically attracted to positive thinking people.

People who think negative thoughts magnetically attract people who think negative thoughts.

Emotional Attraction

July 24, 2009

Emotional Attraction (aka sexual attraction) is determined by the wavelength/gender of my energy.

The wavelength of my emotional energy is divided by gender and continually seeks to be re-united and whole.

I am sub-consciously seeking my sexual partner who makes me feel re-united and whole.

My ideal 'soul-mate' has an energy with a wavelength and gender that is equal and opposite to my own.

Female energy gender characteristics are 'Connected'; 'Sensitive'; & 'Emotional'.

Male energy gender characteristics are 'Exclusive'; 'Detached'; & 'Rational'.

'Exclusive' male energy attracts 'Connected' female energy to become 'Exclusively-Connected' and whole because it has the same wavelength and like energy is drawn unto itself.

When I am being exclusively-connected, I am emotionally balanced and I access my wealth of Emotional Power.

Emotional female energy attracts Rational male energy to become Emotionally-Rational and whole.

When I am being emotionally-rational, I am emotionally balanced and I access my Mental Authority to make wise choices.

Sensitive female energy attracts Detached male energy to become Sensitively-Detached and whole.

When I am being sensitively-detached, I am emotionally balanced and I access my Physical Ability to relate to other people in a healthy way.

When I am sensitive, I will attract a partner who is detached because opposing genders of the same energy wavelength are attractive.

When I become sensitively-detached, I will attract a partner who is also sensitively-detached because undivided whole energy attracts similar wavelengths of the same whole and undivided energy.

We are all emotionally attractive to someone.

The question is: “To whom are we emotionally attracted”.

Tolerance

July 23, 2009

A Tolerance is a gap.

My 'gap' is my Space.

In my Space, I am connected to my Energy, my Power of Love.

Tolerance requires Love.

Without Love, Life becomes intolerable.

When I am tolerating Life, I am draining my power, my emotional energy becomes negative.

When I am accepting of everything that occurs in my Life, I am tolerating nothing.

When I am toleration free, I am able to access my full Power.

Accepting whatever turns up in Life is my Path.

Walking my Path is accepting all opportunities that are presented to me.

When I see the opportunity, I get the gift of Life.

An opportunity is always present in the gap that confronts me.

When I enter the gap with tolerance, I accept my Path and allow my power to flow to me.

“For Whom Do I Speak?”

July 22, 2009

Do I speak for myself?

Do I speak for others?

Do I speak for my Soul?

Do I listen to myself and the will of my ego?

Do I listen to others and follow their authority?

Do I listen to the messages of revelation from my Soul?

Do I connect to the will power of my ego self?

Do I connect to the love and motivation that is given by others?

Do I connect to the Source of my own power, my Soul?

Do I follow the beliefs of my sub-conscious programming?

Do I follow the example of those I aspire to emulate?

Do I follow the Truth of my authentic Soul?

Do I feel the needs of my ego self?

Do I feel the needs that others depend on me for?

Do I feel empowered by the inspiration of my Soul?

“Je Ne Regrette Rien”

July 21, 2009

“I regret nothing” is an affirmation of the acceptance of my Life.

I regret my mistakes.

When I am totally accepting of Life, there are no mistakes.

With acceptance, there is no judgment.

Without judgment, there is no right or wrong.

Where there is no wrong, there is no mistake and no regret.

When I am accepting of Life, I receive whatever Life gives to me as a gift.

When I take what ever Life gives to me without complaint, condemnation or criticism, there is no ‘mis’-take.

My only regret in Life would be to not live Life to the full.

Living Life to the full means leading a fulfilled Life.

A fulfilled Life is filled full of my Vision, fulfils my Purpose and is filled full of opportunities that truly have value.

With a fulfilled Life “Je Ne Regrette Rien”

The Spiritual Jesus

July 20, 2009

As I see it, Jesus was Spiritual but not religious.

Jesus followed neither the Jewish nor the Christian religion.

Jesus followed his own Life Path and fulfilled his own Destiny.

It was not his fate to die on the cross. It was his destiny to be crucified by his fate until he awakened and became resurrected to his path, which was to ascend into Heaven.

He had a vision of his ideal life and he lived his vision. His vision was to bring the Kingdom of God (Heaven) to Earth and he lived this vision and he made it his reality.

His purpose was to be the expression of his own destiny and to present himself in the image of God, in which we are all made.

His mission was to be the Son of Man, which is Man's full ability & potential, and the fulfilment of Man's full potential and ability in physical form on Earth.

Jesus Truly Valued:

- His Light – The Authority of the Father
- His Love – The Power of the Holy Spirit
- His Life – The Ability to be the Son of Man

Jesus was a Philosopher (a lover of wisdom) not a theologian.

He did not follow the path of the Scribes & Pharisees.

Jesus knew that his fate would be to give his power and authority to the devil called Satan.

Jesus lived his True Values; fulfilled the vision, mission & purpose of his destiny; and overcame his fate.

The Reality of Now

July 19, 2009

The Reality of Now is beyond the illusion of dual reality existence.

The illusion of now is the present moment of time.

The present moment of time is a time that is equidistant between my past and my future.

To be present in the time of now requires my movement out of the judgments of the past and my expectations of the future.

To have the Presence of the Reality of Now is to accept the gift of Life that is being offered at this Time and within this Space.

To be in the Reality of Now is to come face to face with my Destiny.

My fate runs sequential in time from my past to my future.

My Destiny is to live the Reality of Now.

The Reality of Now flows in Time through Space.

When I am lost in the illusion of the duality of time & space, I am nowhere.

When I find the Reality of Now, in the triality of Space-Time-Reality, I am being the Now Here Presence.

Risk Free

July 18, 2009

When I am Risk Free, I am without fear.

When I have no fear, there is no risk.

Being free is the opposite of being secure.

Being at risk is the opposite of being safe.

Yet being risk free is being both safe and secure.

The only safe and secure path for me is my Life Path.

My Life path is risk free, but I am required to travel it without fear.

My Life path is filled full of safe risks and secure freedom.

Safety without risk and security without freedom are to be found within my comfort zone.

My comfort zone is where I feel safe and secure. It is without risk but it is also without freedom.

I cannot expand and grow within my comfort zone of safety and security.

The only freedom within my comfort zone is the freedom to give up my freedom of choice in return for my safety, security and comfort.

Venturing out of my comfort zone is risk free and secures my freedom, once I learn to follow the guidance of my Inner Coach.

My Inner Coach will guide and support me on my own personal, risk free path of spiritual growth, development and freedom.

Being 4 Dimensional

July 17, 2009

The greatest challenge of a 3 dimensional world is to personally develop and grow to become a 4 dimensional Being.

I connect to my Supra-Conscious Mind when my sub-conscious, super-conscious & conscious minds become of one Mind.

I become Spiritual when my physical, mental & emotional 'bodies' come into harmony and balance.

I experience the 'Fire' in my Life when the elements of earth, air & water become my nature.

I discover my true Psyche when my soma, pneuma & nous are united as one.

I explore my true Strength when my heart, soul & mind are in unison as the one Son of Man.

I find the Divinity that I seek when my Trinity comes into Holy Communion with the father, son & holy ghost.

My 4 Dimensional Beingness is the Holy Communion that is the Strength of my Psyche and the Fire of the Spirit of my Supra-Conscious Self.

The Four Elements

July 16, 2009

There are Four Pillars on my Path to Enlightenment:

1. Water represents the thoughts that flow through my super-conscious mind.
2. Air represents the sub-conscious emotion on which my thoughts are transmitted.
3. Earth represents the body through which my thoughts are grounded and become manifest in my conscious.
4. Fire represents the spirit from which the thoughts of my supra-conscious mind originate.

The four elements of Mind, Body, Emotion & Spirit were known to the ancient Greek Philosophers as: Soma, Pneuma, Psyche, & Nous; which translate as: Body, Heart, Soul & Mind.

Jesus referred to the Four Elements in his 1st Commandment: “Love the Lord thy God with all thy Heart, Soul, Mind, & Strength”.

Freud classified ‘consciousness’ as being: Sub-conscious, Conscious, Super-conscious & Supra-conscious.

Whatever words we decide to use, it appears that all Great Philosophers throughout history were aware of the Four Elements that are the Pillars of the Path to Enlightenment.

They all knew that defining and uniting these Four Elements in their Life was their path to becoming enlightened.

The True Esteem of Confidence & Worth

July 15, 2009

When my ego values itself, it does so in vain and my self worth may be seen by others as vanity.

When my ego confides in itself, it is confident but my self-confidence may be seen by others as arrogance.

When my ego holds itself in high esteem, my self-esteem may be seen by others as pride.

When my ego does not value itself, I will disapprove of myself and need the approval of others and need to be loved by others.

When my ego confides in others instead of itself, I will tolerate the authority and choices of another and I will need acceptance from others and I will need to be included by others.

When my ego lacks faith and esteem in my ability, I will fail to succeed and need acknowledgement and attention from others.

When my Self values the attributes of my Soul and feels worthy of being my Soul, I attain my true worth and the Worth of my True Self.

When my Self confides exclusively in my Soul and is confident of my own unique path, I attain my true confidence and the Confidence of my True Self.

When my Self holds my Soul in its highest esteem, I attain my true esteem.

With the power and authority of my Soul, I attain the Esteem of my True Self.

Business Coaching

July 14, 2009

Business coaching is the process of coaching employees in a business to achieve the goals of the business.

The goal of a business is to make money for its shareholders.

Everyone from the CEO downwards is an employee of the business.

Leadership of employees through Coaching is becoming more accepted and preferable to Directive Management as a means of motivating employees to perform profitably.

Directive management tells employees what tasks are required and what standard the tasks are required to be performed to. They work to Standard Operating Procedures.

Leadership coaching builds teams of people who co-operate on the achievement of the company's agreed goals. They work to agreed Standards Of Performance.

Directive management requires managers to motivate and supervise.

Leadership coaching empowers the employee by meeting their emotional need to succeed.

Business coaching clarifies the vision, mission and purpose of the Business but is singularly uninterested in the vision, mission and purpose of the individuals within that business.

Clarifying the vision, mission and purpose of an Individual in a business is called Life Coaching.

Coaching to Attain Goals

July 13, 2009

When I am Coaching someone, who is without a vision for their life, to attain goals, it is unproductive.

Without a vision for my life, how do I know what goals I really want to achieve?

Coaching someone, who has a vision for their life, to attain goals, is unnecessary.

With a vision for my life, I no longer need to achieve goals.

Goals are achievable, visions are attainable.

With a vision, I can attain aspects of my vision called attainments that highlight my path or destiny.

Attainments are what make my vision a reality.

To clearly see my vision for this life, I am required to know my True Values in Life.

My True Values are only attainable and liveable once I have consciously met my emotional needs.

With an emotional need to succeed, I will need to achieve and to accomplish my goals.

Without a need to succeed, goals are unnecessary.

Without a need for success, failure is not possible.

My goals are challenges that encounter problems.

My attainments are opportunities that fulfil me.

With my attainments I will fulfil my vision for my life.

Admirable

July 12, 2009

When I am able to admire the qualities and attributes of another, I am being Admirable.

I admire another when I:

- Look approvingly at who they are being
- See the benefits of what they have attained
- Regard them with a positive outlook
- Respect who they are

I attain the ability to admire another when I become sensitively-detached to who they are being.

When emotionally attached to another, I will require patience to tolerate who they are.

When I am insensitive to another, I may become angry or intolerant of who they are being.

When sensitively-detached, I can overlook their negative short-comings and focus on their positive attributes.

With sensitive-detachment, I can see that their negative attitude is my opportunity to choose a better state of being for my Self.

With my vision of personal spiritual development and growth, I will attain the ability to admire my Self.

P.P. For & On Behalf Of

July 11, 2009

I am here for and on behalf of My Self.

p.p. My Soul.

I am here for and on behalf of My Soul.

p.p. My Self.

I am here for and to be half of my Self and to be half of my Soul.

I am here in dual reality representing my Soul as my Self, in order to represent my Self as my Soul.

P.P. stands for Per Pro: For and on behalf of.

P.P. stands for Pro Per: My proper and true identity.

P.P stands for Pros Per: My mission is to prosper.

When I am being my assumed personality and character, I am only being here on behalf of my Ego Self.

When I am being my proper identity, I am being here as the true half of my Self, which is my Soul.

p.p. My Soul and Real Self.

Money is a Provision

July 10, 2009

The belief that ‘money is an energy’ supports the belief that money is power. When I believe that my personal emotional energy derives from money, I will see money as an energy.

The belief that money is an energy led society to call it currency. The way that money appears to flow in and out, supports the appearance of it being an energy.

When I awaken to the true source of my emotional power, I know that it does not come from money.

In my reality, the opposite is true: Money is a provision that is relative to my Personal Power.

This means that the more expansive my energy vibration, the greater the magnitude of my personal power and the greater the provision I am able to attract to my Self.

I become wealthy with money when I am wealthy with emotional power, not the other way around.

My Soul is unlimited in its Provision.

It is my Self that is limited in how much provision it is able to receive.

My ability to receive any provision is equal to my personal power and authority.

This means that the limit to which I approve of my Self is the extent to which I allow and can accept money to flow effortlessly into my life.

Of course, we can chase money, but as any rich man will tell you, it takes a lot of focus, dedication, will power and hard work to make money.

In other words it takes a lot of energy to get rich, but it never made anyone truly wealthy.

Unconditional Giving

July 9, 2009

Unconditional giving is Forgiveness.

Forgiveness is knowing that whatever turns up in my life is a gift from my Soul.

My Soul gives to my Self unconditionally.

There are no conditions attached to whatever my Soul gives and provides for my Self.

My Soul unconditionally gives my Self opportunities for growth and all the provisions required for my growth.

My Soul cannot give me an opportunity for growth without providing the means for me to grow.

I unconditionally forgive others when I am Accepting of whatever they are doing; Approving of whoever they are Being; and Allowing of whatever path they choose to take.

I can only give my approval, acceptance and allowance to another unconditionally once they are able to receive from me unconditionally.

It is the conditions that prevail in physical life that make Unconditional Giving & Receiving, which is Acceptance & Forgiveness, such difficult attributes to attain.

Unconditional Receiving

July 8, 2009

Unconditional Receiving is Acceptance.

Unconditional Receiving is accepting whatever turns up, without judgement of its condition.

When I put conditions on my receiving, I will have to tolerate any disappointment.

Unconditional Receiving is not the act of receiving everything that I want and ask for.

Wanting and needing are conditions that I put on what I ask for.

I ask for what I want and need. That is the condition under which I ask to receive it – that I want it or need it.

Conditional receiving requires patience or tolerance.

Tolerance and patience are the conditions under which I wait to receive what I have asked for. Unless of course my wait becomes intolerable through my impatience.

Only once I have removed the conditions from my asking can I attain Acceptance, which is Unconditional Receiving.

Soul Mates

July 7, 2009

My Soul Mate is like me and attractive.

I am attracted to and see my soul mate as very attractive.

I share the same vibrational energy as my soul mate.

Our energy vibrates on the same wavelength and frequency.

I share the same attributes and attainments as my soul mate.

At the level of our Monadic Soul, I am at one with my soul mate.

When born into physical reality, I developed my own personality and character that is determined by my beliefs and my emotional needs.

My beliefs and my needs determine the polarity and the gender of my thoughts and my emotions.

My soul mate will often assume an opposing role in our life, to create the dramas that will realise the opportunities for me to develop and grow in my spiritual attainment.

My soul mate is there for me, to guide me on my path, to align me with my messages, help me learn my lessons and to ensure that I fulfill my vision for this life-time.

Unattractive Attraction

July 6, 2009

Pure whole energy is Attractive to pure whole energy of the same vibration.

Energy of a like vibration is divided in dual reality by gender and polarity.

Gender and polarity gives energy its intensity and allows choice.

Opposing aspects of similar vibrations of energy are still attractive because like vibrations are drawn unto them self.

Although a thought or an emotion may be deemed as either attractive or unattractive, it is just appearing as either male or female and positive or negative.

For instance: A male negative energy called arrogance will be drawn to a female negative energy of humbleness, because they are the same vibration.

Confusion arises when there is no distinction between positive and attractive or negative and unattractive.

Confusion deepens when male aspects are seen as unattractive and female aspects as attractive or vice versa.

Gender and polarity are determined by the frequency and the wavelength of each vibration.

Whether an energy is attractive or unattractive is just personal perception and perspective.

Magnetic Space

July 5, 2009

People who I am like, are magnetic.

I am magnetically attracted to people like me.

I allow people who I like into my space.

I exclude people who I do not like from my space.

People who are unlike, repel each other.

It is not my physical characteristics that attract and repel others but my energy.

The Law of Attraction states that Like Energy is drawn unto itself.

I allow people of the opposite sex to love me.

I allow people of the same race, creed, and ethnic background to like me.

People who I do not love or like, I become prejudiced against because their energy repels me in some way.

Undivided, whole energy is Attractive and allows me my Space.

Energy that is divided by gender and polarity is either magnetic or repulsive and may deprive me of my space.

Behaviour & Motivation

July 4, 2009

My behaviour is determined by my beliefs.

I am motivated by my emotional needs.

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

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

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

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

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

My behaviour determines my character.

My emotional needs determine my personality.

My True Values are an expression of my True Identity.

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

Leaders & Followers

July 3, 2009

Leaders are by nature selfish and are motivated to do what is best for them self.

Followers are by nature unselfish and are motivated to do what is best for others.

What determine whether I am a leader or a follower are my emotional needs.

Leaders need to lead because leading meets their emotional needs.

Followers need to follow because following meets their emotional needs.

When a leader understands and meets the needs of their followers, their followers are truly motivated to follow them.

When a follower meets the needs of their leader, their leader is truly motivated to lead.

However, neither leaders nor followers are empowered.

My empowerment comes from following my own path and it is not my path to either lead or follow anyone.

Empowered people lead their own lives and follow their own path. They are Truly Selfish in that they follow the lead given by their True Self and they know that what is best for themselves is also what is best for all others.

Love & Fear

July 2, 2009

Love and fear is the duality of being with or without my emotional energy.

Whatever energises me, I will love.

Whatever drains my energy, I will fear.

Love and fear is a duality of my emotional needs and my limiting beliefs.

Whatever meets my emotional need, I will love.

Whatever beliefs limit my emotional energy, will create fear.

Love and fear is a duality of my false power and authority.

Whatever I love will give me power.

Whatever I fear will take away my authority.

In my disconnection from my True Source of Power, I will resort to courage and bravery to overcome fear.

When I face fear with courage, I may hold it at bay but never defeat it.

I cannot conquer fear, but I can overcome it.

The only way to overcome my fears is to change the beliefs that created them.

When I overcome the duality of love and fear, I am empowered with Love.

When I replace my limiting beliefs with the Truth of the Love that connects me to the authority of my power, I become fearless.

My Soul only ever sends me Love.

Emotional Power

July 1, 2009

Emotional Power is the power of my energy in motion.

It is the power of the life force energy that I allow to flow through me.

The magnitude of my emotional power is a measure of how well I am connected to my True Source of Power – My Soul.

I connect to my emotional power by following the exclusive life path that is authorised by my Soul.

Emotional power is the product of being Exclusively-Connected to my Life's Journey.

My lack of emotional power or my need for emotional power is created by my disconnection from my Source.

Life Force Energy flows continuously, effortlessly and unconditionally from my Soul.

How well I am able to connect to this energy is measured by my emotional feelings or my feelings of emotion that are my mood or attitude.

My Soul always transmits Pure Feeling.

My Self receives this Pure Feeling as a vast range of positive or negative emotions.

It is my ability to authorise or consciously choose my emotional feelings that determines the extent of my Emotional Power.

Emotional Need

June 30, 2009

There is one primary Emotional Need and that is the Need for Power.

I need emotional power when I am disconnected from my Source of Emotional Power.

The Source of my Power is my Soul, who is my Grace, my Omnipotence and my Lord Almighty.

When I am connected, inspired and empowered by the authority of my chosen Life Path, I have no emotional needs.

When I am off-track and aligned with my Self, I will need to get my emotional needs met in order to accomplish the will of my ego's desires.

My emotional need for power presents itself in either an introvert or an extrovert way.

The Need for Love creates an extrovert personality as my ego seeks its power from other people.

The Need for Space creates an introvert personality as my ego seeks to replenish its power itself.

The Need for Power becomes either a need to be loved or a need to have space and determines whether my personality is introvert or extrovert.

My need to be loved and my need to have space are then subject to different characteristics and change their nature dependent on the beliefs that also determine my character.

As I change my beliefs, I change my character and I change my needs, which changes my personality.

The Source of my True Identity is the Source of my True Power.

Wrath

June 29, 2009

My Wrath is my Life Path and my Faith in my Destiny.

My wrath or 'wrote' is the path that has been written or 'wrote' for my life.

The 'Wrath of God' is the path that my Soul has authored (wrote) and authorised for my Self.

There is not just one path to God.

The Way to Divinity and God Consciousness has many paths and there are many ways to undertake the journey.

The way that I have chosen to journey along my path is being chosen by my Self and my Soul.

The Wrath of God is the Way of my Soul.

When I follow the Way of my Soul, it becomes my Wrath.

"God's wrath" may be experienced as another Man's anger when I am not following their path to god.

Anger is the result of the friction, entropy, resistance, toleration and frustration that I create when I follow someone else's path and become disconnected from my own.

One such path declares that god will get angry unless I follow god's path.

God has no wrath or anger.

God has no path to follow.

It is every Man's destiny to follow their own path with Love not anger.

Being Authorised

June 28, 2009

I am Authorised when I am being the author of my own life.

The author of my life is my Soul.

My Soul writes His Story – I write my History.

My Self is the star and the leading character in the Book of my Soul.

My Self is authorised by my Author to lead my Life according to my Book.

My Book of Life is my book about my life.

My Life according to my Book of Life is being co-written by my Self and my Soul.

In order to live the Book of my Life, my Soul takes the role of Producer and Director, whilst my Self assumes the role of Leading Actor.

A cast of characters (6 billion extras are currently available) are there to allow the script to unfold.

I am myself authorised to play the Lead in the Book of Life as authored by my Soul.

I am authorised to be a bit-part, stand-in, extra, in other people's Book of Life, but never in my own.

Sovereignty

June 27, 2009

Sovereignty is the ability to decide one's own thoughts and actions.

It is absolute authority to make conscious choices.

My Soul has sovereignty over my Self, yet chooses not to exercise it.

In Absolute Reality, my Soul has Absolute Authority, Choice and Sovereignty.

My Soul is a law unto its Self, but in absolute reality no laws are required or necessary.

My Soul seeks sovereignty over no-one and nothing. It needs no laws because it knows that laws inhibit freedom of choice, not allow it.

Sovereignty is my freedom of choice and freedom to act according to my choice.

My Soul is Sovereign. My Soul over-reigns my Self.

My Soul allows my Self to become sovereign by making the choices that are authorised (written) by my Soul.

I will only be a law unto my Self once I have abolished all laws.

The Lord's Prayer

June 26, 2009

My Lord is my True Power & Authority, which is my Soul. The Lord's Prayer is a conversation between my Self and my Soul. It is my Prayer to my Soul, who is 'My Father who art in Heaven'. My Self is the Son of the Father, who lives on Earth. My Soul is always listening and therefore 'Hallowed by thy name'.

My prayer is asking each day for "my Daily Bread", which are the directions and the provisions that I require to fulfil my path that I have covenanted with my Soul to follow.

I am seeking that my Soul's "Will be done", which is my Soul's vision for this life-time "On Earth", and "not Lead me into Temptation" by following the desire's of my ego self that will take me off-track.

When I follow my path and allow all others to follow their path, I am totally accepting of life and know that all experiences are fore-given by my Soul.

I endeavour to accept the path of all others and "Forgive them that trespass against me" as my Soul accepts my chosen path and "forgives me my trespasses".

When I accept my Soul's Path it will "Lead me not into Temptation" and "deliver me from the evil" that is the consequence of a dual reality life of judgement between good and bad or right and wrong.

When I overcome the duality of heaven & earth and heaven & hell, I will realise that my Soul's "Kingdom of Heaven" is the reality that I choose to create here on Earth, once I am connected to my True "Power and the Glory" of my True Authority to choose it.

I know that I am a Divine Being experiencing a physical existence as an Emissary of my Soul on an eternal journey "For Ever and Ever" as are "All Men".

A Journey of Two Halves

June 25, 2009

The first half of my journey is to climb the mountain.

The mountain I have to climb is determined by the fate into which I have been born.

My goal is to climb to the top and 'overcome' the mountain.

From another opposing perspective, I am required to descend to the bottom of my pit.

The more effort I apply, the higher the mountain becomes and the deeper becomes the pit into which I fall.

When my climb up the topless mountain becomes a descent into a bottomless pit, I am ready to awaken to the 2nd part of my Journey.

The 2nd half of my Journey is to descend from the mountain top to the ocean below.

The path down the mountain is determined by the Destiny that I have chosen to experience.

My destiny is to flow effortlessly back to the source of my origin.

From an opposing perspective, my Destiny is to Ascend into Heaven.

The more effortlessly I travel my path the higher I will soar and the sooner I will descend.

Every river is intuitively drawn back to the Ocean from which it originally ascended as a mere droplet of rain.

“Looking out for”

June 24, 2009

I look out for:

- People who I have a duty to look after.
- People who I believe are vulnerable and need care.
- People who rely on me for their emotional power.
- People who follow my authority and need me to make their choices.
- People who depend on me because of their own inability, incapacity or incapability.
- People who meet my emotional needs.
- People who I like and who are like me.
- People who are my own kind, who I choose to treat with kindness.
- Everyone with whom I have developed a co-dependent relationship, including my pets.

‘Looking out for’ is not the same as ‘having a high regard for’, ‘holding in high esteem’ or ‘respecting highly’.

I do not need to ‘look out for’ people who I respect highly, hold in high esteem or have a high regard for, because they are more than capable of looking out for themselves.

When I respect and regard all people equally, I will have no need to look out for anyone.

Respect

June 23, 2009

Respect means: “Having a high regard for”.

When I have a high regard for others, I respect them.

When I have a high regard for my self, I have self-respect.

Whatever I hold in high esteem, I have a high regard for.

I need respect from other people when I do not hold my Self in high esteem.

Low self-esteem creates a need to be respected.

Self-respect is how I ‘see’ or regard my Self.

The more power and authority that I own, the more respect that I have for my Self.

Self-respect is a measure of my esteemed ability.

My ability creates my self-esteem and is the product of my personal power and authority.

I cannot respect my Self when I follow someone else’s authority.

I cannot respect my Self when I need someone else’s power.

When I attain a high regard for my Self, I will no longer need any one else’s respect.

The degree to which I respect my Self is the degree to which I am able to respect others.

Self Worth

June 22, 2009

Self Worth is:

- Feeling intuitively what is beneficial for me
- Approving of who I am
- Being aware of my true Identity
- Being aware of my personality and character
- Being heart-centred
- Consciously meeting my own emotional needs
- Hating nothing
- Being aware of my life's purpose
- Depending on no-one
- Being Well
- Without judgement of Self or others
- Loving who I am
- Being Empowered
- Being Inspired
- Responsible for my own happiness
- Thinking only positive thoughts about my Self
- Thinking only positive thoughts about others
- Living in abundance, being content with enough of everything
- Being Joyful
- Being worthy of and valuing everything that I receive

- Never undervaluing others
- Never belittling or patronising others
- Having a positive outlook on life
- Being a Human Being being human
- Competing with no-one
- Believing that love is the way
- My power to be

Self Confidence

June 21, 2009

Self Confidence is:

- Knowing intuitively what is right for me
- Confiding in my Self
- Walking my talk
- Living my truth
- Being sincere & authentic
- Having no limiting beliefs
- Fearing nothing
- Having a clear Vision
- Making my own choices
- Having innate wisdom
- Without prevarication
- Without procrastination
- Accepting the authority of others as their authority not mine
- Being the author of my own life
- Living my destiny and not my fate
- Listening to my messages
- An effortlessly flowing life
- Being fulfilled by life
- Doing only what I truly value
- Never telling others what to do

- Never making other people wrong
- Having no tolerations
- Having extensive boundaries
- Allowing others to follow their path
- Following my own path
- My authority to choose what to have

Temptation

June 20, 2009

Temptation is the will of the ego self.

“Lead me not into temptation” is an affirmation of my choice to follow the direction of my Soul.

I am destined to follow the path of my Soul.

I am tempted to follow the desires of my will, which will become my fate.

Temptation is the consequence of personal choice. Without choice, I cannot be tempted, I just have direction.

I have chosen a world of free choice as an ideal contextual field in which to overcome temptation.

In this relative physical world, I will be tempted to follow a physical existence that entails choosing what I want and deem to be good, as opposed to what I do not want and deem to be bad.

I am always tempted by what I believe to be good for me, because what I believe to be good for me is what my ego wants.

Whatever I believe to be good for me is also bad for me in this relative world of dual reality because it is the same energy experienced from an opposing perspective.

I was taught that temptation is bad for me, but I have learned that it is both good and bad for me.

“Deliver me from evil” means allow me to overcome the duality of good and bad.

My soul directs me on my path. It is neither good nor bad. It just is – my path.

Chasing Money

June 19, 2009

A man who chases money is a pauper. A rich man who chases money is a pauper with a lot of money.

Chasing money will make me either rich or poor but it will never give me enough, allow me to be content or bring me the experience of abundance. It may make me rich with material possessions but not wealthy in spirit.

Chasing debt is the same as chasing money. Avoiding debt means never borrowing or lending money. Evading debt means not paying debts that are owed. Chasing debt and evading debt are the same energy viewed from opposing perspectives.

A rich man and a pauper share the same energy and will be attracted to each other. They both share the divided energy of gluttony and scarcity, luxury and poverty, extravagance and frugality, which have either too much or too little, not enough or more than enough.

It is easier for a camel to pass through the eye of a needle than for either a rich or a poor man to enter into heaven.

Heaven is where a Wise & Wealthy Man lives in the abundance and contentment of always having enough of everything in every moment of time.

The only way to have enough of everything that I want is to want for nothing.

When I have gratitude and appreciation for everything that I have, I put more of that into my future.

When I chase money because I believe that I do not have enough, I put that state of lack and scarcity into my future.

Possession

June 18, 2009

I am possessed with my own possessiveness.

I am possessive about what I own and possess.

I believe that my possessions are mine by right because I own them.

Whatever I own and possess will possess me.

I possess and own physical possessions.

I possess and own my thoughts and beliefs.

My own limiting beliefs and impure thoughts are very possessive.

I am possessed with my own possessive thoughts and beliefs.

My possessive thoughts will rise to the surface for me to challenge and own.

The more possessive I am that my thoughts are right, the more I will deem wrong thoughts to be possessed by evil.

Evil spirits are just wrong thoughts that I am possessed with and convicted by.

Wrong thoughts are always possessed with evil intent and the more wrong I believe them to be, the more evil they become.

Wrong thoughts can no longer possess me once I know that I no longer possess them.

There is no right thought. Right and wrong is just a matter of personal perspective.

Inspired thought is right for me.

“The Passion of the Christ”

June 17, 2009

Jesus did not suffer on the cross.

We cannot fulfil our 'Passion' and suffer.

My True Passion is my Life Path. My True Passion is to fulfil in my life-time what I have chosen for my Self for this life-time. What I have chosen for my life-time is my Destiny. In the absence of knowing my Destiny, I will follow my fate.

It was not the fate of Jesus to die on a cross. Jesus knew his Destiny. He saw it and felt it with a Passion.

The Passion of Christ is to show the world that each one of us individually has the potential to:

- Redeem our True Nature and become Divine
- Teach others just by Being who we really are
- Overcome the dualistic world of sin & virtue
- Comfort all others with the power of Love
- Heal the imperfections that we have come here to experience
- Hear the messages that define our path as a Messiah
- Become the Saviour that our Soul has chosen for us to be

By doing so Christ became a Divine Reflection of Life by shining his Light on the World with Love.

It is not my Destiny to die on a cross. I do not need to. Jesus has fulfilled this Destiny.

My Destiny is individual, unique and exclusive to my Self. My Destiny is to fulfil my 'Passion'.

The Peaceful Warrior

June 16, 2009

There is the ‘Way of the Warrior’, there is the ‘Way of the Pacifist’, and there is a 3rd Way – the way of the “Peaceful Warrior”.

The Peaceful Warrior is seen as an oxymoron because war and peace are a duality.

An oxymoron is believed not to exist because it is combining two opposing perspectives of reality.

In a dualistic world, I can be either a pacifist or a warrior, but not both.

In a triune reality world, I have three choices and may therefore choose to be a Peaceful Warrior.

In a Trialistic World, paradox not only exists but is the norm.

Paradoxes are my ‘Trials’.

I move into a World of Triality when I see the paradox and discover the 3rd Way.

A Peaceful Warrior neither fights for peace nor fights for war.

As a Peaceful Warrior I confront my own Life without conflict or appeasement.

A Peaceful Warrior has overcome the drama of ‘the Victim & the Villain’, has no arrogance or humbleness and pleases the greed of no-one.

7 Questions?

June 15, 2009

When? This is a 'time' question.

“In the flow” is the answer to 'when'.

Where? This is a 'space' question.

“In the gap” is the answer to 'where'.

How? This is a 'reality' question.

“In the now” is the answer to 'how'.

Who? This is a 'Being' question.

“An Attribute” is the answer to 'who'.

What? This is a 'having' question.

“An Attainment” is the answer to 'what'.

Why? This is a 'doing' question.

“A True Value” is the answer to 'why'.

The important question is:

Which?

“Which question do I ask?”

“Which prayer is appropriate?”

“Which choice do I make for my Life?”

“Which version of reality do I choose to create now?”

Real or Imaginary?

June 14, 2009

When I can imagine an imagination that is powerful enough to create a physical reality and imagine it to be real, then what is real becomes imaginary and what is imaginary becomes real.

Real and imaginary become divided into a dual reality in the duality of a relative world.

I am asked to believe that they are different states of being when in reality everything that is real is the creation of someone's imagination that has become real.

Whatever I can imagine has the potential to become real one day and one day what is real will become an image of my past.

When I think that only reality is real, then imagination becomes a waste of time.

When I get that reality is imaginary, I am able to imagine my true reality.

Before I can realise my dreams, I have to realise that I am dreaming.

Whether I see it as real, imaginary or a dream, the picture contains an image that I can see, an emotion that I can feel and a thought that I know to be so.

Influent

June 13, 2009

I am being Influent when I am:

- Effortless, free and flowing on my Life Path
- Fluent in the language of my Soul and hearing my messages with clarity
- Under the influence of my Soul's Authority
- A shining example of my True Light

Being Influential is:

- Having power and authority over others
- Getting others to conform to my standards
- Believing that status, money & knowledge give me influence over others

My limiting beliefs will influence my behaviour until I become consciously aware of them and challenge their influence over me.

My emotional needs will influence my decision making and take priority over my actions.

The dramas that I attract in life will influence my character and my personality.

Being Influent is my true Identity and my Real Self never seeks to have influence over anyone.

Physical Capability

June 12, 2009

My Physical Capability to create my own reality is the product of my Competence and my Capacity to use my power and authority effectively.

Without the competence to connect to my power, I cannot realise the purpose for my life.

Without the capacity to connect to my authority, I cannot manifest my vision of my ideal life.

Without the capability to connect to my power and my authority, I am unable to see, and therefore complete, my mission for this life-time.

My Spiritual Capability is the combination and the unification of my physical, mental, and emotional abilities.

My capability to live a physical life requires a spiritual intelligence that is the combination of both a rational perspective and an emotional perception of life.

How much I am consciously-aware of my personal reality is a measure of my capability to create my own physical reality.

My reality only becomes my conscious creation once I have attained the Physical Capability to create it with my Mental Capacity and my Emotional Competence.

Mental Capacity

June 11, 2009

My Capacity is my Authority to make choices.

When I have the capacity to make a choice, I am authorised and enlightened.

My capacity to hold my 'Light' is the measure of my force of authority to choose my own Life Path.

An enlightened choice is the pathway to a Life of fulfilment.

My force of Authority is determined by my capacity to hear the messages of direction from my Soul & Inner Coach.

My Soul is my Authority and knows the choices that I have chosen for this lifetime.

My capacity to connect to my Soul determines the amount of authority that is available to me, in any moment of time.

My capacity to grow is determined by my authority to hear the messages that define the direction of my personal development.

As I overcome the challenges of life and open the doors of opportunity, my capacity for expansive growth becomes exponential.

My Mental Capacity is limited only by my knowledge. It expands exponentially through the wise revelations that are my 'Knowing'.

Emotional Competence

June 10, 2009

My Competence is my power to compete in Life.

To compete in Life requires emotional power.

My True Power is available for me to compete with my Self.

My Self competes to get better. I compete with my Self to get better, grow, develop and become Well.

Competing with my Self raises my energy, inspires me and empowers me.

I am inspired to grow and empowered to become better.

Competing against others will require much determination, motivation and will power, as it is a pursuit of my ego self.

Competing to be better than others gives me a false sense of power called greed.

I will never be competent enough to be better than all other people.

Being better than another, even for a fleeting moment in time, is just an illusion.

When I compete against others, I compete against Life.

When I compete with others, I compete with the intention of living a better Life and sharing with others my Competence & Power.

The Attainment of Expansive Growth

June 9, 2009

Expansive Growth is a Spiritual Attainment.

Expansive Growth is the triune reality of attaining:

- Physical Ability
- Mental Authority
- Emotional Power

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 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 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 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.

The Attainment of Well-Being

June 8, 2009

Well-Being is a Spiritual 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.

The Attainment of Happiness

June 7, 2009

Happiness is a Spiritual 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.

Life is a Journey

June 6, 2009

When I see my life as a Journey, it has meaning and purpose.

The purpose of Life is to take the journey.

The meaning of Life is how I define the journey.

Life has real meaning when I know that my Life has a definite journey to take.

The Journey of my Life is my Life Path and my Destiny that my Soul has chosen for my Self.

A journey from birth to death will always follow my fate.

My Journey of Life has a purpose and a vision and is my mission for this Life-time.

My Vision for this life-time is how I will grow and develop in my own unique and special way.

My Vision is individually and exclusively my own and I own it.

When I own my Vision it becomes my guiding Light along the path of my Life Journey.

My Soul, my Inner Coach, is always there to guide me along every step of the Way.

I am never alone. I only have to ask for guidance and support and it is given instantly.

Being Satisfied

June 5, 2009

When I am satisfied by someone or something, I am being pleased.

I need to be pleased by someone else when my energy is depleted and my state of being is emotionally negative.

I will feel satisfied by them when they have managed to please me by raising my emotional energy in a way that pleases me.

Greedy people need others to please them and to satisfy their emotional need to be powerful and influential.

Lustful people need loving people to satisfy their wants and desires.

Envious people need kind and generous people to satisfy their need to have what they believe that they are without.

Gluttons are only satisfied by luxury and extravagance and fear the limitation and depravity of scarcity and poverty.

When I am satisfied with someone or something, I am content.

When I am Satisfied with Life, I am Content.

I am content when I am managing my own emotional power, when I have no tolerations, and when I am satisfied with my life.

I feel satisfied with life when I am content, I have enough, and I am experiencing abundance in all aspects of my life.

Contentment is my satisfaction with having enough and of being able to share my happiness with another satisfied soul who has an abundance of contentment to share with myself.

Passion & Desire

June 4, 2009

True Passion is doing what I, as my Soul, truly Value.

When I co-operate with the Values of my Soul, I am inspired and empowered.

Human passion is doing what my ego self needs emotionally.

I am sub-consciously driven to meet the passionate needs of my ego self.

True Desire is doing what I, as my Soul, want to attain.

When I attain the attributes of my Soul, I become authorised and empowered.

Human desire is having what my ego self wants physically. It is achieving the ego's goals and obtaining the possessions that the ego wants as its own.

I will require 'will power' to meet the desires of my ego self.

When I am confronted with a choice between my head and my heart, it is a choice between the passions & desires of my ego or my Soul, between the power of my will and the Power of my Divine Authority.

Attractive Female Attributes

June 3, 2009

Being Connected is:

- Feeling Inspired & Empowered
- Knowing who I am and my purpose in Life
- Seeing the bigger picture of Life
- Understanding my true value & worth

Being Sensitive is:

- Being aware of the emotional feelings of others
- Knowing how energy inter-relates between people
- Understanding the cause of moods and atmospheres
- Being aware of the existence of a non-physical reality

Being Emotional is:

- Being aware of my own emotional state of being
- Consciously managing how I feel emotionally
- Responding to life's dramas in a positive way
- Being heart-centred and emotionally intelligent

Attractive Male Attributes

June 2, 2009

Being Exclusive is:

- Being Self-Confident
- Standing in my own Authority
- Knowing my path in Life
- Expressing my True Identity

Being Detached is being:

- Independent and self-sufficient
- Transparent to life's dramas
- Emotionally unattached to people and personal possessions
- Willing to change, step out, explore, discover & experience new horizons

Being Rational is:

- Approaching life in a logical way
- Creating order out of chaos
- Understanding how to solve problems
- Being able to analyse a situation and respond appropriately

Inertia & Entropy

June 1, 2009

Inertia is the resistance of an object to a change in its state of motion.

As I move through life, change is inevitable and any resistance to change will create inertia.

Unawakened Souls seek the comfort and security of their comfort zone in order to escape change.

The more I run away from expansion and growth, the more inertia I experience.

Inertia renders me inert, incapable, inanimate, sluggish and lethargic.

Inertia renders my comfort zone uncomfortable.

Entropy is the tendency for an energetic system to descend into chaos.

Chaos is the state of having too many problems and heading for a disaster in life.

When life is not flowing effortlessly, because we are not hearing our messages, not taking our opportunities and not learning our lessons, it has a tendency to become entropic.

The opposite of entropy is effortless flow.

The opposite of inertia is expansiveness.

Inertia is my resistance to physical change and entropy is my resistance to spiritual change. Either will impede my life of expansive flow and abundance.

Chance

May 31, 2009

When I see life as a series of problems to be solved, I need and rely on luck to overcome them and find a solution.

In a problematic life, chance and luck are seen as the same thing.

When I see life as a quest or a challenge, I still need luck to fulfill my intentions and life remains chancy as there is always the risk of failure.

In a challenging life, chance and risk are seen as the same thing.

When I see life as an endless flow of infinite opportunities, I am no longer challenged and I no longer need luck and good fortune.

In an opportunistic life chance and opportunity are seen as the same thing.

Every opportunity is a chance to experience life anew. Every chance in life is an opportunity to experience a new life, a new opportunity and a new experience.

When life is embraced as a new opportunity, there is never a chance of failure and never a chance of bad luck and misfortune.

There is only ever the chance of personal spiritual development & growth.

My Emotional Intelligence

May 30, 2009

My Emotional Intelligence is my level of awareness of my emotional state of being.

Emotional Intelligence is a measure of my ability to be Emotional with conscious-awareness.

Being Emotional is consciously knowing, seeing and/or feeling my own personal energetic state of being.

Being Emotional is not being emotionally reactive.

Reacting in a negative emotional state i.e. anger, frustration, intolerance, is a sign of non-awareness, ignorance and an absence of emotional intelligence.

We react with a low level of emotional intelligence and we are able to respond positively with a high level of emotional intelligence.

Emotional Intelligence is:

- Knowing my own exclusive level of Self-Confidence to make my own choices with authority.
- Feeling my own unique level of Self-Worth that gives me the power to fulfil my own choices.
- Seeing my own individual level of Self-Esteem that results from having the special ability to connect to my own unique power and exclusive authority.

Tension & Release

May 29, 2009

Tension and Release are in opposition. They are a duality.

All tension needs release. We need release when we are not free.

With release, tension becomes Relief.

Our lack of freedom creates tension that is without relief and needs release.

When we release the tension, we become free and relieved with a new lease of life.

Tension is created by entropy, negativity and resistance, when we are pushing against the natural flow of our life.

Sexual tension is created when the gender of our energy is divided, that is, our male and female energy is not united.

We require a partner of our opposite gender to temporarily re-unite our male & female energy and release our negative sexual tension.

When we learn to consciously unite our own male and female energy, we no longer experience any sexual tension that requires to be released.

When we bring our own energy into harmony, our own inner tension is released and we are free to unite and harmonise with our partner in pure ecstasy, joy & oneness.

Our 'intention' is not to be 'in tension'.

Empathy & Compassion

May 28, 2009

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

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

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

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

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

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

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

Sympathy & Apathy

May 27, 2009

Sympathy, being sympathetic or being in sympathy with means:

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

Apathy, being apathetic or being without sympathy means:

“Resonating with the opposing male negative energy to another”.

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

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

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

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

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

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

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

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

Defining Reality

May 26, 2009

We give Life meaning by defining it as a reality. Everything is just energy until we give it definition with our thought about it. Our thoughts about something give it definition, purpose and meaning.

We give definition to something by defining its polar opposite.

We define:

- Life by experiencing death, disease and decay
- Good by experiencing what is wrong, bad or evil
- Light by experiencing darkness and ignorance
- Love by experiencing hate, fear and lust
- Greed by experiencing pleasing and subservience
- Gluttony by experiencing scarcity and poverty
- Pride by experiencing humility and modesty
- Envy by experiencing kindness and generosity
- Sloth by experiencing will power and due diligence
- Arrogance by experiencing humbleness and inferiority
- Wrath, anger & frustration by experiencing meekness, tolerance and patience

Only once we have explored the polar extremes of our thoughts, words and actions are we able to find the balance and harmony that has a meaning to our Self.

Only by defining a reality that we do not want can we consciously choose our Reality of Choice.

Unforgiveness

May 25, 2009

Unforgiveness:

- Is being the victim of someone else's action.
- Requires an injustice to be rectified.
- Requires justice to be served on the guilty.
- Requires those convicted of their guilt to be punished accordingly and appropriately.
- Requires an 'eye for an eye' and 'a tooth for a tooth'.
- Requires a revenge called justice.
- Requires honour to be served and misfortune to be appeased.
- Allows us to wallow in our victimhood until we are suitably compensated.
- Breeds a compensation culture.
- Blames everyone including our self.
- Is the unacceptance of our True Nature and our True Identity.

Being Guilty

May 24, 2009

Guilt is a sentence that we pass on our self.

We are found guilty when convicted of our limiting beliefs and fears.

We are punished by the beliefs that are the sentences that convict us.

We are guilty of making a judgment about what is right and what is wrong.

Even when we are judged to be right, we are still found guilty of making a judgment.

We cannot be right or wrong and be without judgment and guilt.

When we move to non-judgment, we are guilty of not making a choice and we will be judged by our previous choices.

When we believe that we are not guilty, then we are guilty of projecting our guilt on to someone else.

Projected guilt is called blame and is a negative belief about someone who we believe to be wrong or we believe to have wronged our self.

The only defence against guilt and the only way to overcome guilt is the Acceptance of our Forgiveness.

The Golden Ratio

May 23, 2009

In a two dimensional world with a singular reality, the Golden Ratio is always 50:50 or 1:1.

One to one or fifty-fifty is equal shares. Everything is balanced and equal.

In a three dimensional world of dual reality the Golden Ratio becomes nearer 60:40 and everything becomes individual and unique.

Three dimensional dual reality allows the unity of oneness, the choice of twoness and the equality of threeness.

Physical beauty and Attraction are synonymous with the Golden Ratio of 1:1.618, which is also .618:1 or 61.8%:38.2%.

When we see the relative world of dual reality as a triality with 3 dimensions, the Golden Ratio becomes: .618:1:1.618, which is also .191:.309:.5 or 19.1%:30.9%:50%.

It is this formula that creates the 80:20 rule (80.9%:19.1%) where 20% Of the world owns 80% of the wealth.

The Golden Ratio follows the formula: $(a+b/a)=(a/b)=(b+c/b)=(b/c)=1.618$.

Everything appears to be out of balance but is in fact perfectly balanced.

When $a=.5$; $b=.309$; $c=.191$; then $a+b+c=1=100\%$

The formula for all Trialities in a dualistic world is therefore: $c+b=a$.

Combining aspect 'c' with aspect 'b' brings the system back into balance with 'a'.

When we combine aspect 'a' with aspect 'b', the system gets way out of balance with 'c'.

Conscious Creation

May 22, 2009

Consciously Creating our own Reality requires an understanding of the Law of Attraction:

“Like Energy is drawn unto itself”.

The Law of Attraction is our Spiritual Nature, not a physical law.

Physical Science (Physics) is the study of physical matter and how it behaves in a physical world.

All matter is created out of Energy by thought.

The ‘Energy of Thought’ is Spiritual, not physical.

Thoughts are a creation of Consciousness and act according to the nature of spirit/energy. They do not obey physical laws.

Our Reality is a conscious creation of our thoughts, but not just our conscious thoughts.

Our thoughts originate from both our sub-conscious ‘id’ and our Super-Conscious ‘Entity’.

Consciously creating our Reality requires an awareness of both our sub-conscious programming and the Super-Conscious Vision for our Life.

Before we can connect to our Super-Conscious Ability to consciously create our own Reality, we are required to become consciously-aware of the energies that we are attracting with our sub-conscious fears, limiting beliefs and inherited mental programmes.

Leader or Manager?

May 21, 2009

Am I a Leader, a Manager or both?

Am I leading my own life?

Am I managing my own life?

Am I managing to lead my life?

Am I leading a well managed life?

Am I following my own authority or someone else's?

Am I leading others on my path?

Am I managing others on their path?

Am I following another on their path?

Am I managing to follow another on their path?

Is another managing my life for me?

Is another leading my life for me?

Am I living my life through another?

Is another living their life through me?

Am I managing to follow my path in life?

Am I leading the life that I have chosen?

Leadership & Management

May 20, 2009

Some Distinctions between Leaders and Managers:

Leaders have a vision, mission and purpose

Managers have objectives, tasks and standards

Leaders are driven by their emotional needs

Managers are driven by the needs of their business

Leaders are Inner Directed

Managers are Outer Directed

Leaders follow their own path

Managers follow their leader

Leaders require followers

Managers require employees

Leaders intuitively know, see and feel what is right

Managers have knowledge, understanding and are in touch with their responsibilities

Leadership is about who we are Being

Management is about what we are Doing

The qualities of Leadership are our attributes and attainments

The qualities of Management are our abilities and skills

Leadership qualities of Inspiration; Intuition; Innovation; Insight; Invention; Ingenuity; Imagination; are all innate.

Management skills of Planning; Promoting; Problem Solving; Communicating; Analysing; Motivating; can all be learned.

We can Manage and Lead other people. We can Manage & Lead our own Life.

We can Coach other people to Manage & Lead others. This is Business Coaching.

We can Coach other People to Manage & Lead their own Life. This is Life Coaching.

“To Be or Not To Be”?

May 19, 2009

“To Be or Not To Be”? That is the question.

We are Human Beings who have Choice.

We can ‘Be’ or we can ‘not be’.

We are not Being when we are just ‘doing’.

The ability to do allows us the ability to choose who we are Being in relationship to whatever we are doing.

The rational physical world of dual reality allows us individual choice of what we want to do.

The emotional spiritual world of duality allows us individual choice of who we choose to Be whilst we are busy doing it.

To be or to do becomes a duality and a choice in the relative world of rational or emotional reality.

The 3rd Way is to choose both.

Being and doing require consciousness and awareness.

We are conscious of our physical actions and we are aware of our emotional beingness, once we become consciously-aware.

We require Conscious-Awareness to discern who we are Being whilst we are doing whatever we are doing.

3 Types of Attraction

May 18, 2009

Physical Attraction:

Physical Attraction is the force of an energy that is divided by gender. When energy is separated by male & female gender, the opposing genders will attract each other because the natural state of energy is to be united not separated. Physical Attraction is determined by the Golden Ratio.

Magnetic Attraction:

Magnetic Attraction is the force of an energy that is divided by polarity. When energy is divided by positive & negative polarity, the opposing poles will attract each other because the natural state of energy is to be undivided and whole. Magnetic Attraction is determined by the Golden Mean.

Divine Attraction:

Divine Attraction is our Journey to Oneness. Pure Energy has no division nor separation and is therefore Absolutely Attractive and Divine. Divine Attraction is determined by the Golden Rule. “Be unto others as you would have them Be unto you” is how we become Divinely Attractive.

The Golden Mean

May 17, 2009

The Golden Mean is the 3rd Way.

In a relative world of Dual Reality, we always have a choice between two opposing realities.

The usual choice is to choose or not to choose.

Not choosing is a choice to receive what we have always received. It is choosing not to change.

A choice requires at least two options to choose from.

When faced with two options, we have a dilemma as to which extreme to choose.

When faced with a dilemma, I always choose the 3rd choice or the 3rd Way.

The 3rd Way is the Golden Mean.

The Golden Mean is the balance between two opposing extremes of experience.

The attainment of balance requires an understanding of the 'Mean' or the meaning, by defining the two extreme states of being that are our choice.

The Golden Mean brings our Life into Balance and is always Divine.

Our Choosing

May 16, 2009

We are called to do Our Choosing.

Our 'Calling' is what we have, in our Divine Wisdom, 'Chosen' for this life-time.

It is Our:

- Divine Right to Choose.
- Freedom to Choose.
- Calling to Choose.
- Destiny to Choose.

We are Called to Awaken to Spirit.

We cannot awaken until our Self chooses to.

When we awaken our Self to the calling of our Soul, we realise that we have Choice.

Our Soul is continually calling our Self.

The Self will not hear the call until it awakens from its dream of being in a physical existence in a physical world.

Once awakened, the Soul continues to call and the Self retains its choice.

The Self can hear the messages of its Soul or it can remain in the illusion that has been created by its ego.

This is our Choosing.

“Many are called, few have chosen” - to awaken to the choice of their Soul.

Perfection

May 15, 2009

We will realise our own Perfection when we realise that Life itself is Perfect.

Wanting to be perfect is an affirmation of our imperfection.

This world is a contextual field in which it is possible to experience all forms of imperfection.

Being Perfect in an imperfect world is not a possibility.

Experiencing our imperfection is perfect for us once we recognise that we are on a Journey of Expansive Personal Spiritual Development & Growth.

Once we realise our Perfection, growth is no longer possible or required.

The Way to Realise our Perfection is by experiencing our imperfections and then making a better choice.

Our Natural State of Being is to be Perfectly Happy and to be Perfectly Well.

Only through the experiences created by our negative thoughts and emotions will we attain the ability to chose Happiness & Wellbeing as our Perfect Choice.

Not Wanting What We Have

May 15, 2009

Everything that we have in life, we have because at some level of consciousness, we have chosen it. Not wanting what we have in life is a false perspective of our egotistical conscious self. We do not want what we believe to be bad for our self. Conversely, we decide what we do want by what we believe that is good for our self.

Good & bad, wanting & not wanting, are choices or judgments of our ego self.

A false perspective held sub-consciously by our ego, is called a limiting belief or a fear. Fear is False Evidence Appearing Real.

What we fear limits us and we therefore believe that we do not want it.

What we really do not want is the limiting belief and the fear.

What we have that we actually do not want is the negative painful emotion created by that belief.

Not wanting what we have is a negative belief that creates a negative emotional state of being. Therefore the resistance that we apply to not wanting what we have, creates pain and suffering.

The more that we do not want something, the more we focus on what we do not want, the higher becomes the intensity of the negative feeling about what we do not want, and the quicker it will appear or continue to appear in our life.

This is the Law of Attraction in action.

Once we see the opportunity to learn from what we do not want in life, and learn from the opportunity that it is giving us, we no longer need to give it another thought, and it will never again appear in our reality.

Wanting What We Have

May 14, 2009

Our Soul resides in the Absolute Realm of Divinity, where nothing is either good or bad and everything is neither good nor bad.

Everything 'Just Is', from whatever perspective that we perceive it.

The experiences that our Soul sends to us in life are neither good nor bad, they just are, experiences that are exactly right for our chosen path of growth and expansion.

Our ego Self decides whether we want what we have or not.

Our Soul sends to its Self, unconditionally and without judgment or expectation of the outcome, that which our Soul wishes its Self to experience.

Our ego Self then discerns who it chooses to be in relationship to what it receives in life from its Soul.

Our Soul has chosen for its Self: Our parents, our nationality, our religion, our race, our creed, our culture, our class, our personality and our character. This becomes our fate without our ego having to make any choices.

Our Soul has also chosen for its Self: A Vision, Mission & Purpose for this life-time.

Our journey through life is to decide whether we actually want what we already have or whether we choose to change it.

Our Soul has chosen for its Self to have unconditional choice.

When we change our perspective of who we are and what we really want to have in our life, we stop following our fate and awaken to the Journey that is our Destiny.

A Very Special Person Required

May 13, 2009

Job Title: A Very Special Person

Scope of Job: Personal Spiritual Development & Growth

Reports to: The Inner Coach

Job Description: To follow an individual, unique, exclusive and special Life Path

Job Specification: A very special, exclusive, unique and individual Self

The Mission: To actively participate in Life by exploring, experiencing and discovering the True Value of: Connection; Awareness; Creativity; Adventure

The Purpose: To become the Attributes and to attain the Attainments that will allow the Vision for this Life-time to be fulfilled

The Vision: To fulfil one's Destiny by following one's chosen path

Training Needs:

- Attributes to become:

Accepting; Allowing; Approving; Acknowledging; Attesting; Affirming; Appreciating

- Attainments to attain:

Health; Wealth; Wisdom; Well-being; Happiness

- True Values to experience:

Oneness with all; Equality with all, Divine Choice

- Skills to Acquire:

The Intuitive Senses of Seeing, Feeling & Knowing

Bravery & Courage

May 12, 2009

Following our fate requires bravery and courage.

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

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

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

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

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

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

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

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

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

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

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

Working with Authority

May 11, 2009

I am working with authority when I choose to work.

When I work to get my emotional needs met, I am authorised by my ego Self.

My ego Self uses will power to achieve its goals.

When I work with Power & Love, doing what I Truly Value, I am Authorised by my Soul & Inner Coach.

When I work under the authority of another person, I give away my own authority and my own choice.

Being responsible for a job is not the same as being responsible 'for' other people.

Being responsible 'to' other people, for a job, is not the same as having to follow their choices and do what they say.

When I give away my authority and my choice, I give away my power.

Working 'with' someone else to achieve an agreed goal is not the same as working 'for' someone else to achieve their goal.

Empowered workers are authorised to work. They do not need supervision or motivation, just clarity and direction.

Disempowered workers have no authority other than the authority (orders and discipline) given to them by others who directly manage and supervise them. They will choose not to work when ever they are authorised to do so. Not only are they disconnected from their True Source of Power but they have no will power either.

Working with Power

May 10, 2009

When we work with Love, we are Empowered.

When we work without Love, we are disempowered.

When we are disempowered, we will need motivating.

We are motivated by what ever meets our needs physically or emotionally.

What we need emotionally is Love or an aspect of Love that empowers our work and empowers us to work.

When we need to work emotionally or we work to meet an emotional need, we are not working with the Power of Love.

When we are working without our True Power, we are not doing what we Truly Value.

When we follow our True Values, we are working with Love.

Our emotional needs will supersede, and stop us doing, what we Truly Value.

Until we have consciously met our sub-conscious emotional needs, we will be unable to connect to our True Power and unable to work at doing what we Truly Value.

When we work with our True Power, we are aligned with our Soul.

Working with Love

May 9, 2009

When I do not love my work, I cannot do my work with Love.

When I do my work without Love, I have no power. I am not empowered.

When I am not empowered, I will need motivation.

Money is the most common motivator.

Money is a substitute for Love & Power that motivates us to work.

Money does not disempower us. It is our perspective and attitude that disempowers us.

Money neither empowers nor disempowers, it just motivates the disempowered.

We work with authority when we choose to work, and we choose how and when to work.

When our work is chosen by another, we work under their authority.

When we work under the authority of another, we will need their power; their motivation; their money.

When we work under our Soul's Authority, we have our Soul's Power.

We are empowered to work with Love.

Evolution

May 8, 2009

Man did not evolve from Apes. This is patronising Apes.

God did not create the world in 6 days. Time does not exist in God's Realm.

Our Physical world and the Universe in which we live is created by our Consciousness.

Without Consciousness this relative physical world would not exist.

Our world evolves and the Universe evolves through a process of changing thought.

As our thoughts change, our reality changes.

As our reality changes it is reflected in the world in which we live.

Our outer world is a reflection of our inner world.

Our inner world changes through a process of evolution called Personal Spiritual Development & Growth.

We are currently enjoying a period of 25 years of accelerated growth, learning and spiritual evolution.

We are at the Dawning of a New Age of Aquarius.

The Age of Aquarius

May 7, 2009

The Age of Aquarius is the Dawning of a New Age of Awareness. It is:

- The 3rd Age of Modern Man in the Present Era. It was preceded by the Age of Pisces, which superseded the Arian Age.
- The Information Age, which was preceded by the Industrial Age that superseded the Agricultural Age.
- The Esoteric Age, which was preceded by the Christian Age that superseded the Pagan Age.
- The Inner Directed Age, which was preceded by the Outer Directed Age that superseded the Sustenance Driven Age: According to Francis Kinsman.
- The Self Expression Age, which was preceded by the Achievement Age that superseded the Survival Age: According to Charles Handy.
- The Age of Faith, which was preceded by the Ethical Age that superseded the Aesthetic Age: According to Soren Kierkegaard.
- The Age of Gnosis (The God within), which was preceded by the Age of One External God that superseded the Age of Planetary Gods.
- The Age of Awareness, which was preceded by the Age of Comfort & Security that superseded the Age of Survival: According to my Inner Coach.

Connected to Source

May 6, 2009

Connected to Source means that we have the Ability to connect consciously to our True Source of Power & Authority.

Our True Source of Power & Authority is our Soul & Inner Coach.

When we make the choices of our Soul, we connect to our Soul's Authority.

When we connect to our Soul's Authority, we connect automatically to our Soul's Power.

We are Inspired by the Revelations of our Soul that Authorise us.

Inspiration is the Power of our Soul that empowers us.

When we connect to our Soul's Imaginative Genius, we are exclusively-connected to our Vision, Mission & Purpose for this Life-time, which is our Life Path.

When we connect exclusively to our individual, unique and exclusive Destiny, we are in direct co-operation with our Soul.

When we connect inclusively with others, we are attempting to get our individual emotion needs (our lack of power) met by others.

When disconnected from Source, we are dependent on other people to supply our emotional power.

Treated or Spoilt?

May 5, 2009

When we are given a luxury by another, we are either being treated or being spoilt.

Whether we are being treated or being spoilt is a matter of perspective.

Both are a perspective of a scarcity mentality.

When what we are being given is more than we are used to, we are being treated.

When what we are being given is seen as extravagant or too much, we are being spoilt.

It is very difficult to give a treat to someone who is used to having everything and lives in luxury.

Those who live in luxury are seen by those who live in poverty as being 'spoilt for choice'.

Those who live in poverty are seen by those who live in luxury as 'in need of being treated'.

A scarcity mentality sees poverty as bad for them self and luxury as bad for other people.

With an abundance mentality it is impossible to be either spoilt or treated.

With an abundance mentality we are content because we always have enough.

Expanding Consciousness

May 4, 2009

The 'unawakened' Self has an energy that is divided by:

- Male (cool) or female (warm) gender
- Positive (white) or negative (black) polarity
- High (hot) or low (cold) intensity

The gender, polarity and intensity of our energy is determined by our fears, beliefs and dramas that have become our fate.

This is the fate of a Consciousness that is unawakened and contracting.

It is contracted to play out certain life dramas that are driven by our emotional needs that have been created by our limiting beliefs.

The 'Awakened Self' is on a journey of expanding Consciousness called Personal Spiritual Development & Growth:

- By uniting the gender of our energy, we expand its wavelength.
- By equalising the polarity of our energy, we expand its frequency.
- By neutralising the intensity of our energy, we expand its vibration.

Raising the intensity of our energy does not raise our vibration, it lowers it.

We neutralise the intensity of our energy by uniting its gender and equalising its polarity.

Neutralising the intensity decreases entropy and resistance and allows Life to flow effortlessly.

Expanding Consciousness seeks to create a Reality that flows effortlessly through Time & Space.

Sturgeon's Revelation

May 3, 2009

Theodore Sturgeon's 2nd Law became Sturgeon's Revelation:

“90% of Everything is Crap”.

Sturgeon postulated that only 10% of what exists is good, real, true, rational, reasonable and sensible.

The Inner Coach knows that only 10% of our existence is experienced by our Conscious Mind.

Only 10% of our Mind is Conscious.

90% of our Mind is either sub-conscious or unconscious.

Science now knows that >90% of the Universe is comprised of either Dark Matter or Dark Energy, which are unobservable by our physical senses.

Our physical senses are only aware of 10% of the Universe that is Physical Matter.

More than 90% of Everything is Energy.

Consciousness is Universal Energy.

Energy is nonsense or ‘crap’ or irrational, when we fail to connect to its awareness emotionally.

To become aware of 90% of Everything requires our Spiritual Senses of being able to See, Feel & Know Intuitively, to be awakened and reactivated.

Sturgeon's Law

May 2, 2009

Science Fiction Writer Theodore Sturgeon observed that:

“Nothing is always absolutely so”.

In the Absolute Singularity of Oneness: Nothing exists, not even nothing.

‘Nothing’ only becomes a reality once ‘everything’ becomes a potential possibility.

In the Realm of Absolute Oneness, all possibilities exist as a potential.

The potential for ‘everything’ to be realised, requires the creation of a World of Relative Dual Reality.

The Realm of Duality allows Choice, and allows the choice of everything, something or nothing to exist apart from the ‘All of Everything’ which is Nothing.

In Absolute Reality ‘everything is nothing’ and ‘nothing is the all of everything’.

In the Realm of Relative Dual Reality, nothing is always absolutely so.

In the Realm of the Absolute, nothing is eternally absolutely so.

Paradox

May 1, 2009

A Paradox is the appearance of two conflicting truths occurring at the same time.

Paradox is the nature of a dual reality world.

In a dual reality world, everything has an opposite and everything is relative and related to everything else.

Duality naturally creates paradox and conflict, because duality allows choice.

Paradox is a 'signpost' out of duality.

When we understand the paradox, we overcome duality.

Overcoming the paradox of life allows us to find the '3rd Way' out of every dilemma.

Two choices appear to be a dilemma until we can solve the paradox.

When we perceive a dilemma as a paradox, two choices become the same opportunity and we have found the 3rd Way, which overcomes the duality.

A Paradox is a challenging puzzle until we solve the problem and see the opportunity that is presented.

Being able to perceive two different views from one single perspective will always overcome the paradox.

Self Discipline

April 30, 2009

Self Discipline is being a Disciple of the Self.

It is becoming a 'Follower' of our Real Self, our Soul, not our ego self.

Self Discipline is following the messages that we receive directly from our Soul.

Our Soul knows our Life Path and our Vision, Mission and purpose for this life-time.

Following the choices of our Soul allows us to fulfill our Vision, be content with our mission and to enjoy our purpose for this life.

Becoming a Disciple of our Soul is a conscious choice.

Our Soul allows our Self unconditional choice.

Our sub-conscious choice will always default to our sub-conscious programming and beliefs until we have 'awakened to' (become conscious of) the existence of our own Path.

Without Self Discipline, we will follow the authority of another and endure the discipline that accompanies the choices and authority of another.

Self Discipline connects us to our True Authority, to do what we truly value, and connects us to our True Power, to be who we really are, to enable us to do what we have come here to do.

Inner Peace

April 29, 2009

Inner Peace is our natural state of Being.

Inner Peace is inhibited by our Inner conflict.

Inner conflict is a drama that is created by our lack of power and authority.

Our lack of emotional power creates a conflict between our needs and our beliefs.

Our lack of authority to choose creates a conflict between our beliefs and our needs.

Our lack of Inner Peace is always reflected in our outer world reality.

As we compete with others in our life for our emotional power, we create conflict.

As we seek to make our reality in life become the Truth for all others, we create conflict.

To connect to our Inner Peace we are required to:

- See and observe the dramas that are occurring in our life.
- Know that our Truth and Reality are unique to our Self.
- Feel the power that is available to us from our Source.

Selfish & Unselfish

April 28, 2009

Being Selfish is doing the will of the ego self, which is often detrimental or in opposition to the will of another.

Being unselfish is doing the will of someone else's ego self, which is often detrimental to our self.

Being selfish is being proud, greedy, envious, vain and arrogant.

Being unselfish is being humble, pleasing, kind, modest and meek.

Selfish & Unselfish are a dual reality of the same energy.

Being selfish is detrimental to another because they can only co-operate by being unselfish.

Being unselfish is detrimental to another because it makes them become selfish.

We overcome the duality when we become Truly Selfish.

Being Truly Selfish is never detrimental to another and always follows the authority and choice of our True Self – our Soul & Inner Coach.

Relationship

April 27, 2009

The purpose of Relationship is to see who we are Being.

Who we are being in relationship to another is reflected to us in our relationship with them.

This is the Law of Attraction in action.

The drama of how we relate to other people is determined by our emotional needs and our fears or limiting beliefs.

When we learn the ability to relate to people within our own personal power and authority, we no longer need the drama of relationships.

When we no longer need relationships, we are free to consciously choose our relationship to other people.

When we are free to choose with whom we have a relationship, we are free to share our time, space and reality with people who share our time-space-reality.

The only True Relationship is between our Self and our Soul.

How well we relate to our Self determines how well we relate to our Soul.

How much we Love our Self determines how much we allow our Soul to Love our Self.

Our Soul does not need the Love of its Self. Our Soul unconditionally Loves its Self.

It is our Self that is required to: Love its Self as its Soul Loves its Self, so as to connect to the True Power of the Soul.

Love, Power & Space

April 26, 2009

Love, Power & Space are three different perspectives of the same thing.

They are all synonyms for our Personal Emotional Energy, which is our State of Beingness.

When our emotional power is low, we either need to be Loved by another or we need to get away from another and find our Space.

In our Space, we connect to our Source of Emotional Power that is Love.

When we connect to another emotionally, we share our Space, feel Loved, and feel connected to our Power.

Our need to be Loved and our need for Space are created by our disconnection from our Emotional Power.

When we have enough Space and enough Love, we no longer need boundaries to protect our power from an energetic attack from another.

When we need to contain our emotional Power, it is limited and vulnerable to attack from another who needs our Love and will trespass across our boundaries and into our Space.

It is in the 'gap' of Space that we connect to our True Power of Love.

Acceptance & Forgiveness

April 25, 2009

Forgiveness is given by the Soul.

Acceptance is received by the Self.

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

The Self accepts whatever is forgiven by the Soul.

The Soul forgives whatever is accepted by the Self.

Acceptance & Forgiveness are:

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

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

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

The Power of Attraction

April 24, 2009

The potential ability of the Ego Self to Attract what it wants is equal to the magnitude of its power, which is relative to its force of authority to choose.

Our Soul has the omnipotent power to choose, it has Sovereignty over our Self, yet it has delegated the ability to choose to its Self.

The Self's ability to choose is dependent on it having both power and authority.

The Self can only connect to the Soul's Power when it connects to the Soul's Authority, which is the Soul's Choice.

When the Ego Self chooses other than what is its Soul's choice, it loses its power of attraction.

In the absence of its power to attract what it chooses, the Ego Self will have to use will power to obtain what it wants.

Will power takes a lot of effort, hard work, and a lot of time and although it can be productive, it is not creative.

Creating, manifesting and realising something entirely new, exclusive and unique requires both the power and the authority of our Soul.

Inspiration, Invention and Innovation require the Power of Attraction, will power will not suffice.

Our Power of Attraction is relative to how 'Energetically Attractive' we are.

Our energetic power of attraction requires the attainment of divine attributes that allow us to do what we Truly Value.

Our Self-worth and personal 'Value', which is a measure of our emotional state of being, determines the potential of our Power of Attraction.

This is why we are required to be the energy vibrational equivalent of that which we seek to attract into our Life.

Unless we are the vibrational equivalent of our choice, we have neither the authority nor the Power of Attraction.

The Law of Unattraction

April 23, 2009

The Law of Unattraction states that:

“Energy is divided by its frequency & wavelength”

This means that emotional states of Being are differentiated by their energy vibration.

In Absolute Reality there is no division and no separation – All is One.

In the state of Being in Absolute Oneness, everything is attracted to everything and nothing is attractive because there is nothing else to Attract.

In the Realm of Divided Relative Dual Reality, the law of unattraction allows separation and division, which allows opposing energetic states to be, which allows choice to exist.

Without the law of unattraction, attraction and choice cannot exist.

Like energy can only be drawn unto itself once it has become separate and divided and the possibility of it being unattractive exists.

Without unattractive energy and unattractive thoughts, there would only be One Thought, which is no thought at all.

We cannot choose to be Attractive without first experiencing being unattractive.

Without different frequencies, wavelengths and vibrations, energy would have no gender, polarity or intensity. Unique thoughts and choice could not exist.

“Be Unto Others”

April 22, 2009

“Be unto others as you would have them be unto you”. This is the Golden Rule.

Our Soul is not interested in ‘what we are doing’, only ‘who we are being’ whilst we are doing it.

Action is the vehicle through which we are able to express the emotional state of being that we are being in any moment of time.

Who we are being in any moment of time defines the reality of that moment.

It is not what others do unto us that is as important as who they are being whilst they are doing it.

The state of being, that is being emotionally expressed by another, is a reflection of that which we are required to look at in our Self, in order to see our alignment with our Path.

Once we are accepting of what others do, approving of who others are, and allowing of what others have, we become the best that we can be unto others without interference to their Path.

This is the only way to remove the interference that others are causing to our Path.

“Follow your own Path”

April 21, 2009

“Follow your own path and let others follow their path”, this is the Golden Rule.

By the Law of Attraction, when we allow others to follow their own path, others allow us to follow ours.

Our own Life Mission is to follow our own Path.

Only our own Soul knows our own Path.

Only another’s Soul knows their Path.

We cannot know another’s Path, therefore whatever path they take, we are required to accept and allow them to follow.

It is not our purpose to correct others on their path, as we cannot know their correct path.

We can never know whether the path of another is at the direction of their ego self or their Divine Self.

Our own Purpose is to follow the Path of our Divine Self, which is the Divine Reflection of our Soul.

Only by becoming the Divine Reflection of our Soul can we direct others on their Divine Path.

“Love thy Neighbour as Thyself”

April 20, 2009

When Jesus said: “Love thy neighbour as thyself”, he was speaking from the perspective of his Soul.

Our Soul unconditionally loves our Self, infinitely, eternally and continuously.

Our Soul is at one with all other Souls as well as our Self.

Our True Nature is to be at One with all others.

Other people are just a reflection of our Self.

Our love for our neighbour is always a direct reflection of our love for our Self.

To unconditionally ‘Love our Self’ is to unite our Self with our Soul.

In unity with our Soul, we access our full authority, which connects us to our unlimited power.

The paradox is that only when we love our Self can we access the Power of Love, which is our Love for our Self.

Only when we love our Self unconditionally, as our Soul loves our Self, can we unconditionally love our neighbour as our Self.

The extent to which we are disconnected from other people is the magnitude of the disconnection from our True Self.

The Golden Rule is: “Love thy Self”.

“Do Unto Others As You Would Have Others Do Unto You”

April 19, 2009

This is one interpretation of the Golden Rule.

The challenge that this rule presents is knowing how we wish others to ‘do unto us’.

The Golden Rule is ” Follow your own path and allow others to follow their path”.

Other people then become our guide on our path.

Other people reflect to us who we are being. This is the purpose of all relationships.

When the actions of others are unwanted, they are a reflection of a shift that we need to make our self, in order to re-align with our path.

The Golden Rule becomes: “Observe what others are doing unto you because this is their message for you”.

What others do unto you is an expression of their beliefs and their emotional needs contained within their dramas.

By the Law of Attraction, we have attracted this behaviour to our self in order for us to see that it is a reflection of our own behaviour.

Once we learn to sensitively-detach from another’s drama and see their needs and beliefs in an emotionally-rational way, we are able to see their behaviour as a message and a gift that we receive as an opportunity to learn our lesson and follow our true path in an exclusively-connected way.

Debt

April 18, 2009

“Our Soul will not pay the debts of our Ego”.

Debt is a construct of our ego self.

Debt is a belief in scarcity and not enough.

Debt is the cost of borrowing what we believe that we do not have.

It is the will of the ego that takes us into debt and therefore it is the will of our ego that is required to pay our debts.

Debt is incurred when we lend or borrow things or money.

We lend and borrow what we are not prepared to give and receive.

When we own and use what is lent and not given, there is a cost to pay, which is called a debt.

Our Soul is unconditionally giving of everything that is required on our agreed path in life.

Our Soul is unconditionally receiving of the expansive growth and experience of following that path.

When we choose the will of our ego instead of the Path of our Soul, we will encounter both scarcity and debt.

The only debt we owe is one of Gratitude to our Soul.

Guilt

April 17, 2009

Guilt is the false belief or fear that we can get things wrong.

In Absolute Reality there is no right or wrong and therefore guilt cannot exist.

Divine Innocence is not a duality of guilt but the absence of guilt and the absence of any judgment of being right or wrong.

Our only guilt in Life is to lose our Innocence.

Forgiveness is not the act of atoning for or admonishing our guilt.

Forgiveness is the attainment of knowing that there can be no guilt in the first place.

In the absence of guilt, forgiveness is unnecessary, we already have it, we are just required to attain it and to experience it.

Attaining Forgiveness requires the cessation of judgment that apportions blame, that convicts guilt, and sentences justice.

Forgiveness Just Is.

When guilt just isn't, justice is served.

Innocence is Fore-given, it is our birthright and our Natural State of Being.

Forgiveness

April 16, 2009

Forgiveness is:

- Giving ahead of time.
- Accepting whatever turns up in life knowing that at some level we have created it.
- Accepting our 'Path' without tolerations, needs or boundaries.
- Receiving in our life what we have covenanted to appear in our life.
- Receiving all situations in life as an opportunity for personal development and spiritual growth.
- Receiving our 'Daily Bread' without judgment of our self or others.
- Choosing our path without the judgments of our past or the expectations of our future.
- Allowing what is, to be and what is to be, to be.
- The 'At Onement' of knowing that what we do unto others will be done unto our Self.
- The 'Discernment' of our Soul without the judgment of our Ego.
- A Love that holds no grievance or remorse.

Satisfied

April 15, 2009

When we are satisfied with someone or something, we have enough.

When we have enough, we are content.

When we are satisfied by someone or something, we have a need.

When we have a need, we are not content even though we may be temporarily satisfied.

Satisfaction is something we either have or need that is given to us by another.

Contentment is an attainment that comes from within our Self.

The need to be satisfied comes from the belief that we do not have enough and that scarcity and limitation exist.

When we are satisfied with our partner, we share our contentment with life with them and they share their contentment with us.

Without contentment we will be dissatisfied by life and need our partner to satisfy what we feel is missing in our life emotionally.

Without contentment, we will never be satisfied, only temporarily relieved of what we believe that we need emotionally.

Trialism

April 14, 2009

Trialism is:

- An alternative non-dualism to Oneness.
- The state of being beyond Dualism.

Dualism is a state of living in an energetic world of conflicting opposites.

Trialism is a state of living in an energetic world without opposition and conflict.

Triality is the attainment of overcoming Dual Reality.

We overcome duality when we can see the 3rd Way.

Life is always a 'Trial'.

In a dual reality world we are judged, blamed, sentenced and often punished for our actions.

In a triune reality world, we have moved beyond judgement and know that our 3rd choice is always Divine.

Our Trial becomes an opportunity.

Trialism upholds the essence of the Holy Trinity.

In a Trialistic World:

- The Spirit & the Father are united in the Son.
- Love & Light are united in Life.
- Happiness & Well-being are united in Expansiveness.
- Power & Authority are united in Ability.

A Trialistic World is where we attain the ability of an expansive life.

Non-Dualism

April 13, 2009

Non-Dualism is the singularity of Oneness.

Non-Dualism is our original state of Being.

Our Source and origin is the Oneness of a singular Consciousness.

Dualism, Duality or Dual Reality is the process by which Consciousness can become aware of its Self.

Planet Earth is the ultimate contextual field in which Consciousness can explore its Self.

Dualism, or the existence of opposing energetic states, allows choice.

Earth is where choice can be experienced by an individual Self in isolation from the Oneness of All that Is.

Seekers of the Truth, who discover the Divinity of the Oneness of our Source, will endeavour to return to their original divine state of Being.

We are on an expansive, infinite and eternal journey. We can never go back, only forwards.

Non-Duality is the Holy Trinity of our Destiny, once we have overcome the duality of Earthly Life and we have discovered the Triune Reality of our existence.

Triality awaits us beyond the boundaries of a dualistic existence.

“Life”

April 12, 2009

Life is:

- The process of Consciousness becoming conscious of its Self.
- A journey by the many on behalf of the One.
- The ‘I Am’ exploring ‘Who am I?’
- The ‘Is’ experiencing what isn’t.
- ‘All that Is’ wanting everything and having nothing.
- An omnipotent power discovering its magnitude.
- An omniscient force of authority discovering its choice.
- An omnipresent potential discovering its ability.
- An expedition through Time-Space-Reality.
- The product of combining the Power of Divine Love with the Authority of Divine Light.
- A game of Reality where opposing energies are in conflict.

Life Just Is!

Attitude

April 11, 2009

Our Attitude is the result of the quality of our emotional energy.

Polarity has 360° of Attitude.

The polarity of our thought determines the emotional attitude of our behaviour.

Our attitude or polarity is determined by our perspective of Life.

Our perspective is the reality that we create in our Life based on our beliefs and our emotional energy.

The greater our magnitude of emotional Power, the greater our force of mental Authority to create our own conscious reality with our own thoughts and beliefs.

Polarity is usually associated with the duality of either a positive or a negative attitude.

When our attitude is positive, we travel forward in an expansive direction.

When our attitude is negative, we move backwards in a contractive direction.

360° of attitude allows 12,960 different moments of possible inclination, which can be viewed as either positive or negative depending on one's own personal perspective, unique perception and exclusive inclination.

“Yin & Yang”

April 10, 2009

Yin & Yang are used to describe how seemingly opposing forces are connected.

Yin is the shady place or north slope.

Yang literally translates as the sunny place or south slope.

As the sun moves across the sky, yin and yang change places with each other.

Yin & Yang are an expression of our Dualistic World and our Life's apparent paradoxes and dual realities.

Yin & Yang is the Chinese version of Duality.

The shade and the sunny place are a metaphor for light & dark that has become synonymous with good and evil, right & wrong, and positive & negative, which are examples of the polarity or opposing directions of energy.

Yin & Yang is also synonymous with the duality of opposing male and female genders of energy that are either hard & soft, warm & cool, hot & cold, introvert & extrovert, or passive & active in intensity.

Yin is seen as the female aspects of Life, which include: Humility; Kindness; Abstinence; Passion; Humbleness; Patience & Diligence. These are often seen as virtues.

Yang is seen as the male aspects of Life, which include: Pride; Envy; Gluttony; Lust; Greed; Arrogance & Sloth. These are often seen as sins.

The purpose of Life is to balance all aspects of Yin & Yang and become a “Virtuous Sinner”.

To overcome Duality, we are required to find the 3rd Way.

Happiness & Well-Being

April 9, 2009

It is my intention to attain Happiness and Well-being.

I used to achieve fleeting moments of wellness and happiness by accomplishing goals and objectives.

I now know that Happiness & Wellness are not fleeting moments of fun or pleasure but Emotional States of Being that we can Attain.

An Attainment is:

- Something that we have (have attained) and can produce anytime at will.
- A state of Being that we can attribute to our Self with conscious choice.

Once we have attained Happiness and Well-being we know that it is our natural state of being.

States of Being are an Attribute that we Attain, not a goal or objective that we achieve, accomplish or succeed in.

I do not have to do anything to attain Happiness or Well-being. No action is required.

Actually I have to stop doing everything that inhibits my sense of Happiness and Well-being. They then become an Attainment.

When we stop 'Doing', we have the time and space to 'Be' whoever we choose to Be.

To 'Be' or not to 'Be' that is the question.

Do I choose to be Happy & Well or not?

My Soul & My Self

April 8, 2009

My Soul says “I am”.

My Self says “I will”.

My Soul experiences pure feeling.

My Self feels positive and negative emotion.

My Soul knows the Divine Truth.

My Self understands truth and untruth, fact and fiction.

My Soul sees Heaven as a Reality.

My Self sees the reality of heaven & hell on Earth.

My Soul is Omnipotent with infinite Divine Power .

My Self competes with others for its emotional needs.

My Soul is Omniscient with eternal Divine Authority.

My Self has difficulty choosing what it wants for itself.

My Soul is Omnipresent with continuous Divine Ability.

My Self gets lost, confused and very frustrated with its judgments of the past and its expectations of the future.

My Soul has Clarity, Direction and Presence in each and every moment of Time-Space-Reality.

My Self is nothing without my Soul.

My Soul is nothing without my Self.

A Sublime Life

April 7, 2009

Sublimation is:

- The art of creating a Sublime Life.

Sublime is:

- The True Greatness of our Adjective Nature.
- The Magnitude of our Power and the measure of our Omnipotence.

With enough Emotional Power our Life becomes Sublime. We enjoy a great Life.

In Science, sublimation is the transformation of a solid matter into a gas.

In Spiritual Reality, Sublimation is the transformation of a Physical Existence into a Spiritually Fulfilled Life.

A Sublime Life is:

- Fulfilling one's own Personal Vision for this Life-time.
- Enjoying the positive emotional feelings of one's own Personal Power & Purpose.
- Being Content with the Abundance of experiences and opportunities that Life presents in each moment of Space-Time-Reality.

We create a Sublime Life by attaining the Happiness of Being Fulfilled, Joyful & Content; with the Well-being of Wisdom, Wealth & Health; and the Expansiveness of our own Power, Authority & Ability.

The Power to Manifest Reality

April 6, 2009

The Magnitude of my Divine Beingness determines how Powerful I am.

My ability to manifest Reality is relative to my Ability to connect to my Divine Power & Authority.

My Divine Power is determined by my Divine Attributes.

My Divine Authority is determined by my Divine Attainments.

When I attain Happiness, I have the authority to be Happy. I can choose it and attribute the power of happiness to my Self, at will.

When I attain Well-being, I have the authority to be Well. I can be well and attribute wellness to my Self, whenever I have the power to feel it.

I owe my Divine Happiness & Well-being to the Nature of my Soul.

I owe my Expansive Power, Authority & Ability to the Nature of my Soul.

When I am Being Happy, Well & Expansive, I am being 'All-owing' of the True Nature of my Soul.

To become the true nature of our Soul, we just have to allow our true nature to Be.

When we allow our Self to be our True Nature (our Soul), we have the Power to Manifest our Reality.

A Divine State of Being

April 5, 2009

A Divine State of Being is the state our Soul is Being at all times.

Divine States of Being are the nature and the natural state of Being of our Soul.

Our Soul is a Divine Entity and Divinity is expressed through Divine States of Being.

Divine States of Being are Divine Attributes.

Once we have attained a Divine Attribute, we are able to allow that attribute to be our natural state of Being.

Each Attainment allows us to shine with a different aspect of our Light because each Divine Attribute is a different aspect of Love.

Life is a journey of the Attainment of the Attributes of our Divinity.

We are on a journey from the Divinity of our Source to become the Divinity of our Destiny.

Each Soul's Journey is individual, unique and exclusive to its Self.

My Journey is to Attain the Divine States of Being of my Soul, to be in the Image of my Soul:

The Nature of my Soul is:

- The Happiness of my Contentment, fulfilment & Joy.
- The Well-being of my Health, Wealth & Wisdom.
- The Expansiveness of my Power, Authority & Ability.

Attaining Acceptance

April 4, 2009

We attain Acceptance when we become toleration free without needing any personal boundaries.

Our boundaries keep us safe from the tolerations of other people's behaviour.

Our boundaries create a comfort zone within which we can contain and maintain our emotional energy.

However, safe in our comfort zone, we are unable to expand, develop and grow spiritually.

We are, by our spiritual nature, Beings who are free, boundless and expansive.

Boundaries and comfort zones disconnect us from our spiritual nature and inhibit our personal development and growth.

Being Accepting is the attribute of having no boundaries, no tolerations, and putting no conditions on our life.

When our Life becomes unconditional, we are Accepting of whatever turns up and Accepting of other people's behaviour.

When we become Accepting of the behaviour of all other people:

- We are transparent to their energy in a Sensitively-Detached way.
- We allow others to follow their own path without any expectation or judgement.
- We become Accepting of our own Path without expectation or judgement.

Boundaries

April 3, 2009

Boundaries are the behaviour that we find acceptable from other people. When other people's behaviour crosses our boundary, we find it unacceptable. Depending on the emotional energy that we have available, we will either tolerate it or it will be totally unacceptable and intolerable. We will no longer be able to tolerate the toleration of having our boundaries invaded when we run out of emotional power.

When our boundaries are crossed, we will get cross. Boundaries are therefore essential to maintaining a balanced level of emotional energy and living a toleration free life.

Once we have put sufficiently strong boundaries in place in our life to eliminate tolerations, we have sufficient emotional power to become conscious of our emotional needs. Our emotional needs are how we replenish or rebalance our emotional energy levels.

Once we have learned to consciously meet and manage our emotional needs, We have sufficient power to become Accepting. As we become more and more accepting of what is occurring in our life and more and more able to consciously manage our emotional energy, we can start to widen the boundaries of our comfort zone.

As we extend our boundaries further and further, we enlarge our comfort zone and increase the magnitude of our personal 'Space'.

Our boundaries determine our personal space that determines the extent of our personal emotional power.

The wider our boundaries become, the more personal space we have, the more emotional energy we have, and the wider we can open up our boundaries to other people and become more and more Accepting of others.

Health, Wealth & Wisdom

April 2, 2009

Wealth is the feeling of being emotionally powerful.

It is the measure of our State of Being.

Wisdom is the knowing that we are making our choices with authority.

It is the measure of our enlightenment in the direction of our Life Path.

Health is the ability to see how to live life with power and authority.

It is the measure of our quality of Life and our ability to live Life to the full.

Being Healthy, Wealthy & Wise are attributes of Attaining Well-being.

When we feel well, we are Wealthy.

When we know that we are well, we are Wise.

When we can see that we are well, we are Healthy.

When we are Healthy, we become Content.

When we are Wealthy, we become Joyful.

When we are Wise, we become Fulfilled.

When we attain Wellness, we also attain Happiness.

Health, Wealth & Wisdom are milestones on a journey of Expansive Personal Spiritual Development & Growth.

Consciously Creating Reality

April 1, 2009

Before we can consciously create our own reality, we are required to consciously create our own awareness.

Without awareness of our present reality, we cannot consciously create our future reality.

It is the conscious-awareness of our present reality that automatically creates our future.

What we focus on in the present moment becomes our future reality.

Our focus in the present moment is our reality.

To become aware of our present moment of reality in a conscious way requires both our Time and our Space.

When we operate in our own personal 'Flow of Time', we connect to the awareness of our Authority that is our choice and that allows us to manifest reality consciously.

When we operate in our own personal 'Gap in Space', we connect to the awareness of our Power that approves of the reality that we are realising.

The awareness of the reality of the 'Present Moment of Now' is the consequence of our Being in the 'flow of time' & in the 'gap of space'.

Once we are aware of our authority to flow with time and our power to stand in the gap, we have the ability to be present in the now.

With our manifest authority and the realisation of our power, we have the ability to consciously create our own reality.

“Spare Time”

March 31, 2009

Spare time is a paradox.

We have spare time when there is nothing that we have to do, and we need spare time to do the things that we have to do.

Busy people have no spare time, they always have something to do.

When a busy person has spare time, they look for something to do.

From a spiritual perspective: “There is nothing that we have to do”. Have to do’s are a toleration.

Spiritual people have all the time in the world to discern how to best use their time.

The best use of time is in the fulfilment of our vision, mission and purpose for life.

People generally only live their life on purpose when they can spare the time.

Personal development and spiritual growth is a spare time pursuit for people who have no spare time.

Spiritual people spare the time to consciously create their own reality, which has enough spare time to continue to create their own reality.

Time has value when it is free and available and we can spare it.

The “Adjective” Truth

March 30, 2009

My truth is the truth of my ego self and is determined by my subjective beliefs.

Your truth is the truth of your ego self as determined by your objective beliefs.

My Soul’s Truth is the adjective truth and is determined through my state of Being.

When my state of Being is Divine, it is aligned with my Soul and is my Adjective Truth.

When my state of Being is a divided aspect of Pure Love, is impure, I am not in alignment with my Soul and I am following my subjective truth.

My subjective truth is my collection of sub-conscious beliefs, that create my emotional needs, that determine my emotional state of Being.

The more in need of emotional energy that I am, the more emotional need that I have and the further out of alignment that I am from my Adjective Soul.

The more limiting the beliefs that make up my subjective truth, the further out of alignment that I am from my Soul, the greater the magnitude of my emotional need, and the more depleted is my emotional power.

The magnitude of our Emotional Power is relative to the purity of our Adjective Truth.

The Dualities of Love

March 29, 2009

Pure Love is undivided, it is Absolute Power.

When Love is experienced in this relative world of dual reality, it takes on many forms and aspects.

In this three dimensional world, the Energy of Love has three dimensions called gender, polarity & intensity.

When Love is divided by gender, we have a choice between the male aspect of lust and the female aspect of love or need for love, as in I would love to have.

- The wants and desires of lust and the passions of love are always a choice.

When Love is divided by polarity, we can choose the positive aspects of what we love & like or we can receive the negative aspects of what we hate and dislike.

- Loving people who are like our self and hating people who are unlike us, is always our choice of how we relate to others.

When Love is divided by intensity, we can choose between the heights of intense love and the depths of intense fear.

- Fear is the intense dislike or hatred of what we do not want or desire.
- Love becomes the intense feeling of what we passionately and emotionally need.

Becoming separated from the Divine Love that is our True Source of Power is essential on our Journey through the Relative and Dualistic World of Choice.

Justice

March 28, 2009

Divine Justice is assured.

The Law of Attraction just is.

The Law of Attraction delivers the Golden Rule perfectly and with absolute certainty.

The Golden Rule is: “What we give out we will receive” and “What we do unto others, others will do unto our self” because like energy is drawn unto itself.

The Universe is a self balancing system. There are no loop-holes and no mitigating circumstances.

In ignorance of the Golden Rule or in denial of it, Man has instituted his own Justice System.

Man’s Justice System is the product of Man’s collective beliefs and convictions, and it convicts people based on those beliefs.

Man’s Laws are never God’s Laws because God has no Laws.

Even the Law of Attraction is not a Law but the Nature of God and the Universe. It is Natural Law. It is Nature.

Man’s Justice System is another name for legalised revenge.

It is based on the philosophy of “An eye for an eye”, which translates as “Do unto others as others have done unto you”.

God’s Nature is Divinely Just with Unconditional Forgiveness.

A Divine Nature has no judgement, no blame, no condemnation and no punishment or suffering is ever required.

Personal Spirituality

March 27, 2009

When our Personal Spirituality is no longer in opposition to our physical reality, it becomes a triune reality of our physical, mental and emotional energies.

- Our physical energies allow us to see the activities that we are creating and doing.
- Our emotional energies allow us to feel the experiences that we are realising and being.
- Our mental energies allow us to know the thoughts that we are manifesting and having.

Our Personal Spirituality is the balance, co-operation and harmony of our physical, mental and emotional aspects that are unified in perfect synchronicity.

- When we are disconnected from our emotional energy, we lose our sense of feeling and our power to realise and be who we really are.
- When we are disconnected from our mental energy, we lose our sense of knowing and our authority to manifest and have our own reality.
- When we are disconnected from our physical energy, we lose our sense of seeing and our ability to create what we have come here to do.

Without our Exclusive-Connection to our own Personal Spirituality, we lose our Vision, Mission and Purpose for this Life-time.

Spiritual Reality

March 26, 2009

Our Spiritual Reality is our Spirituality.

Spirit is Energy and everything that is real is energy.

There are 3 types of Spiritual Energy:

- Mental Energy is called Thought
- Emotional Energy is called Feelings
- Physical Energy is called Images, Pictures or Visions

Spiritual Energy creates our Reality via our thoughts, our feelings and our visual images.

Our Reality is divided in Relative Dual Reality Life into what is Physical Reality and what is Spiritual Reality.

In the Absolute Realm there is only Spiritual Reality.

Physical Reality is what we define as real and experience with our 5 physical senses.

Our physical senses of sight, hearing, taste, smell and touch determine the vibration of the atoms that make up our physical existence.

Spiritual Reality is what we realise through the experience of our 3 spiritual senses.

Our 3 spiritual senses, called intuition, are how we know, see and feel vibrations of energy.

With our spiritual sense of seeing mental pictures, visions and images; our spiritual sense of feeling emotions; and our spiritual sense of knowing thoughts; we determine our own exclusive, individual and unique Spiritual Reality.

Hubris & Greed

March 25, 2009

Hubris is being proud of being better than someone else.

Greed is the desire to be better than someone else.

Hubris is the insolence of our attitude when disconnected from the Authority of our Soul.

Greed is the wanton desire of our will when disconnected from the Power of our Soul.

Hubris is the arrogance of our ego self that believes in the power of its own authority.

Greed is the arrogance of our ego self that believes in the authority of its own power.

Hubris is founded on the belief that the more money that we have, the more influence that we have, and the better the person that we are.

Greed is founded on the need to be better than others in the belief that the best people have the most money, the most wealth and the most influential power.

Greed and Hubris are both nurtured by the belief that money is power and status affords authority and they are both most evident in the Upper Classes of any society that considers its self to be Superior.

Avarice

March 24, 2009

Avarice is the pursuit of Power over other people.

Avarice is the need to be better than other people, by having more power than other people.

In our disconnection from our True Source of Power, we compete with other people for our Emotional Power.

In our modern society, we measure how much power we have over other people by how much influence we have over other people.

Our ability to influence others is measured by the amount of money that we have, the amount of status that we have and the amount of superior knowledge that we have.

Avarice, also known as greed, is driven by the false belief that the accumulation of knowledge, status and money will give us influence and power over other people.

By the Law of Attraction: When we seek power over other people, other people will seek to take our power away from us.

Competing for power results in a competition for power, which translates in modern society as a competition to see who can win and achieve the success of having the most money, the highest status and the greatest intelligence.

When we seek to become healthier, wealthier and wiser than others, we run the risk of losing the competition for Life.

We no longer have to compete for our Life. We have already won the Race to be Human.

Health, Wealth & Wisdom are our birthright and our True Nature, once we learn to connect to the True Nature of our Self, which is our Soul and Inner Coach.

Being Poor & Being Poorly

March 23, 2009

Being Poor is being without Wealth.

When wealth is measured by how rich we are, poor defines our poverty. Being poor is the negative perspective of a dual reality called scarcity and abundance. Being rich is seen as a positive aspect of having an abundance of material possessions.

Being Poorly is being without good Health.

When health is a measure of our physical and mental ability, being poorly describes our inability to carry out physical tasks well. Being poorly is the negative perspective of a duality called sickness and health when we are being either well or unwell with either good or bad health.

Being Spiritually Poor and being Spiritually Poorly are the same thing. They are both a state of being without our Personal Emotional Power.

In the absence of our Personal Emotional Power we can be neither Well nor Wealthy.

Our magnitude of Personal Power defines our Happiness.

With enough Happiness, we have Wealth & Well-being in Abundance.

When our Personal Emotional Power (Happiness) is low, we perform poorly both physically and mentally.

Being poor and being poorly are both the result of being without our Ability, which is caused by our lack of Power that is the consequence of our disconnection from our True Authority.

Our True Authority is our Soul and Inner Coach, our Real Self that is never in a state of being either poor or poorly.

A Light Worker

March 22, 2009

A Light Worker works with the Universal Energy of Light.

A Light Worker understands the Energy of Light.

The Energy of Light carries the Authority of our Soul.

The Authority of our Soul connects us to the Power of Love.

A Light Worker works with the Power of Love whilst connected to the Authority of its Soul.

The Mission of a Light Worker is to 'save' its Self.

When a Light Worker has saved its Self from the relative dual reality world of physical existence, it becomes the Saviour of its Self.

The process of becoming a Saviour is the ability to increase the amount of Light that we can access.

Light is information that is received from the Universal Consciousness of All that Is.

A Light Worker does not seek the Truth but seeks to connect to the Truth by raising their vibration sufficiently to access their power and ability to connect to their Truth.

Being at Choice

March 21, 2009

Being at Choice is choosing whatever turns up.

Choosing whatever turns up requires the acceptance of whatever turns up as a gift.

Whatever turns up is seen as a gift when received as either a lesson or an opportunity for growth, which each lesson is.

Whatever turns up is our Soul's Choice for our Self.

Being at Choice is a Divine Attribute of our Soul.

Our Soul is never not at Choice.

Our Soul's choice is always to allow our Self to choose.

Whatever the Self focuses its attention on, it will eventually attract into its reality.

When the Soul and the Self are at the same Choice, it arrives instantly.

The challenge that creates the most opportunity is for the Self to choose what the Soul has chosen for its Self.

The Self and the Soul are then co-operating with the same vision and are at Choice together.

Wanting & Choosing

March 20, 2009

Our Ego Self always chooses to have whatever it wants.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Reverse Polarity

March 19, 2009

Reverse Polarity occurs when our mood swings from positive to negative.

When our Ego's choice is aligned with our Soul's choice, we experience positive polarity.

With positive polarity, we are moving energetically in a forward direction. We are said to be 'on track'.

With reverse polarity, we have suddenly changed direction and become stuck, negative and off track.

A negative emotion is the result of a negative thought.

A negative thought is one generated by a fear or a limiting belief and will create the feeling of a negative emotion.

Negative thoughts are a reflection of our Ego Self's negative perspective of Life.

When we challenge a negative thought and replace it with a more positive one that is aligned with our Soul's Authority, which is Truth, our energetic state of being changes polarity and we become energetically more positive and better connected to the Power of our Soul, which is Love.

When we align with our Authority Soul-wise, we become Soul Wise and this will connect us automatically to our Soul's positive energetic Power.

When we choose a thought that is not aligned with our Soul's path for our Self, our energy polarity reverses.

Our Soul does not provide us with the power to follow the will of our Ego Self.

Choices of the ego's will, will need will power because they will encounter much entropy and resistance trying to succeed against the flow.

Platonic

March 18, 2009

Platonic means being in alignment with the philosophy of Plato.

Plato was an Ancient Greek Lover of Wisdom who was exclusively connected to his Soul.

Plato believed in the Wisdom and Truth of Love.

When our Love has Wisdom & Truth, it is Pure and Divine, and our Power has full Authority.

Divine Love has no division, no separation and no duality.

Human love when divided by gender is expressed as either lust or emotional need, and when divided by polarity is expressed as either love or hate.

Platonic Love is neither male, sexual lust or female romantic sensual need.

Platonic Love is neither loving to want and own, which is envy, nor liking whatever is seen as good and kind, or hating whatever is seen as bad and evil, which is unkindness.

Human love is a passion that we want and need, desire and lust after, when we are disconnected from our True Source of Power, which is the Platonic Love of our Soul for our Self.

Platonic Love translates as an unconditional sharing of our own Personal Power with another who is unconditionally connected to their own Personal Power and Authority.

A Truly Platonic Union is an inter-developmental relationship of Being 'Together in Togetherness'.

At Peace & Stillness

March 17, 2009

Being at Peace is being totally aligned with our Power and Authority.

When at peace we are empowered to make choices that allow us to flow effortlessly through Life.

It is the resistance that we encounter in our Life that disturbs our Peace and creates confrontation with conflict.

Stillness is the state of being without motion and without e-motion, as emotion is created by our thoughts.

Stillness is the 'gap' in Space where the feeling of pure Love, just Is.

Stillness is the experience of 'no thought' and just being 'Beingness' without definition or defined emotion.

The feeling of Pure Love is infinite, boundless, and cannot be defined by emotion.

Stillness from physical motion is lack of action.

Stillness from active thought is a state of Being.

Stillness is acquired or attained through deep meditation.

Meditation enables a deep connection to our Inner Coach that is required to hear our messages and to align with our power and authority.

We attain stillness without motion in our Mind so as to move effortlessly through Life in a state of being at Peace.

Peace

March 16, 2009

Peace is the absence of conflict.

Peace is the absence of conflicting beliefs that create conflicting needs and conflicting choices.

When our 'Inner World' is in conflict, we express this outwardly as behaviour that is in conflict with others. This is called a drama.

Conflict exists in our world because we live in a relative dual reality world of opposing opposites.

Whenever we are confronted with a dilemma of two opposing choices, we are in conflict and we are disconnected from our Inner Peace.

Peace is the absence of conflict that has been created by dual reality life.

When we overcome duality, Peace returns as our reality.

Peace of Mind is choosing the 3rd Way because our third choice is always divine.

The paradox is that we need to find our peace of mind in order to have the time and space to explore the third way that brings us Peace of Mind.

Peace is a Divine State of Being and a Divine Attainment.

Our Soul is eternally at Peace.

“A New Paradigm”

March 15, 2009

The current Paradigm of Western Society is founded on 3 basic beliefs:

- Information and knowledge give us our Ability.
- Status gives us our Authority (usually over others).
- Money gives us our Power (to do and have what we want).

Western Society has 3 fundamental Systems that maintain these beliefs:

- The Education System regulates information and knowledge and is responsible for making us wise.
- The Finance System regulates money and is responsible for our wealth.
- The Medical System regulates our ability to be healthy and to lead the life that we choose.

A New Paradigm is founded on the following beliefs:

- Power comes from our Self-worth and by valuing who we are being.
- Authority comes with our Self-confidence of making intuitive choices.
- Ability comes with the Self-esteem of managing and using our own power & authority effectively.

The benefits of the New Paradigm are:

- Our True Wisdom comes from the authority of our own Self-confidence.
- Our True Wealth comes from the power of our own Self-worth.
- Our True Health comes from the ability of our own Self-esteem.

Power, Authority & Ability; Health, Wealth & Wisdom; Confidence, Worth & Esteem; belong to everyone. They are our Fundamental Nature and our basic Human Right. We just have to choose them and own them.

Opposing Polarities

March 14, 2009

Opposing magnetic poles attract. They align in a similar north-south direction.

Opposing energy polarities repel. They cannot align in opposing directions. Opposing energy polarities are in reality moving in opposite directions and therefore appear to be moving away from each other.

Positive energies and positive thinking people are repelled by negative energies and negative thinking people because they are moving in opposite directions.

People who think and speak negative thoughts and words and act with a negative behaviour do not appear attractive to positive people who think, speak and act in positive ways. Positive people are not seen as attractive by people with a negative perspective of the world. They are seen as arrogant and self-righteous because negative people see negative traits in others.

Negatively polarised thought is attractive to other negative thinking people because they are travelling in a similar direction. In the same way, positive thinking people are travelling in a similar direction even though they may have totally different thoughts.

Positive and negative are not inherently the same as good or bad. Positive means flowing effortlessly with power, whereas negative means continually encountering resistance. Positive is usually seen as a forward direction and negative as a backward motion.

What is truly attractive is a neutral polarity. Energy that is undivided by polarity is neither positive nor negative but balanced and in harmony with our Divine Frequency of Light.

Opposites Attract

March 13, 2009

The Law of Attraction states that “Like Energy is drawn unto itself”.

The Law of Attraction is infallible and immutable, so how can opposites appear to attract?

The absolute reality is that opposite and opposing energies are the same energy.

A paradox is created, within our relative world of dual reality, where similar wavelengths of energy are divided by opposing genders.

Consciousness is divided in the human mind and processed either through our right or our left brain.

Wavelengths of thought that are processed with our right brain are perceived as having a female gender.

Opposing wavelengths of thought that have a male gender are processed through our left brain.

All wavelengths of thought energy are divided by gender and perceived as either male or female until we consciously learn to balance our thoughts emotionally and rationally.

Male thought energy is perceived from a rational perspective, whilst female thought energy perceives the emotional aspects as our perspective.

Even though male and female energy is perceived as opposite and opposing it is in reality the same wavelength of energy and attracts all similar wavelengths irrespective of gender.

N.B. The gender of our energy is not the sex of our physical body. Both men and women are capable of either right or left brain thinking and have the potential to reunite their rational and emotional energy and balance the wavelengths of their thoughts.

Mastering Acceptance

March 12, 2009

A True Master Accepts what ever turns up in Life knowing that this is their Soul's Choice.

Whatever occurs in Life is a Gift from our Soul.

Acceptance is receiving what turns up in Life as a gift from our Soul.

True Acceptance requires unconditional Forgiveness.

Our Soul's greatest gift to Itself (Its Self) is the opportunity to expand and grow.

Expansive Growth is the gift of Life.

Accepting that we have a Life Path and accepting that it is our Destiny to Live it, is the first step to Mastering Acceptance.

Without Acceptance our Life Path remains our fate, our doom and our misfortune.

It is not our fortune to follow our Destiny..... It is our Calling.

We cannot follow our Vision by chance, we are required to choose it.

The difference between our destiny and our fate is not one of direction but of perspective.

We Master Acceptance when we choose the Life Path that is our Destiny instead of tolerating the fate that is our doom.

A Master Accepts whatever turns up in Life because he knows that at some level he has created it.

A True Master knows at what level he has created it.

Truly Selfish

March 11, 2009

Being Truly Selfish is being like our True Self.

Our True Self is our Soul.

When we are being the attributes of our Soul, we are being Truly Selfish.

We attain True Selfishness by making the choices of our Soul.

The Soul never chooses to be selfish or unselfish, always Truly Selfish.

The ego is our sense of Self that is disconnected from our Soul.

The Self always has a choice and can choose to be selfish or unselfish when making the choices of its ego.

When the ego chooses to be selfish it chooses what the ego thinks it wants, and what the ego thinks is good for itself.

When the ego chooses to be unselfish it chooses what another's ego wants, because it believes that in doing so it will receive what it thinks it needs itself.

Our Soul always chooses what its True Self has chosen for this lifetime.

Being Truly Selfish is following our Life Path and doing what we truly value, because this is what our Soul has chosen for our Self.

Pictures, Words, & Emotions

March 10, 2009

Pictures in our Mind are how our Soul allows us to See Spiritually.

Words in our Mind are how our Soul allows us to Know Spiritually.

Emotions in our Mind are how our Soul allows us to Feel Spiritually.

Pictures, Words and Emotions are the Language of our Soul.

For those that have the 'Eyes to See', let them See with their Mind's Eye a bigger picture of Life.

For those that have the 'Ears to Hear', let them hear the 'Words of God' their Soul and Know their Light.

For those that have the 'Hands to Heal', let them emote the Feelings of their Soul and be healed with Love.

Pictures come from the Intuitive Genius of our Imagination and allow us to create a new Reality.

Words are the Intuitive Revelations from a Universal Mind that allow us to manifest a new Reality.

Emotions are the Intuitive feelings from our Inner Self that allow us to realise our chosen Reality.

Realisation

March 9, 2009

Realisation is our Awareness of Reality.

When we Realise our Awareness, we make Reality Real.

We cannot consciously create our Reality without Awareness.

Awareness requires the realisation of our Conscious-Awareness.

In other words we are required to be conscious of our Awareness and aware of our Consciousness, and see the distinction, before we can realise that we create our own reality.

Without this realisation, we cannot consciously create our reality and be aware that we are doing it.

A Realisation is an Ah! Ha! moment.

An Ah! Ha! moment is the realisation of our Truth.

Once we Realise our Truth, we can then create our own Reality, because we know that creating our own Reality is our Truth and our Truth is our Reality.

Feeling Outside of the Box

March 8, 2009

We become insensitive to others and unemotional our self when we disconnect from our feelings.

We disconnect from our feelings and become unemotional when our emotional feelings become too uncomfortable.

When we disconnect emotionally, we put our feelings outside of our comfort zone.

Rational people put irrational feelings out of their mind and out of the zone in which they feel comfortable.

Rational people become contained within their own comfort zone that excludes emotion.

The box that rational people contain their self in is an emotion free zone.

Disconnected rational people only feel emotions that are outside of their box.

The more emotionally contained and insensitive that we become, the less we can feel emotional intensity and the more intense emotional feelings have to be before we can feel them.

For an emotion to register in the mind of a rationally contained person, it is required to be either intensely very positive or intensely very negative. It will move one to either tears of intense pain or tears of intense pleasure.

The only way to feel sensitively and emotionally outside of our box is to remove the boundaries that clearly define our comfort zone.

Personal Spiritual Development & Growth is not possible within the confines that define the boundaries of our Comfort Zone.

Thinking Outside of the Box

March 7, 2009

Rational thinkers limit their thinking to logical, rational reasoning.

Reasonable, rational logic becomes the boundary of the 'box' in which our thinking is contained.

Rational thinkers are unemotional and disconnected from their Higher Mind and the Universal Consciousness.

The Unconscious Universal Mind travels on waves of emotional energy.

When we disconnect emotionally, we are unable to communicate spiritually outside of our box.

Inspiration and Imagination require a sensitive, emotional connection to our Higher Consciousness in order to become active.

When we believe that Intuition is irrational, we disconnect from our Wise Teacher and Inner Coach.

Our Spiritual Senses can only become activated when we combine both our Rational (IQ) and our Emotional (EQ) Intelligence.

Our physical senses define the physical boundaries of the world in which we have become contained.

Our Spiritual Senses of Seeing, Knowing and Feeling are required for thinking outside of the Box.

“The Instructions for thinking outside of the box are printed on the outside of the box”.

Our True Identity

March 6, 2009

Our True Identity is who we really are. Our True Identity is our Soul. In the absence of, or disconnection from, our True Identity, we create an alter ego called our Self.

Our Self has two dimensions called our Character and our Personality. The character of our Self is determined by our mental programmes and limiting beliefs that are contained in our sub-conscious Id.

The personality of our Self is determined by our emotional needs.

The character and personality that we adopt determine our Role in the Drama called Life.

Our Soul is a three dimensional Entity when viewed from the perspective of the Self:

- The Attributes of our Soul are the emotional states of Being that our Soul has chosen to experience in this life-time.
- The Attainments of our Soul are the feelings that our Soul has chosen to discover and attain in this life-time.
- The True Values of our Soul are the actions that our Soul has chosen to explore in this life-time in order to facilitate discovering and experiencing its chosen attributes and attainments.

The Self sees its Self as a personality and a character that has a role in life.

The Soul sees its Self through the Attributes, Attainments and True Values that it has chosen to experience, explore and discover in Life.

Our True Identity is realised once the Id of our Sub-conscious Self is united with the Entity of our Divine Soul.

Being at Choice

March 5, 2009

Being at Choice is following my chosen Destiny. When I choose a conscious choice, I am following my fate. When I fail to make a choice, I receive more of the fate that I have already chosen. When I make a new choice, I am changing my fate. Fate can be our fortune or our doom, but never our destiny.

To be at the Choice of my Destiny requires me to be Consciously-Aware of:

- Accepting the Mission that I have chosen for this life-time. This is what I have chosen to do that has True Value.
- Allowing the Vision that I have chosen for this life-time to manifest. This is what I have chosen to have and to Attain.
- Approving the Purpose that I have chosen for this life-time. This is who I have chosen to be and Attribute to my Self.
- Affirming my Soul's choice by hearing my Messages of support and direction.
- Acknowledging my Soul's Choice by seeing the Bigger Picture of my Life.
- Attesting my Soul's Choice by feeling the power and inspiration of my True Presence.
- Appreciating the Choices of my Soul with a little Prayer of Gratitude & Appreciation.

When I am Being at Choice with my Soul, I am appreciating who I am, why I am here, where I am going, what I am doing, and how and when I am doing it.

Spiritual Intelligence

March 4, 2009

Spiritual Intelligence is our ability to live our Life Spiritually.

It is our ability to balance our physical, mental and emotional aspects in harmony & unity.

We require Rational Intelligence to intelligently rate all the physical aspects of life in order to make conscious choices.

We require Emotional Intelligence to become intelligently aware of all the emotional aspects of life in order to make choices in full awareness.

Spiritual Intelligence is the product of combining our Rational Intelligence and our Emotional Intelligence together.

Rational Intelligence gives us the Authority to live our own life as we choose.

We gain Rational Intelligence from the experience of life that we obtain by using our 5 physical senses of sight, hearing, smell, taste and touch.

Emotional Intelligence gives us the Power to live our own life as we choose.

We gain Emotional Intelligence from the experiences of life that we obtain by using our 3 intuitive senses of Seeing, Feeling & Knowing.

With Spiritual Intelligence we become Spiritually Conscious Beings having an Emotionally-Aware experience in a Physical World of Conscious – Awareness.

The Christmas Message

March 3, 2009

Mass is a celebration.

Christmas is a celebration of Christ Consciousness. Christmas Day is the day that Christ Consciousness is born in our Self.

Jesus was born with the Consciousness of the Christ. Christ means 'King' of the Kingdom of Heaven. On the day Jesus was born, Christ Consciousness became the potential for all Men. Amen.

This is the Christmas Message of Jesus: "You too can be like me".

All Men have the potential to attain Christ Consciousness. Christ Consciousness is not about being conscious of Jesus.

Christ Consciousness is:

- Being Consciously-Aware of our own Divinity and our own Spiritual Potential.

Which is the Spiritual Intelligence of:

- Knowing our own Authority
- Feeling our own Power
- Seeing our own Ability

Christmas is an annual celebration of the Attainment of our own unique Power, Authority and Ability.

It is our reminder to live Life in the Image of Christ and join him in the Kingdom of Heaven.

It is an expression of our ability to be King of our own Heaven here on Earth.

Fear

March 2, 2009

When we lose our True Identity, we lose our Power.

When we lose our power, we need other people to give us our emotional energy.

When we need our emotional Power from others, we will fear Rejection.

When we fear Rejection, we lose our Power of Love, which is our Self-worth, and our power to be our True Identity that is the Purpose of our Life.

When we lose our ability to make credible choices, we lose our authority.

When we lose our authority, we lose our ability to follow our own path and experience what we have chosen for this life-time.

When we lose our Authority, we will fear Deprivation.

When we fear Deprivation, we lose our Authority of Light, which is our Self-confidence and our authority to be at Choice and complete our Vision for this Life.

When we lose our Identity and our choice, we lose our Divine Ability.

When we lose our Ability, we will fear Failure.

When we fear Failure, we lose our Ability of Life, which is our Self-esteem and our ability to do what we want to do to accomplish our Mission in Life.

Acceptance

March 1, 2009

Acceptance is:

- Receiving all situations, occurrences and happenings in Life as a gift.
- Seeing all Life as a gift of learning.

We are learning through experience which gifts of life we choose to retain and which gifts we choose to let go of.

All gifts of Life are sent by our Soul for our Acceptance and Evaluation.

Once we attain Acceptance, we see whatever turns up in Life as a gift from our Soul.

Wanting to have what we believe that we are without is a toleration of the ego.

Wanting to retain in our Life what we already have is the choice of our Soul.

It is only through the Acceptance of Life's gifts that we can decide whether we want them or not.

What we want, we see as good and wish to retain in our Life. We can do this simply by focusing on a little prayer of appreciation, gratitude and acceptance.

What we don't want, we see as bad and wish to remove from our experience. We do this by simply not giving it another thought.

Winning

February 28, 2009

Winning is realising our Ability and Esteem.

We have high esteem when we realise our own ability.

When we know and recognise our own ability, we have high esteem.

Without self-esteem, we have lost either our confident authority or our valuable power and worth.

Whatever we have lost, we need to win back.

Winning becomes a duality when we believe that we will lose self-esteem by not winning.

Losers need the emotional power that they gain by winning the esteem of other people.

We are losers of our power when we need to be praised, applauded, recognised, rewarded or esteemed by others for winning.

‘Winning & losing’ has become confused with ‘losing & gaining’ our emotional power by getting our needs met.

When we win our own True Self-esteem, we know that we can never become a loser in Life.

When we lose our connection to our Soul, we can never win.

Our Soul is truly a Winner and is never lost.

Being Truly Selfish

February 27, 2009

Being Truly Self-ish is Being like our True Self, which is our Soul.

Being selfish is wanting and desiring the choices of our ego self.

Being unselfish is being humble and pleasing to the choice and authority of someone else.

Being Truly Selfish is:

- Allowing the choices of our Soul to manifest in our Life.
- Choosing the authority of our Soul.
- Accepting whatever turns up as a gift from our Soul.
- Practicing unconditional forgiveness.
- Always beneficial for both our Self and our Soul and is never detrimental to another.

Being detrimental to another is never beneficial to our Self because it contravenes the Golden Rule.

By the Law of Attraction: When we are being Truly Selfish and following our own path, we allow others to follow their path, which allows others to allow us to follow our path. We are allowing others to be Truly Selfish and follow their path as a reflection of our Self following our Soul's Path.

The Duality of Energy

February 26, 2009

Duality means Dual Reality.

Dual Realities are created by the paradox of opposing perspectives.

Opposing perspectives are an illusion of dual reality.

Pure Energy is Love. Pure Love is never in opposition.

Opposing realities are a feature of the relative world of duality.

When Pure Energy appears to be opposing in reality, it creates the false belief that opposites attract.

The attraction of opposites is an illusion of duality.

The Law of Attraction clearly states that “Like energy is drawn unto itself”.

Duality is created when Pure Energy is divided by its intensity.

The intensity of our energy creates the intensity of our Life.

The intensity of energy is created by the duality of its gender and polarity.

Polarity creates the duality of energy appearing to flow in either a positive or a negative direction depending on our personal perspective.

Gender creates the duality of energy appearing to form with either a male or female clarity of personal perception.

The intensity of Life that is created by the duality of energy allows choice.

With choice, Life becomes either a problem to solve or to fear, or an opportunity to explore, discover and experience.

Raising our Vibration

February 25, 2009

The potential to raise our vibration is the process of increasing the force or frequency of our energy and increasing the magnitude or wavelength of our energy.

The force or frequency of our energy, combined with its magnitude or wavelength, produces the energy potential of our vibration.

The frequency of our thought determines the force of our own personal authority.

The force of our Authority is determined by the frequency of our Light.

The frequency of our Light determines our ability to make a choice with Authority.

The wavelength of our thought determines the magnitude of the emotion on which each thought is transmitted and received.

The magnitude of the emotion is equivalent to the amount of our personal power.

The magnitude of our Power is determined by the wavelength of our Love.

The wavelength of our Love determines our ability to make a choice with Power.

Pure vibrations of energy have no duality.

Frequency and wavelength are not a duality but part of the triality of frequency, wavelength & vibration that is the force, magnitude & potential of our spiritual energy.

Vibrations of energy that are divided in duality have an intensity that is determined by their gender & polarity.

The more our energy is divided by gender, the shorter is its wavelength.

The more our energy is divided by polarity, the slower is its frequency.

The more our energy is divided by intensity, the lower is its vibration.

Raising our vibration requires us to overcome the dualities of our energy and redeem our true and natural states of Being, which is both sublime and divine.

Creating Reality

February 24, 2009

Consciously creating our own Reality requires us to consciously manage our own personal Time and Space.

The amount of personal Time & Space that we have is relative to how effectively we are able to create our own Reality.

The frequency of our personal Time combined with the wavelength of our personal Space creates the vibration of our personal Reality.

Our personal Reality is an expression of our personal Energy Vibration.

The more vibrant our energy, the greater is our ability to Attract the Reality that we choose.

For our Reality to be attractive to us, we are required to be Attractive and to attract our Reality Consciously.

Creating our own Reality requires our Consciousness (our thoughts) to Be Attractive.

Our Energy Vibration is our Energy Potential, which is our potential to consciously create our own Reality.

The Potential Vibration of our Energy is the product of the force of our Energy Frequency and the magnitude of our Energy Wavelength.

You are required to: “Be the Reality that you choose to experience in this world”.

Emotional Energy Levels

February 23, 2009

Although most people are unaware of their Emotional Energy Levels, when asked how they are, they will sub-consciously know their emotional energy level and reply accordingly:

On a scale of 1-10:

- 10 is totally positive and accepting without any present tolerations or emotional needs.
- 5 is just keeping our head above water, managing to get our needs met and cope with our tolerations.
- 1 means our tolerations have become intolerable and we have run out of emotional energy.

The Inner Coach's Guide to Emotional Energy Levels:

1. I am knackered, exhausted, run out of steam.
2. I am not very well, I am suffering.
3. I am under the weather, feeling blue.
4. I am a bit down, I am under par.
5. I am coping, just managing, skating on thin ice.
6. I'm O.K., I'm alright.
7. I am fine, I am fair to middling.
8. I am good, good to go, raring to go.
9. I am just dandy, on top of the world, very well indeed.
10. I am overjoyed, ecstatic, over the moon, deliriously happy.

Heart and Soul

February 22, 2009

Heart and Soul are united in Absolute Reality.

In the relative dual reality of our physical existence, heart and soul become divided.

Our Heart is our source of emotional Love that is our Power.

Our Soul is our source of mental Light that is our Authority.

Only in the duality of our physical world is our power separated from our authority.

Only in this physical duality can we experience Love without Light, and light without love.

Love without light comes from a heart that is disconnected from its Soul.

A disconnected heart is an ego that is capable of experiencing the dualities of: love & hate; love & lust; and love & fear; as well as: light & dark and light & heavy.

When we put our Heart & Soul into Life, we connect to the Power & Authority of our Soul at the Heart of our Beingness that allows us the full potential of our Ability to Live a Divine Life.

The Golden Rule

February 21, 2009

The Golden Rule is how we relate to others with the Law of Attraction.

Each Religion has its own version or versions of the Golden Rule.

It is Man's interpretation of the Nature of the Universe that deems it to be a Law or a Rule.

Man is governed by Laws & Rules of his or her own making.

The Universe does not govern Man.

All men and women have freedom of choice in this world as a Divine Right.

We cannot have freedom of choice and be governed by rules and laws.

Man's choices become Man's standards and boundaries.

The Universe has no standards and boundaries, just a Divine Nature.

Attraction is the Nature of the Universe.

Being Attractive is our Divine Nature.

The Golden Rule is not a rule or a law.

It is a guideline that gives us direction on the Life Path of our Destiny.

Specific Gravity

February 20, 2009

Specific Gravity is the energy vibration that is specific to any subjective object.

Our Specific Gravity is our specific Power of Attraction.

By the Law of Attraction, like energy is drawn unto itself.

Like energy vibrations are drawn together.

Like energy vibrations of specific matter are determined by and as their specific gravity.

The relative density of matter (its vibration) is measured as its mass (frequency) divided by its volume (wavelength).

The Specific Gravity of Energy is measured by its wavelength (magnitude) multiplied by its frequency (force), which is called its vibration (potential).

The vibration of electricity is its electrical potential or wattage, which is measured as its voltage (force) multiplied by its amperage (magnitude).
 $\text{Volts} \times \text{Amps} = \text{Watts}.$

Weight is the force or strength of gravitational attraction on material objects.

Mass is the amount of matter that is present in an object.

The more mass that is present in an object the less 'space' there is between the molecules and atoms and the lower the vibration or energy potential.

The Specific Gravity of our Energy measures how 'Attractive' we are and is inversely proportional to the relative density of our physical matter.

The Saboteur

February 19, 2009

The Saboteur:

- Is the aggressive victim.
- Will sabotage all attempts to form meaningful relationships.
- Is a victim of a relationship because they sabotage any relationship that is constructive.
- Is the villain of their own victimhood.
- Is the creator of their own victimhood.
- Believes that a pre-emptive strike is the only defense against attack.
- Is unable to form a constructive relationship because they are unaware of the purpose of relationships.
- Cannot see who they are being.
- Sees them self as the victim of who someone else is being.
- Believes that the only way to stop being a victim of a relationship is to sabotage or destroy the relationship.

The purpose of a relationship is to see and experience who we are being in relationship to another person.

How we relate to others is a reflection of how they relate to us.

Standards

February 18, 2009

A personal standard that is given to us by our family is called a Principle. Our family is the principle source of our standards.

A personal standard that is given to us by our church or religion is called a Moral. The church looks after the moral standards of its congregation.

A personal standard that is given to us by our Philosophers is called an Ethic. Philosophers are life's rational thinkers and the ethical way is the rational way.

A personal standard that is given to us by our Government, either centrally or locally is called a Law or Bye Law. Governments legally enforce laws on behalf of their electorate.

A personal standard that is given to us by our society or peers is called Etiquette or Manners. Etiquette is the manner in which our society expects us to behave.

Personal Standards of behaviour are driven by our personal beliefs that we have obtained and accrued from our family, our religion, our philosophy, our government and our society, race or creed.

Our personal standards are our fate, which decides our doom or our fortune.

Our personal standards define the boundaries that create the comfort zone that ensures our survival in life.

Personal standards have value but they are not our True Values.

True Values are unique and exclusive to our Self, they are not standard.

The Illusion of Attraction

February 17, 2009

Attraction is the nature of the Universe.

The Universe is created through thought.

Whatever we focus our thought on we attract into our reality.

The illusion is that attraction isn't real.

We live in a world of illusion because of the time lapse between the moment of our thought and its manifestation into physical reality.

The Nature of Reality is that like energy is drawn unto itself.

What takes time and focus is turning a thought into physical matter.

Physical Reality is subject to Time & Space.

The Reality of Space evolves over Time.

Our physical reality didn't manifest instantly, it evolved and is evolving as the consequence of our thoughts about our physical world.

Our conscious perception is a reflection of our conscious thoughts.

As our conscious thought is less than 10% of our total Consciousness, and our total thoughts, we are only consciously attracting our reality for less than 10% of the time.

This gives the illusion of the Law of Attraction being an illusion.

When the 10% of our consciousness (our ego Self) aligns with the other 90% of our consciousness (our Soul), inspired creative manifestation becomes miraculously instantaneous.

Goodness & Righteousness

February 16, 2009

Goodness is:

- The Attainment of Divine Power.
- The state of emanating Pure Love.
- The experience of having no duality of good & bad.

Righteousness is:

- The Attainment of Divine Authority.
- The state of emanating Pure Light.
- The experience of having no duality of right & wrong.

To attain Goodness & Righteousness we are required to follow the Path of Goodness & Righteousness.

We cannot attain Goodness by fighting badness with authority.

We cannot attain Righteousness by fighting ignorance by teaching knowledge.

We attain Goodness by overcoming our belief that goodness is good and badness is bad.

We attain Righteousness by overcoming our belief that righteousness is being right and wrongness is being wrong.

We redeem our Goodness & Righteousness in a state of Being 'Accepting', 'Approving' & 'Allowing' of everything as being Divine.

Experience of Life

February 15, 2009

Life is a physical, mental and emotional experience.

- A physical experience is what we are doing.
- A mental experience is what we are having.
- An emotional experience is who we are being.

A rational life experience has no sense of emotion and is about what we are doing, in order to obtain what we think that we physically want and need.

An emotional experience has no sense of logic or rationale and is about what we need to do in order to feel the way we want to feel.

A rational life has no sense of feeling or being emotional, whereas an emotional life has no sense of rationale or logical thought.

An emotionally-rational experience of Life has a complete sense of Being, Doing and Having.

Who we choose to be emotionally, and experience emotionally as a state of being, is called an attribute.

What we choose to rationally achieve and have in our Life is called an attainment.

What we choose to do in Life, in order to be and experience who we choose to be in Life, determines what we choose to have and experience in Life, which is a True Value.

“Life has no value without Experience”.

Personal Time, Speed & Distance

February 14, 2009

Personal time, speed & distance are unique and exclusive to each Individual.

We each have our own personal time, speed & distance.

Personal time is determined by the vibration of our spiritual energy. The greater is our energy vibration, the more personal time that we have to consciously create our own Reality.

Personal distance is determined by the wavelength of our spiritual energy. The longer the wavelength of our emotion, the more stillness and equanimity we have between us and other people. We define the distance between our self and others as our personal Space.

Personal speed is determined by the frequency of our spiritual energy. The faster the frequency of our spiritual energy, the faster our thoughts manifest and the more personal time we have to make choices. We define this as our personal Time that is available to us.

Confusion arises because our physical time relative to speed and distance is a constant that everyone else shares. However our personal time is a unique vibration that is determined by our own exclusive Space-Time-Reality.

Personal Time that is the frequency of our Mental Thought is called our Light.

Personal Space that is the wavelength of our Emotional State of being is called our Love.

Personal Reality that is the vibration of our Physical Body is called our Life.

Physical Time, Speed & Distance

February 13, 2009

In the relative physical world, time is calculated as speed relative to distance. ($\text{Time} = \text{Speed} \times \text{Distance}$)

- One day = the speed of the Earth's spin relative to the distance of the sun.
- One month = the speed of the Moon's rotation of the Earth, relative to the distance of the Sun.
- One Year = the speed of the Earth's orbit of the Sun, relative to the distance of the Sun.

In the relative physical world, distance is calculated as speed relative to time. ($\text{Distance} = \text{Speed} \times \text{Time}$)

- The distance between stars and galaxies is measured as 'light-years', which is the distance that the speed of light travels in one year of time.
- Smaller distances may be measured as 'light-days', 'light-hours' or 'light-seconds'.
- As light travels at 300 million metres per second, a different scale is required for distances on Earth.

In the relative physical world, speed is calculated as distance relative to time. ($\text{Speed} = \text{Time} \times \text{Distance}$).

The speed of motion of physical objects, relative to each other, is measured as:

- Metres per second
- Kilometres per hour

Physical time, speed and distance are all measured relative to the time, speed and distance of the Sun.

Because the Sun is constant, time, speed and distance appear to be a constant.

Yet Einstein knew that Time is relative to Speed and Distance. The faster and further we travel in Space, the more time is dilated.

At the speed of light, time stands still, mass becomes infinite, and distance disappears.

Beyond the speed of light, time becomes eternal, speed becomes continuous and distance becomes infinite.

Evil

February 12, 2009

Evil is a negative perspective of Life.

Evil is created by negative thoughts and beliefs.

Negative thoughts and beliefs create negative actions and occurrences.

Negative actions and occurrences are thought to be evil activity occurring.

Evil activity creates an evil Reality.

Evil becomes real because of our evil thoughts and beliefs.

We can only start to overcome evil once we realise that our own thoughts and beliefs have created it.

We cannot defeat evil by fighting it.

Our continued thoughts of fighting evil only serve to give evil more power.

The only way to defeat evil is to not give it another thought.

When all our thoughts are focused on the Goodness of Life, evil will cease to exist.

Without evil there is no fear and without fear there is no evil.

The antidote to fear and evil is forgiveness and acceptance.

Sympathy

February 11, 2009

Wanting to alleviate another's suffering is not compassion, it is either sympathy or guilt.

We are in sympathy with another when we are sharing their suffering.

Those who do not share another's suffering may suffer from guilt.

Suffering is another word for a negative emotion or the experience of a negative state of being.

As well as guilt, remorse and self blame are also symptoms of those in sympathy with people who are suffering.

We offer our deepest sympathy when we resonate with someone else's deepest negative emotional state of being.

This is usually the grief suffered at the loss of a loved one.

When we sympathise with another, we focus our attention and their attention on their negative emotional state and thereby prolong and increase their suffering.

By the Law of Attraction, what we focus our thought on, we attract more of.

Sympathy therefore increases suffering and attracts even more suffering.

Wanting to alleviate suffering, just increases suffering and prolongs it.

The greatest act of Compassion is to not give suffering another thought.

Trying

February 10, 2009

Whenever we 'try', we have already failed.

We try to solve problems but whenever we find a solution, the problem often returns in a different format. No matter how hard we try to solve problems, we always seem to encounter more problems. The harder we try, the more trying our problems become.

When we think that we already have a solution to a problem and try to solve it in the same way as before, we realise that the problem hasn't actually gone away. We just appear to remedy the symptoms for a short time. When faced with a recurring problem we are forced to try bigger and better solutions.

Solving problems doesn't make them go away. Great problem solvers become great problem creators.

When we see problems as a challenge, we endeavour to meet the challenge. The greatest challenge in life is to have no problems.

We try to solve problems, we endeavour to meet challenges, yet we only ever succeed when taking our opportunities.

When we try to meet a challenge it becomes a problem.

When we try to take an opportunity it becomes a failed challenge.

Problems are sent to try us.

Challenges are sent to inspire us.

Opportunities are sent to empower us to personally, spiritually, develop and grow.

Our Soul only ever sends us opportunities.

Gentleness

February 9, 2009

Gentleness is without:

- Strength & Weakness
- Wrath & Meekness
- Bitterness & Sweetness (Mildness)
- Nastiness & Niceness
- Anger & Patience
- Arrogance & Humbleness
- Pride & Humility
- Envy & Kindness
- Greed & Pleasing

Gentleness is:

- When we find the strength in our weakness and the weakness in our strengths.
- When our kindness, humility, humbleness, patience, mildness, meekness, niceness and pleasing all become a weakness.
- When our pride, greed, arrogance, anger, bitterness, wrath, nastiness and envy are no longer a strength.
- When a gentle push becomes an oxymoron.
- When we experience 'Attraction in Action' and no pushing is required.
- When Life flows to us effortlessly along our Life Path.
- When our lack of Power no longer diminishes us.

- When our Power no longer overwhelms us.

Gentleness is a Divine Attainment.

At One & Oneness

February 8, 2009

Oneness is the Singularity of All That Is.

Oneness has no division, no duality, no relativity and no choice.

Oneness is Absolute Divinity in its Purist Form.

We can never return to Oneness, for Oneness is without the experience of 'what is' and 'what is not'.

Once we have journeyed through the realm of relative dual reality and unlimited choice, we have experienced a taste of what is and what is not. We have experienced choice.

Once we have experienced choice, we can never choose to not have choice, although we can choose not to choose.

Being At One is choosing to follow the Authority of our Soul and sharing the Power & Ability of our Soul.

When we are Being At One, we atone for all our sins. Sins are our states of being without, or divided from, our Soul.

Being At One with our Soul means that our Soul is liberated from the Oneness, with the choice to experience the duality of twoness or the triality of threeness.

“I Am” & ‘I Will’

February 7, 2009

The “I Am Presence” is the Power of the Universe.

The ‘I will present’ is the force of the individual Self.

We present our self as the personality and character of our ego.

The “I Am” Presence is the “Image of God” in which we are made.

“I Am” is a Human Being.

‘I will’ is a human doing.

“I Am” Attractive, which is my Divine Nature and Identity.

‘I will’ promote the personality and character of my Self.

The ego self needs ‘I will’ to achieve the choices and desires of its Self.

Our Soul requires “I Am” to be experienced by its Self to allow the choices of the Soul to flow to its Self.

“I Am” is the Power of the Soul.

‘I will’ is our will power, which is the strength of the ego’s determination.

The Nature of the Universe

February 6, 2009

God and the Universe are One.

The Universe is naturally Attractive.

Attraction is the Nature of the Universe.

Attraction is the Nature of God.

Nothing is more Attractive than God (Divinity).

It is the Nature of the Universe that Like Energy is drawn unto itself.

It is the Nature of God that everything that is Divine will return to God.

The Nature of the Universe is Energy.

Energy takes a different form depending on its wavelength, frequency and vibration.

Similar wavelengths frequencies and vibrations are attracted to each other.

Matter is energy vibrating very slowly.

The attraction of matter to matter is called Gravity and is known to be a Universal Force of Attraction.

The Attraction of non-physical energy cannot be detected with our physical senses of seeing, hearing, smelling, tasting or touching.

To spiritually sense how like energy is attractive requires us to know our thoughts, feel our emotions and see with our imagination.

We are required to see, know and feel the existence of space-time-reality that is the fundamental Nature of our Universe.

Commandments

February 5, 2009

A Commandment is a Mission Statement that illuminates our Life Path.

Jesus had two commandments that highlighted his mission on Earth:

- “Love the Lord thy God with all thy Heart, Soul, Mind & Strength”.

When we love the Lord our Spirit with all our Heart, we are at One with our Soul and our Soul’s Power, which is Holy or Whole.

When we love the Lord our Soul with all our Soul, we are Equal with our Soul and our Soul’s Ability.

When we love the Lord our Master with all our Mind, we are at Choice with our Soul and have mastered our Soul’s Authority.

When we love the Lord our God with all our Strength, we are effortlessly flowing and expansive in Personal Spiritual Development & Growth with our Soul, with the combined Power, Authority & Ability of our Soul. As Jesus is.

- “Do unto others as you would have them do unto you”.

This is Jesus’ version of the Golden Rule & the Universal Law of Attraction.

With an Awareness of the Nature of Attraction we know that:

- “What we say, think and do unto others will be reflected in what others say, think and do unto us”.

This is why all relationships are Divine, because they are the essence and reflect the essence of our own Personal Spiritual Development & Growth.

The Gospel

February 4, 2009

The Gospel is the Good News.

What is the Good News that is contained within the Holy Bible?

The Good News is that we are all made in the Image of God and we can all be like Jesus who knew and lived in the Image of God.

The bad news is that we haven't got the message. We are still portraying an image of Man and we continue to see God as a reflection of Man instead of seeing all Men as a reflection of God.

Being a Christian is about trying to do what Jesus supposedly did by ministering to a band of followers.

Being Christian is Being who Jesus Is. It is attaining a state of Christ Consciousness.

Being Christian is Being Christlike and requires us to become the Divine Attributes and Attainments that Jesus Is.

Sacrificing himself on the cross, performing miracles and saving other people may have been what Jesus supposedly did, but it does not tell us who he is.

To understand the Good News of the Gospel, we require the awareness of 'the eyes to see' and the 'ears to hear'.

This is the ability to see the bigger picture of Life and to know why we are here.

Without the spiritual sense to 'know our Light' and to 'see our Life' the Good News will be wasted on us, even though we may 'feel the Love' that Jesus has for everyone.

Self Confident Arrogance

February 3, 2009

Arrogance is the confidence we have in our ego self.

Arrogant people believe in their self and confide in their self.

Arrogant people believe that they have enough self-confidence.

Others believe that arrogant people have too much self-confidence.

Self-confident people follow the choices of their ego.

They follow their beliefs with great will power and they follow the will of their ego with the power of their will.

With the confidence of our ego self, we become egotistical and arrogant.

The self can only be truly confident when it confides in its True Self – its Soul & Inner Coach.

Our Soul is Truly Confident with no degree of arrogance or humbleness.

Humbleness is confiding in and following someone else's egotistical choices.

Unawakened people are confident in the arrogance of their ego self.

Awakened people connect to, and confide in, the Confident Authority of their Soul.

The Creative's Dilemma

February 2, 2009

The Creative's Dilemma is that they have too much energy and they do not know what to do with it.

Unchannelled creative energy results in hyper-activity.

Hyper-active people are busy being busy, doing uncreative things.

The unfulfilled Creative is busy expending energy doing things that meet their emotional needs in order to replace the energy that they waste by not being creative.

The Creative's dilemma is that they are so busy creating chaos in their life that they have no time for creating what they truly value.

Creative energy is there for us to create our Ideal Life.

A dilemma arises when we do not know what our ideal life looks like.

We have the creative power without the authority to use it.

The Creative's Dilemma is that they have the ability to live an active life without the stillness to know what action to take.

When a Creative learns their Vision, life is no longer a dilemma.

We are all Creative Beings.

Only those who fulfil their Vision in Life are seen by others as Creative.

Pathology of Life

February 1, 2009

Pathology is the study of illness, sickness and disease.

Pathology is the study of how people die.

We get sick and unwell when we are not following our True Life Path.

When we are off track and following our fate, we are pursuing an existence on a path towards a slow death.

Pathology determines the symptoms of our ultimate demise.

A slow death is our fate and is caused by our inability to follow our destiny.

When we follow the destiny of our True Path, we start to live our Life well.

Our destiny is to experience, explore and discover who we are and why we are here.

When we study our True Path, we discover our True Values, and Life becomes valuable and worthwhile.

Path-ology is the study of our True Life Path, our Destiny.

Idology

January 31, 2009

Idology is the worship of a false idol.

A false idol is a false god.

A false god is a source of false emotional power.

Whatever we worship, in order to raise our emotional energy, that is not Divine, is a false idol.

Whenever we connect to an authority or make a choice that is not aligned with our Soul, we are worshipping a false idol and praying to a false god.

Money is a false idol when it is used as a source of emotional power i.e. our emotional energy depends on money.

Status is a false idol when we revere it as a source of authority .

Knowledge is a false idol when we acknowledge it as a source of personal success and ability .

We idolise people who appear to have money, status and knowledge believing them to have power, authority and ability.

Idology is for those who seek to become idle, lazy and slothful who have not been awakened to their true path in Life.

Id-ology is the study of the Id, which is our sub-conscious 'inner critic' and 'inner child' that holds all our false beliefs and fears.

Our sub-conscious Id defines the boundaries of our comfort zone that is designed to keep us safe, secure and comfortable.

This is the secure environment that disallows any expansive Personal Spiritual Development & Growth.

Psyche

January 30, 2009

Psyche meant Soul to the Ancient Greek Philosophers.

Today, Psychology is the study of human behaviour.

Yet Psychology literally means “Study of the Soul”.

Psychologists are mainly studying the workings or behaviour of our ‘id’ or sub-conscious mind.

It is our sub-conscious ‘id’ that determines our behaviour until we become awakened and conscious of the Path of our Soul.

True Psyche-ology is the study of our Life Path and what our Soul has chosen for our Self in this Life-time. It is the study of our True Identity.

The Soul has chosen for its Self to overcome the programmed behaviour of its sub-conscious id that drives the personality and character of its unawakened Self.

The Psyche has given its Self freedom of Choice. It cannot then determine the behaviour and actions of its Self.

The study of the character and personality of Human Behaviour is better termed as Id-ology or Idolology.

When we study the Id without the Entity of our True Psyche, we are not aware of our True Id-Entity, and we are worshipping a false idol called our ego, which is neither an idyll experience nor is it pursuing an ideal Life.

Equanimity

January 29, 2009

Equanimity is:

- The stillness of our Spiritual Energy when the male and female aspects are no longer in conflict.
- When the female gender (anima) of our energy is aligned with its counterpart, the male gender (animus).
- The state of Being in 'Equal Animity', with the gender of our energy balanced and equal.
- When the wavelength of our energy is equalised, which equates to the quality of having no defined gender.
- When our Yin & Yang come into balance and unity.
- The stillness of the 'gap' from which our Divine Power flows.
- The 'space' that either divides or connects our male and female energies.
- The 'void' in which our Mind is at Peace, and where our 'peace of mind' resides.
- The serenity of an effortless existence and a life without conflict.
- The feeling of Omnipotence in our connection to our True Divine Power.

To attain Equanimity in Life is to "Rest in Peace" before we die.

Reality

January 28, 2009

Most people agree that there is only one Reality.

Most people disagree as to what that one reality is.

Both Science and Religion are searching for the 'truth' of the one reality.

Many religious followers are seeking to return to the reality of the Oneness.

However, Absolute Oneness has no Reality.

Absolute Oneness has no Space, Time or Reality.

Earth is a contextual field in which we can experience, explore and discover space, time and reality.

The question is: "Is this contextual field of Earth capable of sustaining multiple realities at the same time and in the same space"?

The Law of Attraction leads us to believe that our individual thoughts create our individual reality.

Therefore: "Are our thoughts individual, unique and exclusive to our Self, or do we share a collective thought and a collective reality"?

"Have we learned to create our own distinctive 'Time' & 'Space' in which our own separate 'Reality' can manifest"? or "Do we maintain a 'swarm' mentality with a 'herding' instinct that follows the 'flock'"?

Supernatural

January 27, 2009

Super-natural is the nature of our Soul.

Supernatural is the normal state of our Super-Conscious Self.

What is natural is what occurs effortlessly as an everyday occurrence.

Supernatural thoughts, words and deeds are everyday occurrences and the super-nature of our Soul.

With Infinite Power, Authority & Ability, the Supernatural is quite natural.

With Omnipotence, Omnipresence & Omniscience, the supernatural is our nature.

Nature has created many Supernatural worlds, plants and creatures that have become our everyday natural experience.

We no longer see Nature as Supernatural because we accept it as the Nature of our Planet Earth.

All Worlds are Supernatural, yet we will not need to travel to another planet for this to become our experience.

We just need to learn to create the Supernatural Nature of our Ideal World, on this planet, in our own life-time, with our own Supernatural Power, Authority & Ability that our Soul already possesses.

Meditation & Prayer

January 26, 2009

Meditation allows our answers to flow to us.

However, the answer will not be forthcoming unless the question has first been asked.

The purpose of Meditation is to receive the answers.

The purpose of Prayer is to ask the question.

Our Soul cannot give us the answer unless we first ask the question.

Whatever question we ask will always be answered. Even though the answer may not be what we want to hear.

When we listen with our ego (our conscious and sub-conscious sense of Self), we will seldom hear the answer to our prayers.

When we ask a question from the perspective of our Soul, we already know the answer.

Prayer without meditation is like talking and not listening.

Meditation without prayer will receive the answers to the wrong questions.

Meditation

January 25, 2009

Meditation is tuning our awareness into our Super-Conscious Mind.

Meditation is focusing our mind on the ‘gap’.

The gap is the space between our conscious and our sub-conscious thoughts.

Conscious thoughts derive from our sense of the physical world and how we experience material things.

Sub-conscious thoughts come from our memory.

The meditative state supersedes both our conscious and our sub-conscious thoughts.

When we cede to our Super-Conscious thoughts, they manifest as inspired revelations from our Inner Coach & Soul.

When we find the gap between our conscious and our sub-conscious thoughts, we allow super-conscious thoughts to proceed into our reality.

Once we learn to connect to our Super-Conscious thoughts, we allow our True Authority to flow forth.

Meditation opens the doorway to our True Authority, Power and Identity.

A Visionary

January 24, 2009

A Visionary:

- Knows their purpose for this life-time.
- Can see and understand what they have come here to do.
- Knows who they are and why they are here.
- Has a direction in which to lead their Life.

When we have no direction for our life, we get lost very easily.

Our Vision for this life is how we have decided to make a difference in this world.

How we make a difference in this world is how we will be remembered.

To be remembered in this life, we are required to remember our Vision.

A Seer has the intuitive gift of insight for seeing another person's path.

A Visionary knows only their own path in Life.

Kindness

January 23, 2009

Kindness is an aspect of love that we share with people of our kind.

People who we like, who are like us, are our kind of people.

We are kind to our kind of people, our kith and kin.

We give generously to our kind of people.

We are kind and generous to our kin, our kith and our kind.

The belief that we are not all the same creates the existence of unkindness.

We are unkind, disconnect from and reject people who we believe are unlike ourselves and not our kind.

When we believe that someone is unlike us, by way of being better or more fortunate than we are, with more money, more status or more knowledge, we may envy them rather than be unkind to them.

We envy people who are not like us because they have what we believe that we want and do not have.

Kind and generous people relieve our envy by giving us what we believe that we want and need.

Unconditional kindness is a state of knowing that we are at One, Connected and Equal to all others.

When we know that we are all the same yet we are all different, we attain a state of Kindness with everyone.

True & Untrue

January 22, 2009

What we consider to be true or untrue is our judgement of what is a real or an unreal experience.

What we see as real is already created in the physical world.

What we see as unreal is already created in the spiritual world of our imagination.

Before anything can be, or indeed has been, created in this physical world, it has to first be realised in someone's imagination.

What we see as true and real we consider to be fact.

What we consider to be not true and unreal, we call fiction.

Science fiction is whatever is not yet true and real in the physical world and cannot yet be scientifically proven.

All science fiction has a high probability of becoming future science fact.

Everything that has ever been created started as a thought, that originated in the imagination of someone.

The real question is:

“Is our Imagination Real”?

And:

“Does our imagination reveal our truth or our untruth”?

Shining in the Darkness

January 21, 2009

Shining in the Darkness is:

- Our Light.
- A Vision of our Knowing.
- A Picture of our Ideal World.
- The Green Light of our highest feelings of Joy.
- A Brilliant Star that is our Inner Coach.

The Darkness is our disconnection from our Source.

In Absolute Reality there is only The Light.

We create the darkness in forgetfulness of who we are.

We remember who we really are when we see the Light shining in the Darkness.

Darkness is the negativity that we have created in the absence of our Light.

“There are none so blind as those that cannot see – their Light Shining in the Darkness”.

A Prayer Of Appreciation

January 20, 2009

A prayer is a message from our Self to our Soul.

When we face problems in life, we say a prayer of Absolution asking to be judged innocent in our trial.

We ask our Soul to give us the answer to our problems and absolve us with the solution.

When we face challenges in our life, overcome our problems and succeed in our quest, we say a prayer of thanks or Gratitude, so that more challenges may be successfully overcome.

We are grateful to our Soul for helping us to learn our lessons and accomplish our mission.

When we see life as an opportunity for the personal spiritual development and growth of our Soul through our Self, we can express a prayer of Appreciation for this expansive opportunity.

A Prayer of Appreciation is a mutual message of mutual appreciation between our Soul and our Self.

When we can see our opportunity in Life, hear our messages that show us our effortless Path, and feel the appreciation of our Soul & Self, we know that our Prayers are answered.

The 3 Stage Journey

January 19, 2009

A Life Journey of three stages is well documented in Religious History.

Like a 3 Act Drama, a 3 stage Journey has problems, challenges and opportunities.

Jesus Christ in the Easter Story faced the problems of Crucifixion and the challenge of Resurrection before achieving the opportunity of Ascension into 'Heaven'.

Moses in the Exodus faced the problems of a Jew living in Exile in Egypt, the challenge of the 40 years wandering in the Desert, before finally attaining the opportunity of founding Israel (Heaven) as the Promised Land.

Dante in the Inferno faced the problems of living in Hell with all its negativity, then the challenge of a journey through Purgatory, before finally arriving at the opportunities that awaited him in Paradise (Heaven).

It appears that we all have chosen different Paths in Life, yet we are all following a similar Journey with 3 unique, individual and exclusive stages.

Whether we call it Heaven, The Promised Land, Paradise, Xanadu, Shamballa, My Ideal World, or any other similar name, we are all seeking the opportunity to bring Heaven to Earth and return Earth to its original state of Being – The Garden of Eden.

Earth School

January 18, 2009

The Planet Earth is the perfect contextual field in which to experience dual reality life in a three dimensional existence.

Life is an opportunity to spiritually grow and Earth is an ideal School.

All negative problems that we encounter in life are learning opportunities.

We first learn to solve problems.

All positive or negative challenges that we accept in life are learning opportunities.

We next learn to face our challenges.

All positive opportunities in life are there for us to learn and grow and become spiritually expansive.

We were not born to work hard in school learning the hard lessons of life.

We were not born to not work in life and take things easy.

We have chosen to come here to earth School to personally develop our Self and to spiritually develop our Soul in the most effortless way possible.

We have come here to Earth to learn how to take this wonderful opportunity to choose who we wish to be, what we desire to have and what we want to do in our Life.

We have come here to learn firstly that we have choice and secondly what we have chosen to choose with our choice.

“Life is a Three Act Drama”

January 17, 2009

Life is a three act drama.

In the first Act, we play the Problem Solver.

The 1st Act is a negative perspective of life that sees all occurrences as a problem that needs to be solved.

Life is a Trial.

Eventually the Problem Solver realises that no matter how many problems they solve, problems continue to occur.

In the 2nd Act, we play the Adventurer.

The 2nd Act is where the problem solver becomes a Pioneer, who challenges life to no longer be a problem.

The Pioneer sees that all challenges may have either a positive or a negative outcome based on their individual power to succeed.

Life becomes a Quest.

In the 3rd Act we play the Opportunist.

The 3rd Act is when we know that all our challenges will succeed and become a positive opportunity.

The opportunist knows that from their perspective all outcomes are positive and there is no failure in life.

Prudence, Fortitude & Temperance

January 16, 2009

Prudence is Divine Wisdom. With the Prudence of our Inner Coach, we connect to the Universal Wisdom and Authority of our Soul. With the prudence of our ego Self, we will default to the false beliefs of frugality, economy and scarcity.

Fortitude is Divine Power. With the Fortitude of our Inner Coach, we connect to the magnitude of our Universal Power to Be & to Love. With the fortitude of our ego Self, we will have to rely on the strength of our will power, which is often motivated by fear, hate or lust.

Temperance is Divine Ability. With the Temperance of our Inner Coach to balance our Power & Authority, we attain the Divine Creative Ability of our Soul. With the temperance of our ego Self, we will achieve moderation in all things, including our spiritual growth and development. Spiritual growth can never be attained through abstinence of anything.

Divine Prudence, Fortitude & Temperance are the Triality of the Authority of Light, the Power of Love & the Ability of Life, that is the essence of our Journey on Earth.

The Hero

January 15, 2009

The Hero is the brave rescuer.

The Hero rescues victims in times of disaster.

Disasters occur when we have created chaos by being the victim of too many problems.

We believe that we need a Hero to rescue us from our fate, our doom and our misfortune.

Every Hero makes a victim out of a villain.

We cannot be a Hero without competing in the drama of the victim & the villain.

All heroes will eventually become victims of their own heroism.

Bravery & courage are the strength of will power needed to be a hero.

Our Inner Coach is our Saviour, not our rescuer.

Our Saviour requires no bravery or courage, just the purest Power of Love & Authority of Light.

More than Enough

January 14, 2009

More than enough is gluttony.

Less than enough is scarcity.

We can never have more than enough Abundance.

Abundance is having Enough of Everything not more than we need of something.

We do not need more than enough Money to be powerful.

We do not need more than enough Status to give us authority.

We do not need more than enough Knowledge to obtain our ability.

More than enough money will not raise our self-worth.

More than enough status will not raise our self-confidence.

More than enough knowledge will not raise our self-esteem.

We cannot have too much confidence, self-worth or self-esteem, but when we have enough we will have Abundance.

Negative Abundance

January 13, 2009

Negative Abundance is having an abundance of negative energy or having too much of a bad thing.

Negative Abundance is:

- Having too much debt.
- Having too many problems.
- Having too many fears.

Too much debt depletes our power of self-worth.

Too many problems deplete our ability or self-esteem.

Too many fears deplete our authority to choose with self-confidence.

Those who live in the scarcity, frugality and poverty created by negative abundance will seek positive abundance.

Positive abundance is:

- Too much money, which is gluttony (often confused with greed).
- Solving all life's problems, which is pride (confused with humility by the modest).
- Suppressing all our fears, which is arrogance (often confused with courage).

When abundance is either positive or negative it will bring us either too little or too much, not enough or more than enough, scarcity or gluttony, frugality or extravagance, poverty or luxury.

From a spiritual perspective, both positive and negative abundance are a negative attainment.

True Abundance is neutral and balanced between not enough and more than enough.

Divine Abundance is Enough, it realises Contentment.

When we are content and have enough, we experience Abundance.

With enough Contentment we attain the state of Being Abundant.

Abundance attains harmony when it no longer ebbs and flows between negative and positive abundance.

Abundance

January 12, 2009

Abundance is enough.

We cannot have too much Abundance.

We cannot have abundance and have more than enough.

When we do not have enough, abundance evades us.

Abundance is a definitive quantity that is individual to each of us.

Abundance is a subjective discernment that is experienced when we know that we have enough and we are content, but we have to define it with our contentment.

To have abundance, we just have to have ‘enough’, as opposed to having ‘just enough’.

Just enough is exactly the amount that we want and need.

Abundance is just enough plus a reserve, which is plenty, and attracts plenty of abundance into our future.

With enough Faith and our faith in having Enough, we have Faith in Abundance and Abundant Faith.

Power

January 11, 2009

The only True power is Love.

Love is the emotional power of our Soul.

Love is the Pure Emotional Feeling that powers our Mind.

The Unconscious Mind that is our Soul is capable of Pure Thoughts that are emoted with the Feeling of Love.

The Soul unlike the ego Self is incapable of impure thought and negative emotion.

Sin means 'without power' and without love.

Our Conscious Mind under the stewardship of our Sub-Conscious Mind is capable of creating all possibilities of impure thought, that are by definition without power and are sinful.

Sinful thoughts require 'will power' to become actions because impure thoughts are devoid of Divine Power.

Divine thoughts are transmitted on the frequency, wavelength and vibration of Pure Love.

A sinful world exists because we all have choice.

The Divine Choice is always to Live with the Power of Divine Love sponsoring and powering our every thought.

Authority

January 10, 2009

Authority means 'Choice'.

Those with Authority make choices.

We are all in Authority to make Choices.

The relative world of dual reality is conceived as a contextual field where choice is not only possible but essential for Life.

Making choices is the essence of Life on Earth.

Choice is our birthright. We have been given the Authority to live our Life as we so choose.

The quality of our Life is determined by the choices that we make.

We make choices with our thoughts and our choices determine our reality.

Every thought is a choice and every thought is a request for the reality that we choose.

Our Reality is the sum total of all the choices that we have made in our life to date.

When we consciously start to make our own choices, we become the Author of our own Life.

When we follow the choices of others or let others make our choices for us, we create their reality instead of our own, and we give our Authority away.

Unless we make our own conscious choices and follow our own Authority, we are unable to connect to our own Source of Power.

Effortless Intelligence

January 9, 2009

An Effortless Life requires:

- Spiritual Intelligence to hear our messages and to see our opportunities.
- Emotional Intelligence to learn our lessons and to accept our challenges.
- Rational Intelligence to solve our problems and to find solutions.

Unemotional Intelligence will keep us in a Scientific material world that creates order out of chaos.

Irrational Intelligence will create an ungrounded Spiritual world of religious fantasy that will create chaos out of order.

Intelligence is essential in the physical world to avoid disaster and sudden death.

With Rational Intelligence, we will solve our problems and accept our challenges to change our limiting beliefs.

With Emotional Intelligence, we will learn our lessons and open up our opportunities to meet our emotional needs.

With Spiritual Intelligence, we will hear our messages and avoid the dramas that create resistance and prohibit an Effortless Life.

Pacifist & Activist

January 8, 2009

Neither a Pacifist nor an Activist has attained Peace.

Both Pacifists and Activists are seekers of Peace.

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

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

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

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

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

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

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

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

“Being of One Mind”

January 7, 2009

When we are being of One Mind, we are conscious only of our Conscious mind and conscious thoughts.

In one mind, we are unaware of the existence of our unconscious minds, our Sub-Conscious Mind and our Super-Conscious Mind.

When our Consciousness has no Awareness it knows only One Mind.

Being of One Mind:

- We are limited to our own conscious beliefs that are based on our own physical experiences.
- Makes us a Perfectionist and a Seeker of the One Truth.
- Allows only one perspective of Life where reality is fixed and unchanging.
- Allows only one reality – our own.

The awareness of the existence of our unconscious minds opens up our thoughts to endless and unlimited possibilities.

An Open Mind knows of the existence of the “One Universal Mind”.

The paradox is that we can only truly be of One Mind once we have explored, experienced and discovered the existence of every different aspect of the Universal Mind as seen through our own Mind.

Observing, Evaluating, Discerning

January 6, 2009

Observing, Evaluating, then Discerning is the process of growth and development through conscious personal choice.

We observe what others are doing and who others are being.

We can judge our observations to be good or bad actions by others, or we can be accepting that our observations are just that – observations.

With our observations, we can evaluate the value to our self, of what others are doing or being.

We can value the energy or the emotion of the person that is taking action and evaluate how valuable or worthy that energy is to our self.

We evaluate who others are being (their state of being) so as to discern whether their attributes (the state of being attributable to them) is of value to our self.

Personal Development & Spiritual Growth are a process of appreciating in value and self worth.

Once we have observed and evaluated who someone is being and what someone is doing, we can then discern whether their state of being and their action will add value to our Self, or depreciate who we are Being.

We observe and evaluate in order to discern whether our beliefs and our behaviour are expansive or contracting.

“Nature Abhors a Vacuum”

January 5, 2009

It is the nature of Man that abhors a vacuum.

The nature of Man is to explore, experience and discover the physical world.

A vacuum is devoid of physical matter. There are no atoms of matter in a vacuum.

Man fears emptiness, nothingness and the void, because Man fears deprivation and boredom.

The Nature of God is a Vacuum.

God created the physical world in which to experience all things that are not Divine.

The Nature of God is ‘Stillness’ & ‘Nothingness’.

Divinity is Infinite without definite form.

A Vacuum is empty of matter yet full of Space.

Space is the Pure Energy of Consciousness from which all matter is created.

Divinity exists within the ‘Gap’ of Space that is a vacuum.

The Nature of a Vacuum is the Pure Energy of Love & Light.

A Vacuum is filled full of the All of Everything that is Spiritual and Divine.

Frequency & Wavelength of Energy

January 4, 2009

Frequency and Wavelength determine the vibration of Energy.

Energy is the 92% of the universe that is not Matter.

Frequency and Wavelength are not a duality. They are the triality of energy that includes vibration.

All Energy is the Consciousness of Source.

True Consciousness resides in the Realm of the Absolute – The Reality of the Trinity.

Divided Consciousness exists in the Realm of Relative Dual Reality.

In the duality of Relative Dual Reality existence, frequency is divided by polarity, which is either positive or negative.

This means that frequency travels in two directions simultaneously – backwards and forwards.

From a positive perspective, frequency is seen to flow forward. Backward flowing frequency is experienced as negative energy.

In dual reality, wavelength is divided by gender, which is either male or female.

Gender allows a left or a right perception.

On the right side of an energy wave is perceived female energy, whilst male energy is perceived on the left side of an energy wave.

The up and down intensity of our energy vibration completes the Holy Trinity of our Energy Consciousness.

Polarity, gender and intensity allow us to experience the frequency, wavelength and vibration of energy as a relative dual reality in a three dimensional energetic world.

Gravity

January 3, 2009

Gravity is Attraction in action.

The Law of attraction states that: “Like energy is drawn unto itself”.

The like energy being drawn unto itself by gravity, is matter.

Matter is energy at rest.

Energy is never at rest. When it has a very low relative vibration, it materialises and appears to stop vibrating.

The lowest vibration of energy is absolute zero.

Gravity is the attraction of like energy with a similar low rate of vibration.

Gravity affects all matter, from the basic atom of hydrogen that is our lightest and highest vibration of gas to our densest elements (most unstable) with the very lowest vibrations.

The vibration of energy (and matter) is the product of its frequency and its wavelength.

It is the frequency and wavelength of energy that determines its vibration.

It is the vibration of energetic matter that determines its relative density and its specific gravity.

Promotion & Demotion

January 2, 2009

Promotion and Demotion are the up and down movement within a hierarchy.

We promote something and anything when it is judged to be better than something else.

We promote or market something by showing it in a favourable light that makes it appear better or more appealing.

We promote something by giving it a higher status, more authority, and more esteem.

The act of promotion always involves the demotion of something else.

Promotion and demotion are opposing dualities of the same energy.

We promote at the expense of someone else and we demote to the cost of who we are demoting.

Either way, promoting and demoting creates losers at the expense of one winner.

True Pro-motion or Positive Motion is the Nature of Attraction.

The Law of Attraction ensures everything and everyone moves equally within its Attractive Action.

With no hierarchy, we are all equal, we are all special, we are all favoured, and we are all Attractive.

Attractive Action

January 1, 2009

The action of Attraction is always attractive.

The action of Attraction may however be seen from a positive or a negative perspective.

Attraction just Is. It has neither a positive nor a negative polarity.

We give action a polarity with our judgment of whether we want it or not.

Whether we want it or not, whether we deem it to be good or bad, positive or negative, has no effect at all on the Nature of Attraction.

Attraction is always attractive irrespective of what we judge it to be, whether we like it or not.

Whatever we are attracting in our Life is due to our actions that are the result of our thoughts that are the effect of our beliefs.

Our beliefs create our reality that endorses our beliefs about our reality, and attracts more of the same reality.

To actively change our reality requires attractive action to change our thoughts and our beliefs.

Only when we actively and consciously change our perspective of Reality will our Reality really change and Attract a new Reality.