



The Inner Coach

**Daily Life Lessons
2012**

Keith Collins

The True Value of an Opportunity

December 31, 2012

The True Value of an opportunity is its true value for me.

Unless an opportunity has true value, it is not a true opportunity.

A true opportunity allows the experience of a True Value.

I experience true value when I connect to the source of my emotional power.

My source of emotional power flows effortlessly with my highest choice for my Self.

My highest choice for my Self connects me to the source of my emotional power.

The source of my emotional power is my true authority.

My true authority is my highest truth about my Self.

Choosing my highest truth connects me to my highest authority and my most power.

The most power that I experience the most valuable the experience.

The more authority that I choose, the higher my truth. Living my life with the authority of my highest truth is always a valuable opportunity.

The true value of an opportunity is that it is always problem-free.

The Problem With Emotional Needs

December 30, 2012

The Problem with Emotional Needs is that a need for emotional energy is a problem.

My sub-conscious mind has a continual problem of how to meet my need for emotional energy.

My need for emotional energy is an emotional need and a problem.

Emotional needs remain a problem until I find a solution. They disallow the opportunities in life that I truly value.

The solution for any emotional need is to get it met. Getting my emotional needs met remains a problem when the solution is sub-conscious.

When I become conscious of my individually unique set of emotional needs, I can consciously set about meeting them my Self.

When I learn the lesson of an emotional need, I can face up to consciously meeting that need.

Unless I can name my particular emotional need, I cannot consciously meet that need and solve my problem.

All problems in my life are created by my need for emotional power.

With enough emotional power, I have the emotional energy to take the opportunities that I truly value.

When I consciously learn to meet my emotional needs quickly and effectively, all of life's problems become valuable opportunities for my personal growth.

Love & Fear

December 29, 2012

Love & Fear are not emotions.

They are opposing polarities.

They are choices of direction in a dual reality world.

I can follow the path of fear or I can follow the path of love.

Love is the direction that I love to follow because it is an emotionally positive experience.

Fear is the direction that I hate to follow because it provokes negative emotions.

Negative emotions are not fears, even though negative intensities of emotion or intense negativity is very fearful.

Fears are the false evidence of my limiting beliefs appearing in my life as a reality.

Love is the positive feeling of pure emotion that is authorised by my belief system and empowers my chosen path.

I always have a choice of direction.

I always have a choice between love & fear.

Nuclear Holons

December 28, 2012

A Holon is differentiated by its nucleus.

The nucleus of a holon is its power source.

At the nucleus of an atom is its proton & neutron.

At the nucleus of a cell is its DNA & mitochondria.

At the nucleus of Man is a heart & a mind.

At the nucleus of the Biosphere is its centre & core.

At the nucleus of our solar system is the Sun.

At the nucleus of our milky way galaxy is a black hole.

Nuclear Science is the study of the nucleus of a holon.

There is much more to for nuclear science to explore than the fission, fusion & acceleration of atoms.

Holonic Science

December 27, 2012

Modern Science studies physical existence from three perspectives:

The perspective of the Chemist, the Physicist & the Biologist.

Each aspect of science studies a different holon.

Chemists study the Molecular holon of atomic elements or how atoms form into particular molecules.

Biologists study the Cellular holon of self-sustaining organisms or how cells organise themselves into particular life forms.

Physicists study the Physical holon of our Biosphere called planet Earth or how energy manifests into physical form on Earth.

Nuclear Physicists are attempting to study the Molecular Holon from a physical perspective.

Astronomers are attempting to study the Physical Holon of our Biosphere by looking at the organisation of our Cosmos.

Each holon has its own level of Consciousness and its own level of sciences or knowing.

It is not possible to beneficially study & understand one holon from the perspective of another.

Surviving Death

December 26, 2012

Death only exists in Life.

Life & death is a duality of relative life.

The possibility of death only occurs during life.

After life, death does not exist.

Death does not exist in the after-life.

Life exists after this physical life in a different form.

Energy is never destroyed, it just changes form.

Death is just a perspective of life.

Death defines 'no life' or the 'end of a life-time'.

The experience of no life can only occur during life.

I can experience being full of life or in a state of surviving life.

I survive in a life that is a slow and uncomfortable death, or I exist in a life-time of opportunity.

I survive in life, I do not survive death.

I experience death as an opportunity for a new life.

My physical body and my ego self will not survive my death, nor will I want it to.

My Soul never dies. My essence is eternal Life.

My entity lives forever.

'Just Is'

December 25, 2012

'Just Is' is my balance between judgment & non-judgment.

When life just is, I have overcome my judgment & non-judgment of whatever is occurring.

I am being accepting of whatever is, knowing that it just is.

Just is, is the emotional state of being truly just, where no justice is required because no judgment exists.

Justice rewards and compensates victimhood.

Just Is overcomes the duality of villainy & victimhood.

When life is just a divine opportunity, there is no negative perspective to be judged.

When there is just a beneficial perspective of whatever occurs in life, victimhood no longer exists.

Victimhood is just my judgment of being the victim of my apparent negative experience.

When my every occurrence is an opportunity in my life, I have no requirement for justice because Life Just Is.

Extra Sensory Perception

December 24, 2012

Extra Sensory Perception is an awareness beyond the perception of my 5 physical senses.

E.S.P. is intuition in action.

I do not intuitively see with my physical eye-sight.

I do not hear my messages of inspired revelation with my ears.

I do not intuitively feel positive inspiration with my physical touch.

I do not intuitively know through learned knowledge or experience of this physical world.

Creative imagination is not a process of my brain.

I cannot prove that E.S.P. exists in this physical world because it is not a physical sense of awareness.

It is a perception that I am aware of without being physically conscious of it.

I have a physical perspective of my material existence and an extra sense called perception.

My extra sense of perception is what I know, feel & see to be real.

Chasing & Following

December 23, 2012

Chasing money is a scarcity mentality.

Following money is an abundance mentality.

When I chase, I am in a race that I will often lose.

When I follow, I am on a path of always winning.

I cannot follow a winning path with a losing mentality.

I can choose to profit or follow my Prophet.

When I follow my intuition, I know that there is always enough.

When I chase my beliefs, my beliefs remain chaste and I abstain from winning.

Chastity & abstinence come from a scarcity mentality.

I can follow my head & heart or I can chase my tail.

My path is neither to follow scarcity nor extravagance.

It is the abundance of always having enough.

My Self

December 22, 2012

My Self is the experienter of my physical, mental & emotional existence.

Physicality allows my Self to exist.

My Self exists in a relative material world.

My ego sense of self is who I perceive my Self to be in physical existence.

I am not just a physical self, although my ego may perceive myself to be so.

My ego, by definition, only perceives my physical self with my five physical senses.

To intuitively know my Self, I am required to see beyond the boundaries of my physical beliefs and experiences.

To know my Self intuitively requires my connection to my Inner Tutor.

My Inner Tutor is my Entity, my Real Self , the source of my creative potential and the author of my Book of Life.

I intuitively see my Self through the eyes of my Soul.

The Mayan New Year

December 21, 2012

Sunrise on the 21st December 2012 marks the start of a New Mayan Year.

One Mayan Year is equivalent to approximately 26,000 Earth Years.

An Earth Year starts every 12 months on 1st January.

A Mayan Year starts and ends every 26,000 years.

An Earth Year is a measure of the time that our Earth takes to orbit our Sun.

A Mayan Year is a measure of the time it takes our Solar System to rotate around its axis of motion around the centre of our Milky Way Galaxy.

As our Solar System slowly revolves, it moves through all 12 segments of the Cosmic Sky and the 12 astrological signs of the zodiac that symbolise them.

This Mayan New Year's Day marks our transition through more than 2,000 years of the Piscean Age into the New Age of Aquarius.

On this Winter Solstice Day, our sunrise completes its journey westwards and turns eastward on its 6 month journey towards the Summer Solstice on 21st June 2013.

It will complete this journey another 26,000 times before the arrival of our next Mayan New Year.

Progressive Attainment

December 20, 2012

Progressive Attainment is the path of personal development & spiritual growth.

It is the way of attaining a divine life, by attaining attributes or states of being that are divine.

The path of attainment involves choosing a more beneficial state of being to attribute to one's Self.

It is growing from a less beneficial aspect of being to a more personally beneficial aspect of being.

It is adopting a virtue in favour of a sin.

A virtue is an attribute that empowers me as opposed to a sin that disempowers me.

Sins & virtues are subjective choices on my path of redemption.

The path of redemption is the path on which I redeem my true virtue and discover who I really am.

It is the path of progressive attainment.

It has the analogy of peeling off the layers of an onion to get to the central core.

Intuitive Presence

December 19, 2012

With Intuitive Presence my intuition is present.
My Inner Tutor is always present.
My Soul resides beyond the duality of past & future.
My Soul has Intuitive Presence.
The presence of my intuition requires my Self to
connect with my Soul & Inner Tutor.
This is my Soul Connection.
I connect intuitively to my presence when I am in the
present moment.
When I know, feel & see that I am present, I attain
intuitive presence.
Intuitive Presence is a state of Being.
I do not have to do anything to be present.
Doing nothing consciously allows my presence to be.
Intuition is a gift when revelations present
opportunities for me.
My intuition presents as a present in each pre-sent
moment that I am present.

Glory

December 18, 2012

Glory is the praise of my gratitude & appreciation.

Gratitude & appreciation is a glorious feeling.

A glorious sunrise is attested with gratitude & appreciation.

When my present moment is glorious, I am in praise & appreciation of receiving it.

Whatever I praise & appreciate, I put into my future.

My future is my glorious destiny or my inglorious fate.

My intuitive messages highlight my glorious path.

This is my mission, to experience my path with glory.

Glory is my Soul's gratitude & appreciation for my Self having an expansive experience.

The glory of my fulfilment is my vision.

I am in gratitude, appreciation & praise for the fulfilment of my destiny.

My Opportunity for Happiness

December 17, 2012

Happiness is a physical, mental & emotional triality of Contentment, Fulfilment & Joy.

A joyless life is without emotional power.

Without emotional power, I experience a life of pleasure seeking and pain avoidance & alleviation.

I need emotional power to be comfortable as without it I am uncomfortable.

An unfulfilled life is without mental authority.

Without my inspired choice, I will have great expectation & disappointment and I will never be satisfied.

Intuitive inspirational choice is required to overcome my challenges and take my opportunities.

My only problem is a lack of authority and my only challenge is a lack of power.

Without either my ability to be happy is compromised.

The approval of my Joy and the allowance of my fulfilment allows the acceptance of my contentment that allows my opportunity for Happiness.

The potential power, authority & ability to be happy is ever within me.

My Journey to Contentment

December 16, 2012

My Journey to Contentment is beyond my comfort zone.

Within my comfort zone, I see discomfort as a problem and I feel displeased.

Being comfortable pleases me but does not satisfy me.

There is pleasure but no joy.

Being satisfied is a challenge.

Failing the challenge disappoints me.

Fulfilling the challenge satisfies me.

Fulfilling an opportunity allows my Contentment.

Contentment is a joyful opportunity for fulfilment.

My fulfilling journey has no dissatisfaction, no disappointment and no expectation; just my meeting a satisfying challenge that allows my opportunity for contentment.

My joyful journey has no discomfort, no pain and no pleasure; just the appreciation of extending my comfort zone and approving who I am.

My journey of contentment overcomes the pleasure & satisfaction of my comfort by accepting the gift of joy & fulfilment of an expansive life.

Intense Negativity

December 15, 2012

Emotions have a spectrum of intensity that ranges from intensely positive to intensely negative.

The negative reaction of **Anger** has a positive response of Patience. Anger has a scale of intensity through impatience – pique – ire – rage – fury.

Fury is the extreme impatience of a pique of ire that is outrageous anger. The negative reaction of

Intolerance has a positive response of Tolerance.

Intolerance has a scale of intensity through displeasure – indignation – spite – malice – hatred.

Hatred is the extreme displeasure of indignant spite that is malicious intolerance.

The negative reaction of **Frustration** has a positive response of Expectation. Frustration has a scale of intensity through disappointment – vexation – annoyance – irritation – aggravation – exasperation.

Exasperation is the extreme disappointment of an annoying irritation that is aggravating frustration.

The magnitude of my emotional reaction is determined by the intensity of my negative emotion.

The intensity of my negative belief determines the magnitude of my negative emotional reaction.

Effortless Productivity

December 14, 2012

Productivity is effortless when it facilitates the expansive growth of the producer. The opportunity for productivity is the growth of the producer.

When the focus is on what is produced rather than the development of the producer, dissatisfaction may arise. The challenge of a producer is contentment.

Whereas satisfaction may be achieved with the product, contentment can only be achieved by the producer. Being content with the opportunity that productivity allows is different from the satisfaction of what is being produced. Satisfaction may be compromised by dissatisfaction whereas contentment just is. When dissatisfaction is the outcome of productivity, there is a problem. When productivity is disabled by insufficient power, it is a problem.

Problems create an uncomfortable environment.

When the producer is uncomfortable, productivity is compromised.

A chaotic workplace produces painful experiences.

An effortless workplace is comfortable with problems, has satisfactory lessons and produces joyful opportunities for contentment.

The Reality of an Enlightened Being

December 13, 2012

An Enlightened Being knows that their reality is of their own creation.

They know that they are responsible for their own reality and they create and own their reality responsibly.

Creating reality irresponsibly is the choice of an un-enlightened Being.

There is always a reason behind the manifestation of whatever occurs.

Nothing occurs by accident, even when an accident appears to occur.

An enlightened Being acts intuitively.

An intuitive response is never a negative reaction.

Because an enlightened Being creates their own reality knowingly, they can knowingly re-create their reality in better and better ways.

An enlightened Being comes into this reality to create a better reality.

The reality of being better is continuous Self development & Spiritual growth.

Being Enlightened is a continual process, infinitely, eternally & indefinitely.

The Reality of Animals

December 12, 2012

The Reality of Animals is Instinctive.

Animals instinctively know the reality of their experience.

Animals react instinctively, not rationally.

They have no ability of rational choice.

Whichever way they act or respond, it is instinctive.

They have no relative choice or dominion.

Dominion is the providence of Man not animals.

Animals have no conscious choice to make.

They have no option but to follow their instinct.

Their instinct is there to guide their path.

It is not possible for an animal to override its instinct and not behave instinctively, unless it has been trained by Man to do so.

When an animal responds to a Man's command it is doing so because of Man's choice, not their own choice.

The ability to consciously choose a variety of choices is Man's Dominion over the animals.

The Reality of Man

December 11, 2012

The Reality of Man is that Man has relative choice.

The reality of each individual human Being is a relative choice and is relative to that choice.

The choice of each human Being is relative to their personal perspective.

The perspective of each human Being is relative to their belief system.

The beliefs that each human Being holds are relative to their experience.

The experience of each human Being is relative to their perception of that experience.

The perception of the experience of each human Being is relative to their reality.

Perspective is relative to perception and is the individual choice of each human Being.

The current reality is that the majority of people alive today have suppressed their own perceptions in favour of another's perspective.

A Bigger Cupful

December 10, 2012

I can experience my cup being half empty.

I choose for my cup to be half empty when I believe that my cup is half empty.

My negative belief creates a negative focus that attracts my negative reality.

I can experience my cup being half full.

I choose for my cup to be half full when I believe that my cup is half full.

My positive belief creates a positive focus that attracts my positive reality.

When my cup is half empty, I want it to be half full and I see that choice as positive.

Once my cup is half full, I can choose for it to be full or running over.

When my cup runneth over, it will never be full enough.

Were it full enough, I would not choose for it to runneth over.

A cup that runneth over is not big enough.

When my cup is full, I can choose for a bigger cup.

The growth & appreciation of my cup requires the focus of my gratitude & appreciation.

There is no limit to the abundance that my cup can hold.

Consciousness is a Holon

December 9, 2012

Consciousness is the subject of evolution.

Evolution is the objective of Consciousness.

Consciousness is eternally evolving to greater levels of awareness.

The Earth is aware of its place in the Cosmos.

Animals are sub-consciously aware of their existence on Earth.

Sub-conscious awareness is instinctive.

Humans are consciously aware of their existence.

Man is the only animal with conscious choice.

Enlightened Beings are super-consciously aware of their existence.

They have intuitive conscious-awareness.

Consciousness perceives reality relative to the holon of its existence.

My perspective of reality is limited by the level of my Consciousness that is determined by the holon of my existence.

Nerve

December 8, 2012

Nerve is my spiritual power.

I have the 'nerve' when I am effectively channeling my spiritual energy.

I lose my 'nerve' when I am overwhelmed by my spiritual power, which is being limited by my fears or beliefs.

I become nervous when my fears are turning my spiritual power into negative emotion.

My 'nervous system' is my feeling system.

It turns my spiritual sense of feeling into my physical sense of feeling.

My nervous system conveys the pain or the pleasure of my emotional experiences.

My spiritual power is an experience of pure Joy, until it receives either the pain or the pleasure of my physical body's interpretation of my experience.

Courage is my ego Self being sub-consciously driven to meet an emotional need.

When I have the nerve to allow my spiritual power to effortlessly flow, I have no need of courage.

When connected to my source of spiritual power, I am never nervous, never courageous and always excited.

Duty, Bond & Loyalty

December 7, 2012

A **Duty** is a tax.

It is a tax on my energy resources.

It is due to my beliefs & convictions.

A **Bond** is an investment.

It is an investment of my energy resources.

It has an emotional value and a need of my interest.

Loyalty is a bond that taxes me.

Loyalty is an emotional attachment to whatever I am investing my energy in or whatever is taxing my resources.

Other people owe loyalty to me as either a tax or a bond.

When I believe that another's loyalty is due to me, it will tax my energy resources due to the attachment that bonds our mutual interest.

My only loyalty is to the destiny of my life path.

My Soul is eternally loyal to my Self and myself alone.

The Overseer

December 6, 2012

The Overseer is beyond the duality of the seer & the seen.

It is beyond the dual reality of the subject that sees and the object that is seen.

The Overseer is the ontological adjective perspective of my Super-conscious Self.

It is beyond Time and beyond Space.

My Overseer is free of the passage of time through the existence of space.

As the Overseer, my reality is absolute, time is eternal & space is infinite.

I am free of my physical body, my mental mind, & my emotional feelings.

I am the matter of pure energy in motion that is my super-conscious entity in a divine state of Beingness.

I am a wavelength of pure Love with a frequency of pure Light with a potential vibration for a pure Life.

My magnitude of power is omnipotent, my force of authority is omniscient & my potential ability is omnipresent.

The Overseer is the pure essence of who I am.

Defining Fear

December 5, 2012

When I am **Fearful**, I see life as a problem. I fear whatever occurs in life as a problem, when I fear that there is no solution. My fears are driven by my sub-conscious beliefs.

When I am **Fearless**, I see life as a challenge. I believe that to overcome my fear and succeed in my challenge, I am required to be fearless. My courage to be fearless is driven by my conscious will power, which is driven by my sub-conscious emotional values & needs.

When I am **Fear-free**, I see life as an opportunity. Without fear, everything that occurs in my life is an opportunity. My opportunities are presented in the imagination of my super-conscious mind, by my Soul. My Soul is fear-free, is never challenged by my life, never sees any problem with life and only sees my opportunities for expansive growth.

It is in my definition of fear that I see whether life is either definite or infinite. My Life is a presentation of infinite potential opportunities.

Imaginary Fear

December 4, 2012

Imaginary Fear is an oxymoron.

Fear is not a product of my imagination.

Fear is the false evidence of my belief system that I believe to be real.

Fear is evidential not imaginary.

The evidence of my fear is stored sub-consciously and is not evident in my super-conscious imagination.

My reality is a construct of my sub-conscious belief system.

The reality of my fear is due to the context of my beliefs.

The planet Earth is a contextual field of relative dual reality existence, where all possibilities exist.

I can choose to believe in fear, fear my beliefs and be fearful of life.

Or, I can choose to challenge my fears, change my fearful limiting beliefs and become fearless.

Alternatively, I can choose to be free of fear and see life as one endless stream of possible opportunities.

I can imagine my opportunities for an ideal life instead of visualising my fearful problems and my painful problematic fears.

My fear may appear to be evident & therefore real but it is not my Truth.

Scot Free

December 3, 2012

Being Scot Free is being tax free.

When I am tax free, no duty is payable and no levy is chargeable.

I have no duty to pay, when I no longer follow the authority of another.

It is not my duty to follow another's path, unless I believe it to be so.

When I pay duty to another's authority, my emotional energy is taxed.

My duty to others is a limiting belief that taxes my emotional energy.

My emotional needs are the result of the power that I lose in tax, due to the duty I believe that I have to pay.

When I need another to meet my need for emotional energy, there is a duty to be paid and a charge to be met.

When I believe that I am dependent on another, they will levy a tax on my emotional attachment to them.

I am never energetically free until I am scot free of the limiting beliefs and emotional needs that imprison me in the dramas in my life.

Creative Imagination

December 2, 2012

Imagination is the source of all creativity.

Everything ever created is first the subject of imagination.

The source of my creativity is my imagination.

My creative source is my 'Genie'.

When I am a Genius, whatever I can imagine, I can create.

When 'I'm a genie', what I imagine, I create.

My imagination has creative ability because it has the power & authority of my Source.

The source of my power & authority is my imagination and my creative ability.

My imagination is my super-conscious mind in action.

Visualisation is my sub-conscious mind acting with my conscious awareness.

My super-conscious mind is the source of my creative ability.

My sub-conscious mind has no creative power or authority, other than my will power.

Then again, I could just be making this up in my imagination.

Creative Visualisation

December 1, 2012

Creative Visualisation is an oxymoron.

Visualisation has no creative power.

The only thing that I create with my visualisation is a picture of whatever I am visualising.

A visualisation of my past experience is a memory.

The re-formatting of past memories is a visualisation.

I have the power to visualise it in my future but not the authority to manifest it.

I can visualise myself in any form, format or context; yet that visualisation, in and of itself, has no power or authority to manifest as my reality.

My visualisation from the memory of my experience, or the memory of another's experience, has no power of attraction and no creative ability.

I may believe that I am seeing it in my imagination but it is still a visualisation that I am visualising and not a creative vision that I am imagining.

It is my imagination that has the power to attract and manifest as real, not my visualisation.

Visualisation is an action of my ego's will, whereas my imagination has the creative power, authority & ability of my Soul.

Virtual Reality

November 30, 2012

Virtual Reality is reality with virtue.

My reality has virtue when I am realising my potential.

I am forever virtually here.

My presence is a virtue.

In the past or the future, I am unable to realise my potential as it is not present and it remains virtual.

Living in the past or the future has virtual potential but no virtue.

It has no value or worth.

Realising my virtue requires the manifestation of my virtual reality.

Virtual reality originates in my intuitive imagination – the mind of my super-conscious Soul.

In my super-conscious mind, my potential reality is a virtue and my virtual reality is a potential for my conscious Self to experience.

It is the vision of my conscious Self to realise & manifest my potential and to make my virtual reality real.

Virtue, Value & Worth

November 29, 2012

Virtue is the quality of my emotional attributes & attainments.

The better the quality of my emotional state of being, the more virtuous I am.

The quality of my Beingness is the measure of my value & worth.

I value my attributes that have value to me.

I am worthy of my attainments that have worth to me.

When my attributes connect me to my emotional power, they have **Value**.

When my attainments are a measure of my mental authority, they have **Worth**.

My relative value & worth is a measure of my virtue.

I have both power & authority by virtue of who I am Being.

The ability of my virtue is its connection to my true source of power & authority.

When virtue is a triality of my value & worth, life is divine.

When a virtue is a duality of my sin, life is in conflict and is a trial.

The 4th Dimension is Depth

November 28, 2012

In this three dimensional physical world, the only difference between height & depth is one of perspective. I look up at the heights and I look down into the depths. The physical world is measured in three separate directions of length, width or breadth & height or depth. Because all physical objects have a length, breadth & height, we believe that we live in a three dimensional world. Yet the physical world also has great depth. Length, breadth & height is measured in imperial miles, yards, feet & inches or in metric kilometres, metres, centimetres & millimetres. Depth is measured in Holons. Depth is an order of increasing holism or wholeness. Looking deep into the microcosm: I can measure the depth of an atom contained in a molecule that is contained in a cell, contained within an organ, that is contained within a human body. Looking deep into the macrocosm: I can measure the depth of a human body that is contained within the biosphere of earth, that is contained within the solar system of our sun, that is contained within the galaxy that is our milky way, which is contained within our physical Universe. The Universe that is our Cosmos is a holarchy of holons with increasing depth & wholeness.

Hierarchy or Holarchy

November 27, 2012

A Hierarchy measures the height of a man's status or esteem.

The top of a hierarchy denotes the esteem of the highest status of an Individual.

A hierarchy is imposed and perpetuated by the will of those at the top of the hierarchy.

It is built with pride, hubris, bigotry & avarice.

It is founded on the belief that those with apparent power have authority over others, and therefore, those in authority have power over others.

A Holarchy describes the depths of Man's existence. It is an order of increasing wholeness, holiness or holism.

It describes the level of a person's awareness of their environment.

Each level of holarchy is a level of awareness determined by its own holon.

A holarchy is a natural universal constant.

The development of a new holon within an existing holarchy is the evolution of an expanding universe in action.

A Holon

November 26, 2012

A Holon is 'a whole part' that is 'part of a whole'.

It is a paradox that can be seen as complete in its own right as well as part of something bigger.

The Earth's Biosphere is a holon. It is a complete biological system that is a part of the Solar System.

Humanity is a holon. it is a complete ecosystem that is a community of living organisms that is also part of the Earth's Biosphere.

Man is a holon. Man is a complete organism formed by the mass of living cells that comprise a physical body.

Each Living Cell is a holon. It is comprised of molecular atoms determined by a DNA blueprint.

Each Atom is a holon. It is comprised of the building blocks of physical matter arranged in elementary form.

The only way to determine what is a whole system is by defining its constituent holons.

Sharing Problems

November 25, 2012

A problem shared is not a problem halved.

I cannot have half a problem.

I either have a whole problem or no problem.

Sharing my problem increases my focus on my problem.

Whatever I focus on, becomes my reality.

Focusing on a problem puts it into my future.

Sharing is either expansive or divisive.

Sharing a problem, with someone who has the same problem, expands the problem.

I do not choose to expand my problem.

I choose to be problem-free and not have a problem.

Sharing a problem does not divide the consequences of the problem.

A problem is my problem until I no longer see it as a problem.

Sharing my problem with another doesn't make me problem free.

An Idealist's Idea List

November 24, 2012

An Idealist chooses an Ideal Life.

An Idealist knows that:

- Life has the potential to be ideal
- An ideal life is only a potential until it is manifested & realised
- To make their ideal life a reality requires the realisation that it is possible
- All possibilities exist
- The existence of all possibilities is not always ideal
- Ideal choices are inspired & empowered
- Inspired ideas originate from their Soul
- Empowered ideals have their Soul's authority
- Choosing ideal possibilities is an ideal choice

An Idealist makes ideal choices from their Idea List.
My Soul has a complete Idea List that is Ideal for my Life.

Clearing My Mind

November 23, 2012

Clearing my Mind allows clarity of Thought.

Clearing my mind of processed thinking allows my revelations to be revealed.

Processed thinking is a process of my processor, my brain.

Clearing my brain of sub-conscious processing clears my mind.

Meditation switches off my processor and allows my conscious mind to become aware of my thoughts instead of being conscious of my thinking.

The purpose of my meditation is my connection to my inner guidance.

My inner guidance is the inner tutor that is my intuition.

Intuition flows through a clear Mind.

It requires my clarity & presence to receive my direction.

The presence of meditation, my meditative presence, allows the clarity of my thought to reveal my choice of direction intuitively.

Clearing my mind is indeed an inspiring and empowering action.

Three Steps To Creativity

November 22, 2012

1. Creativity requires Thought, Word & Deed.

My thought is required to be authorised.

My authorised thought is my intention.

My intention requires direction.

I am required to allow the direction of the intention of my authorised thought.

2. Creativity requires Intention, Attention & Action.

My word is required to be empowered.

My empowered word defines my attention.

My attention requires clarity.

I am required to approve the clarity of my attention to my empowered words.

3. Creativity requires Direction, Clarity & Presence.

My deed is required to be enabled.

My enabled deed is my action.

My action requires presence.

I am required to accept the presence of the action of my enabled deeds.

The Three Steps to Creativity are my authorised allowance, my empowered approval, and my enabled acceptance.

A 5 Dimensional Solar System

November 21, 2012

All planets, stars and other cosmic matter are in motion through 5 dimensions of spacial energy. Nothing in our Universe is ever stationary.

Dimension one is Spin:

All stars planets & other celestial objects spin around their axis.

Dimension two is Orbit:

All planets & asteroids orbit suns and all stars orbit their galactic centre.

Dimension three is Rotation:

All solar systems rotate around the axis of orbit of their sun.

Dimension four is Cycle:

Whilst all stars are orbiting their galactic centre, the galaxy cycles through the Universe on its eternal journey in space.

Dimension five is Revolution:

As the Universe revolves through Space, the Universe evolves through Time.

All Energy, Matter & Motion in a Space-Time-Reality is continuously expanding, developing & growing. From the perspective of a 3 dimensional reality, it is only possible to experience 3 dimensions of space and 3 dimensions of time.

The existence of an Evolutionary Cycle is just a revolutionary theory.

Mind-Free & Thought-Free

November 20, 2012

Mind-Free & Thought-Free are not the same.

Mind-free is an oxymoron as I cannot be free of my mind. However, my mind can be free of my limiting beliefs and fearful programming. A free mind is limitless & boundless. It is unencumbered by past memories and future expectations.

It resides purely in each present moment and is free to receive and accept any opportunity that each moment brings. It sees only the miracles of life.

My free mind accepts whatever is occurring as a gift and is open to allowing my destiny to unfold.

Thought-free means that I am disconnected from my inspired revelations that are empowered by my intuitive inner guidance. I am a prisoner and a victim of my sub-conscious programming and beliefs.

A thought-free mind tolerates and endures whatever turns up and is doomed to experience its fate.

When I do not have a thought, I allow other people's thinking and beliefs to determine my reality.

I choose to become thoughtless, then thoughtful, with a free mind.

Mindless & Thoughtless

November 19, 2012

Mindless & Thoughtless are not the same.

Mindless is a lack of rational thinking.

It is irrational behaviour.

It is without care, planning or logical thinking.

Mindless behaviour is a sign of being lost confused & frustrated.

It is my ego's inability to clarify its will.

Thoughtless is a quieter mind.

A quieter mind has less thinking thoughts.

With less processed thinking, my thoughts become clearer. With less thinking, I have less confusion, more clarity and greater direction.

Greater clarity & direction means less frustration.

Thoughtlessness is acquired through meditation and deeper reflection.

Mindfulness is the result of consideration and shallow thinking.

Mindful & Thoughtful

November 18, 2012

Mindful & Thoughtful are not the same.

Being Mindful is when my thinking is most active.

It is being careful to process all the options stored in my sub-conscious mind. My sub-conscious mind is full of all my stored programmes, beliefs and memories. I am mindful when I carefully consider all my options. The more full of options my mind becomes, the more mindful I am.

Being Thoughtful allows my thoughts to flow freely.

My thoughts are the inspired revelations of my empowered messages that direct my destiny. When full of thought, I have clarity and direction on my life path. My thoughtfulness requires a quiet mind that is full of faith.

My thoughtful faith is my confidently empowered, intuitive inner guidance.

My mindful trust is dependent on the power of my ego's will.

Being Limit-Free

November 17, 2012

Being Limit-Free means that my boundaries have no limit. My boundaries are the limit of my comfort zone within which my emotional energy is secure. They are a reflection of my own standards of behaviour based on my own principles, ethics and moral beliefs.

Boundaries are the standards of behaviour that I expect from other people. They are formed by the limitations of my mental beliefs about life.

Beyond the boundaries of my comfort zone reside my fears. Extending my boundaries allows me to become boundless and limitless. Being boundless & limitless is my journey towards becoming unlimited and free. Being limit-free requires that I am totally unaffected by or dependent on the actions and behaviour of other people.

I walk my path with sensitive detachment, totally unrestricted by the concerns and actions of others. I know that I create my own reality irrespective of what anyone else thinks, says or does.

I am free of any limitations on my expansive journey through life.

Being limit-free means that there is no limit to what I can choose, experience or attain.

Being Need-Free

November 16, 2012

When I am being Need-Free, there is nothing that I need. The only thing that I really ever need is emotional power.

With enough emotional power there is nothing else that I need. I need enough emotional power to be free. Providentially, emotional power is free.

Being free allows my self enough emotional power to be free.

Before I can be need-free, I am required to need less. Needing less requires my self to consciously manage getting what I need to flow to my self effortlessly.

When I am being sub-consciously driven to get my emotional needs met, I will expend more energy in my endeavours than I will receive in return.

I remain the victim of my sub-conscious need for emotional power, unless I am the villain that steals it from other people.

When I see the value of what I need emotionally, I know my own needs and I feel the value of consciously getting them met my Self by doing exactly what has true value for me.

When I see only the true value of what is occurring in my life, I am need-free.

Being Accident-Free

November 15, 2012

Being Accident-Free comes with the realisation that nothing occurs by chance.

Chance is my belief in fortune & misfortune.

It is the belief that my fortune is down to luck.

My belief in chance allows my experience to be both unfortunate and unlucky.

My bad luck is always a false perspective.

It is my false perspective of life that allows my self to miss my fortune.

My fortune is my allowance.

When I am in tune with my fortune, there is no chance of bad luck.

I never take a chance.

I always take an opportunity.

Opportunities are never accidental, always co-incident.

Accidents are a problem.

Being accident-free is my choice and my opportunity for expansive growth.

Being Blame-Free

November 14, 2012

When I am being Blame-Free, I am no longer guilty of being the villain.

When I am no longer guilty of being the villain, I am no longer guilty of playing the innocent victim.

Being blame-free allows me to overcome the duality of being guilty or innocent, which creates both a victim and a villain of my Self.

I am no longer the cause of other people's victimhood and other people's problems.

I am no longer judged to be right or wrong.

Neither am I condemned for my actions.

Nor am I committed to be sentenced and punished.

All my words praise my Self and none of them curse me.

Other people do not create my reality.

I create my own reality without judgment or condemnation of my Self.

I accept both my covenant and my providence.

I appreciate my Soul being blame-free.

3 Dimensions Of A 3 Dimensional World

November 13, 2012

Length – Breadth – Height

Time – Speed - Distance

Electricity – Magnetism – Gravity

Energy - Matter – Motion

Spin – Rotation – Orbit

Space – Time – Reality

Revolution – Cycle – Evolution

Vibration – Frequency – Wavelength

Past – Present – Future

Power – Authority – Ability

Physical – Mental – Emotional

Magnitude – Force – Potential

Love – Light – Life

Being A Wizard

November 12, 2012

Being a Wizard is overcoming the restraints of dual reality relative physical existence.

When I overcome the duality of a hard or easy life, it becomes effortless, life is a wizz and I am being a wizard.

A Wizard has no duality of gender, being neither a witch nor a warlock.

A Wizard has no opposing polarity being neither good nor evil.

It is a witch or a warlock that is eternally locked in a battle between good & evil, never a Wizard.

A warlock chooses to fight for good or evil whilst a witch decides to cast a spell of light or a spell of darkness.

A Wizard doesn't cast spells but does experience miracles.

A Wizard knows the miracle of an effortless life.

When life is a whizz, I am a Wizard and life is divine.

Being Entitled

November 11, 2012

Being Entitled is a state of being.

It is a state of being at choice.

It is knowing that I am free to choose, because that is my entitlement.

When entitlement is something that I have, it is bestowed by another and is not my choice.

When entitlement has to be earned, I am not being entitled because I have not chosen it freely.

When entitlement is determined by status, it is bestowed not chosen and I am not being entitled because it is something that I have earned or been given.

I am entitled to my self-esteem.

I do not earn my self-esteem and it is neither dependent on my status nor bestowed by another.

I choose the self-worth & confidence that enables my esteem because I am entitled to.

When being entitled my title is: Creator of my own Choice.

We are all the creators of our own choice whether we believe that we are entitled to, or not.

A Three Dimensional World

November 10, 2012

In a three dimensional world, the fundamental elements of that world all have three dimensions.

A physical world is not just a matter of length, breadth & height. All matter is a form of energy and the fundamental properties of all energy forms are frequency, wavelength & vibration.

The three energy dimensions of all matter forms in motion are spin, orbit & rotation. It is the spin, orbit & rotation of electrons, neutrons & protons in an atom that determine the material form of particular matter.

It is the spin, orbit & rotation of planets, moons & suns that determine the material form of a solar system. It is the spin, orbit & rotation of different stars in a galaxy that determine that galactic system.

The spin, orbit & rotation of any form of atomic matter is measured as the energetic force, magnitude & potential of its electro-magnetic-gravity.

The Law of Attraction determines that all elemental systems with like spin, orbit & rotation are drawn unto themselves.

This is a fundamental principal of all three dimensional physical worlds.

Being Satisfied

November 9, 2012

Being Satisfied allows me to be comfortable.

When I am comfortable, I am pleased and being pleased satisfies me.

I am satisfied when my physical senses feedback positive information.

When I am negatively informed, I find it unsatisfactory and I am displeased.

When my physical senses are sated, I am satisfied.

When my physical needs are taken care of, I am satisfied.

When my standards are achieved and my boundaries acknowledged, I am satisfied.

Having needs or being needy is not satisfactory for me.

When whatever I see, hear, taste, smell & touch is satisfactory, I am satisfied.

With enough mental knowing, I am fulfilled; with enough emotional feeling, I am joyful; and with enough intuitive seeing, I am content.

My contentment, fulfilment & joy are a measure of my Happiness. I may be satisfied with my external world but it will never make me happy.

Being Happy comes from within.

A Lost Cause

November 8, 2012

I cause my reality to occur.

I am the cause of my own experience of life.

I cause my reality to be real.

Unless I realise that I cause my reality, I will realise my reality unconsciously.

My unconscious Real Self creates the opportunities for reality that my ego Self experiences.

My Real Self is never lost.

In my confusion & frustration, I imagine my Self to be very lost.

When I have lost the cause of my reality, I become a lost cause.

My Soul does not cause my Self to be lost.

My Soul's choice is for my Self to find my Self.

Being a lost cause is unfounded.

A cause is never lost, just unimagined.

The Real Reality

November 7, 2012

The reality is that Reality is real. By definition reality is real. Yet in a relative dual reality world, an unreal reality exists.

I can choose my reality to be real or unreal. The real Reality is Absolute. It is absolutely real.

An absolute reality is unchanging.

A relative reality allows choice.

One choice is relative to another choice.

One's choice is relative to another's choice.

One's reality is relative to an other reality and another's reality.

Realities are contiguous, continuous and sequential.

They are consequential, being the consequence of individual & collective thought.

My reality is what I believe to be true.

What I believe to be true is what I experience because what I experience confirms what I believe to be true.

What I believe to be true is real for me.

It is my reality.

My reality is continually changing as through my experience of life, I change my mind about what is my Real Reality.

Life is a Project

November 6, 2012

Life is a Project to experience.

My experience is a projection of my reality.

My reality is an expression of my beliefs.

My beliefs create my reality.

I experience the reality of my own creation.

I create my reality as a projection of my own beliefs.

I believe that the life that I experience is real.

It is a real expression of my thoughts.

My reality is a projection of my thoughts.

Through my thoughts, I project my reality into existence.

I exist to experience my expression of my creation of reality.

I project my expression of my beliefs into reality.

Life is a project.

Pleasing My Self

November 5, 2012

Pleasing my Self is being selfish.

Pleasing my Self is being greedy.

Pleasing others is being unselfish.

Being greedy displeases others.

Selfish people do not please others.

Being greedy and being selfish are not the same thing. Being selfish is wanting my own way. Being greedy is driven by the belief that I am more exclusive and better than another. Pleasing others is tolerating their choices for my ulterior gain.

Whether I am being greedy or pleasing others, I am in conflict with their choices and competing for their emotional energy.

Pleasing my Self is ego driven fun & pleasure.

Pleasing others is a toleration, a problem and a pain.

Pleasing my Soul is a pure joy.

Being truly Selfish is following my faith in my own unique, individual & exclusive path in life. When experiencing the joy of my own destiny, I am being neither greedy nor pleasing. I have no need to compete with my Soul to enjoy the path of my Soul. My Soul never pleases my Self. A truly selfish path overcomes all duality and pleases both my Soul and my Self.

Fitting In

November 4, 2012

My path always fits in with everyone else's path.
We all have a unique path and all our individual paths
flow together.
Nobody's path is designed not to flow.
No path is destined to be an effort.
All paths flow effortlessly.
Everyone fits in.
Unless that is, they decide not to.
Not fitting in is the choice of an individual ego self.
It is egotistical and selfish.
It is not my path to fit in to someone else's path.
It is not someone else's path to fit into mine.
When I resist fitting in to the flow of life, I resist the
flow and my flow of life becomes blocked.
The only person that ever blocks my path is my Self.
Fitting in is a fitting choice for my Self and for my Life.

The Potential of Electricity

November 3, 2012

The Potential of Electricity is its capacity for physical work and its capability to allow physical reality to work.

Electricity enables physical life in every way and at every level.

Every elemental atom has an electrical potential.

Every living cell has an electrical potential.

Every living substance has an electrical potential.

Every star system has an electrical potential.

With no electrical potential, there is no sign of life.

The potential of electricity is the creation of an atomic, a cellular, a biopic and a stellar life support system.

Electricity is the life force energy of every holon of existence.

The electrical potential of a system is proportional to the specific force of its gravity relative to the magnitude of its magnetic field.

From an Energetic perspective the potential of an energy vibration is proportional to the magnitude of its wavelength relative to the force of its frequency.

A Force of Gravity

November 2, 2012

Gravity is an energetic force.

It is the force of energy particular to matter or material substances.

The force of an energy is relative to the magnitude of the resistance that it encounters.

Matter is energy in a state of resistance.

As matter resists the natural flow of energy, it creates an energetic force called gravity.

The force of gravity is experienced as the attraction of matter to matter.

It can be observed as the energetic non-attraction or repulsion of energy that counteracts the resistance of matter.

Pure energy is repulsed as the like energy of matter attracts the like energy of matter.

The resistance of matter to energetic flow is called its specific gravity, which is the result of its relative density.

The greater the density of matter the greater its resistance to energetic flow and the higher its specific gravity.

The Magnitude Of A Magnetic Field

November 1, 2012

A Magnetic Field is the barrier of resistance that matter creates around itself.

All matter has an electro-magnetic field.

The denser the matter the greater the magnitude of the magnetic field and the greater its potential to attract or repel.

The potential for matter to attract or repel is relative to the magnitude & gender of the wavelength and the force of the polarity of the frequency of its energy vibration.

The magnitude of the wavelength of the energy of a substance determines the size of its magnetic field.

Like energy unto itself is drawn.

This is the Law of Attraction.

A magnetic field contains the lines of resistance that energetic matter displays to other energy forms.

Like forms of energy are admitted, whilst unlike forms of energy are repelled.

The Earth's magnetic field acts as a barrier and protection from the natural flow or pure universal energy.

It allows matter to remain an impure form of pure energy.

The 3 Fundamental Properties Of Energy

October 31, 2012

All forms of Energy have three fundamental properties of force, magnitude & potential.

The force & magnitude of Energy determines its potential.

From a Physical perspective: The force of energy is called gravity, the magnitude of energy is called magnetism, and the potential is called electricity.

From an Electrician's perspective: The force is called volts, the magnitude is called amps and the potential is called watts.

From a Spiritual perspective: The force is called Light, the magnitude is called Love and the potential is called Life.

From a Personal Development perspective: The force is called self-confidence, the magnitude is called self-worth and the potential is my self-esteem.

From Cosmic perspective: The force is called Time, the magnitude is called Space and the Potential is called Reality.

From a Metaphysical perspective: I have a force of mental authority, a magnitude of emotional power and a potential of physical ability.

From a Divine perspective: The force is omniscient, the magnitude is omnipotent and the potential is omnipresent.

The fundamental magnitude of all Energy is the force of its Motion that enables its potential to be Matter. The force of my thought relative to the magnitude of my emotion determines its potential ability to be creative.

Continuous Health

October 30, 2012

Health is continuous.

Wellness fluctuates.

Health is spiritual well-being.

Wellness is the absence of physical or mental illness.

Health has no duality.

Wellness is interspersed with ill-health.

Health is my physical potential.

Wellness determines my physical ability.

Health is my natural state of being.

Wellness is relative to my common beliefs.

Health is a measure of my Wealth & Wisdom.

Wellness is a measure of my knowledge & riches.

My Health releases my past, delivers my present and cleanses my future.

My wellness fears ailments, suffers unwellness and has a problem with all types of illness.

I can be Healthy & Well without illness or wellness.

Eternal Wealth

October 29, 2012

Wealth is eternal.

Riches are fleeting.

Wealth is internal.

Riches are external.

Wealth comes from being.

Riches come from doing.

Wealth is attributable.

Riches are earned.

Wealth has no duality.

Riches can be poor.

Wealth is an attainment.

Riches are an achievement.

Wealth is an expression of who I am.

Riches shape my personality & character.

I can be rich in wealth, whilst poor in assets.

When wealth is an asset, I will never be poor.

Infinite Wisdom

October 28, 2012

Wisdom is infinite.

Knowledge is definite.

Wisdom is subjective.

Knowledge is objective.

Wisdom is absolute.

Knowledge is relative to experience.

Wisdom is intuitive.

Knowledge is learned.

Wisdom illuminates my present moment.

Knowledge is a record of my past that allows my future.

Wisdom attracts my Spiritual growth.

Knowledge promotes my personal development.

Wisdom is the Universal collective unconscious in action.

Knowledge is the sum of the collective consciousness of Man.

A Knowledge of Wisdom is very wise.

A Triality of Divine Attributes

October 27, 2012

Divine Attributes are a triality of my Spirituality.

My Spirituality is an expression of my physicality, my mentality & my emotionality.

My physical ability is relative to my emotional power and my mental authority.

In alignment with my Spirituality, divine attributes always come in threes.

They are always an expression of my spiritual power, authority & ability.

Examples of divine attributes are Being:

Content, Fulfilled & Joyful

Accepting, Allowing & Approving

Gentle, Good & Graceful

Enabled, Inspired & Empowered

Omnipresent, Omniscient & Omnipotent

The triality of divine attributes means that they have overcome the dramas of relative dual reality existence.

A state of being that is without the drama of an opposing duality is always divine.

Divine Attributes

October 26, 2012

Divine Attributes are any emotional state of being that I experience as being Divine.

A state of being is divine when it connects my Self to my Soul.

When my emotional state of being is attributable to my Soul, it is divine.

When my state of being is attributable to my ego Self, it can be less than divine.

A divine attribute connects me to my source of emotional power, my mental authority & the potential of my physical ability.

My Soul is my source of power, authority & ability.

My Soul connection is always a divine experience.

When my state of being is attributable to the ability of my Soul's power & authority, it is a divine experience.

Divine Attributes are the highest expression of my Self and are in alignment with the vision & purpose for my life.

Joy or Pleasure

October 25, 2012

Joy is a Divine Attribute.

Pleasure is a common experience.

Joy is emotional happiness.

Pleasure is emotional fun.

Joy has no duality.

Pleasure has a duality of pain.

My Joy is never unpleasant or displeasing.

My Pleasure often is to others.

Joy is empowered by my Soul.

Pleasure is my sub-conscious motivation.

Joy is a true value.

Pleasure is an emotional need.

Joy is free to all.

Pleasure & pleasing comes at a cost.

Joy just flows.

Pleasure has a positive or a negative charge.

Joy is absolute.

Pleasure is relative.

Being A Christian or Being Christian

October 24, 2012

Being A Christian is being a follower of a christian religion.

Being Christian is being like Christ.

Being A Christian is adopting the doctrine & dogma of a religious establishment.

Being Christian is a personal path.

Being A Christian is following the moral & ethical teachings of the church elders.

Being Christian is expressing the attributes of Jesus.

Being A Christian is doing what Jesus did.

Being Christian is being who Jesus is.

Being A Christian is attaching myself to an inclusive path.

Being Christian is connecting to my own exclusive path.

Being A Christian is my fate.

Being Christian is my destiny.

An Intensely Balanced Life

October 23, 2012

An Intensely Balanced Life is attained when I balance the intensity of my life.

An intensely balanced life is neither highly intense nor lowly intense.

It is moderately intense.

When I moderate the intensity of my life, it comes into balanced.

Everything in moderation allows everything to be in balance.

I moderate the intensity of my life when I balance the polarity and gender of my emotional energy.

I moderate the polarity of my emotions with the perspective of my thinking.

I equalise the gender of my emotions with the perception of my feelings.

When I bring the yin & yang of my emotional experience into balance, I realise my true potential for life.

An intensely balanced life that is equalised & moderated overcomes the duality of the dramas of everyday existence.

Feelings & Emotions

October 22, 2012

Feelings are the intensity of Love that my Soul feels for my Self.

My feelings are my Soul's communication with my Self.

The intensity of my feelings is the intensity of my Soul's affirmation for my Self.

It is my Soul saying Yes!

Having no feelings means no affirmation, no inspiration, and means I am not on my path.

Emotions are my state of being.

My state of being is a measure of my alignment with the power of my Soul.

The impurity of the vibration of my emotion is relative to my deviation from my path.

Emotion is the wavelength of the frequency of my thought.

Every frequency of thought creates a potential action that is expressed on a wavelength of emotion.

The purity of my thought determines the purity of my action and the purity of the emotion with which I express it.

Feelings are the pure emotion of Love.

Being Sensitive

October 21, 2012

Being Sensitive allows my awareness of my life path. Following my path, hearing my messages and knowing my direction requires my being sensitive. My insensitivity to life disconnects me from my path. I am sensitive to my intuition that allows me to see with clarity & direction.

Disconnected from my intuition, I get lost, confused & frustrated.

I am sensitive to my intuitive senses of seeing, feeling & knowing my life path, purpose & vision.

As a Sensitive, I am aware of where others are emotionally but this is not being sensitive but acting with sensitivity.

Being aware of other people's emotions is a great help to me on my path as my sensitivity is preferable to being either too sensitive or insensitive to others. Being sensitive to another's path is not my exclusive path and will result in my attachment to them.

Being Detached

October 20, 2012

Being Detached means having no attachment to other people or belongings.

I am detached when my emotional needs are met consciously.

It is my need for emotional power that attracts my Self to people and belongings.

When my emotional needs are met, I have the power to connect to my true emotional power source and to do what I truly value.

Being attached to what I need is powerful but it is not my true source of emotional power.

Being Detached requires my emotional connection to my Life Source, not my emotional attachment to physical life.

My attachment to life propels me into the dramas of life.

My detachment from dramas allows my connection to the authority of my true path.

Detached from all dramas, I am free to fulfil my true purpose.

7 Quickest Ways to an Ideal Life

October 19, 2012

The Quickest Way to be Perfect:

Give up Criticism!

The Quickest Way to be Right:

Give up Judgment!

The Quickest Way to be in Authority:

Give up Cynicism!

The Quickest Way to be Joyful:

Give up Sarcasm!

The Quickest Way to be Problem-free:

Give up Complaining!

The Quickest Way to have everything I want:

Want for nothing!

The Quickest Way to have Presence:

Give up thinking!

The presence of my ideal life, having everything I want and being happily problem-free, is authorised as right and perfect for my Self. I just have to know the Way.

Spirituality & Religiosity

October 18, 2012

Spirituality is the state of being physically, mentally & emotionally in balance, which is divine. I can measure my physicality, my emotionality or my mentality separately, which is less than divine. I measure my spirituality by comparing the relationship of my physical, mental & emotional states of being.

We are all Spiritual Beings having a physical, mental & emotional experience, which is what makes us human. The extent to which I measure my own spirituality is determined by my exclusive mental perspective and individual emotional perception of my unique physical condition.

Religiosity is the condition of being religious. My religiosity is a measure of how religious I am and how well I follow my religious teachings. How religious I am is determined by my beliefs about God, which is determined by my religion. The stronger my conviction in the truth of my religion, the more religious I am. The weaker my opinion as to the truth of my religion, the less religious I am. Most societies have their own religion of choice. Few societies live in Spiritual Equanimity. Religiosity believes in a Divine Being called God. Spirituality is my Faith in Being Divine.

Sentimental

October 17, 2012

Sentimental means emotionally attached.

It means that my sensitivity has no detachment.

My attachments attach me emotionally to whatever I am sensitive to.

I am sensitive to whatever I sense is favourable for my Self.

I am too sensitive or insensitive to what I believe is unfavourable for my Self.

Sentimental is a sensitive feeling created by a mental belief.

My mental beliefs are created by my sensitive experiences of the past.

My sentimentality attaches me to positive emotional past experiences.

My attachment to my past experiences disallows my future growth, irrespective of whether I experienced them as either positive or negative.

My past sentimental beliefs will 'send me mental' in the future.

A Spell

October 16, 2012

My thoughts and my feelings create my reality.
When I spell out my thoughts, I define them as my reality.

What I define as real becomes my definite reality.
A spell of reality is created by my thoughts, words & experiences.

A spell is never blessed or cursed.
What blesses or curses a spell of reality is my perspective of it.

I can see my reality as a positive blessing, or I can perceive it to be a blessed curse.

Whatever I spell out as my belief, I will manifest as my spell of reality.

A spell of reality lasts as long as my belief in it.

My spells have no influence on the reality of another, as another's spell of reality has no influence on mine; unless that is, I adopt their spell of reality as my own.

A spell is only empowered to manifest when it is aligned with my higher purpose.

A spell of creative ability is called an empowered inspiration, a passionate desire, or an effortless flow of authorised power.

A Hex

October 15, 2012

A Hex is a measure of six.

In a sense, a hex denotes my sixth sense.

My sixth sense is intuition.

A hex is an intuitive thought.

Intuition is always empowered and never negative.

I cannot have a negative intuition.

My limiting beliefs & fears create negative thinking and my perception of a negative perspective of reality.

From a negative perspective, a hex may be seen as a curse or a bad spell.

In my experience, I am only ever cursed with a bad spell of reality when I am disconnected from my intuitive guidance And experiencing my fate.

My sixth sense is actually my three intuitive senses of seeing, feeling & knowing.

When I intuitively know, feel & see the destiny of my own path, I am blessed with a beneficial spell of life.

The Sun Is Not Hot!

October 14, 2012

The Sun is neither hot nor cold and is both hot & cold.

Relative temperature is the result of the vibration of atoms & molecules.

Vibration is the product of the frequency & wavelength of energy.

The faster (higher) the frequency of energy, the greater is the vibration of matter and the higher the apparent heat.

The higher the frequency the shorter is the wavelength of electro-magnetic energy.

The Sun emits a full spectrum of electro-magnetic energy.

Heat is a measure of the frequency of electro-magnetic waves in the infra-red & microwave range.

Light is a measure of the frequency of electro-magnetic waves in the visible & ultra-violet range.

Sound is a measure of the frequency of electro-magnetic rays in the radio wave range.

I am receiving the Sun's energy vibration with a full spectrum of wavelengths & frequencies, but as I am only particularly sensitive to heat, light & sound, the Sun appears to me to be very hot, very bright & very quiet.

With my 5 physical senses I can see the Sun's light and feel the Sun's heat, yet cannot smell, taste or hear it.

With my 6th intuitive sense, I can explore its energy vibration to determine its energetic qualities.

Clouds do not cool the heat of the Sun, they filter out the vibration of matter that feels hot to my skin.

Clouds cannot cool the Sun because the Sun is not Hot!

Judgment & Discernment

October 13, 2012

Judgment is deciding what is right or wrong, good or bad, for my Self.

Discernment is remembering my path in life.

I discern my path with discernment.

When disconnected from my inner guidance, I get lost, confused and frustrated in a dual reality world of relative good & bad, right & wrong, positive & negative, beliefs & judgments.

Discerning my path requires clarity, direction & presence.

In my confusion, lostness & frustration, I will have to judge what is best for my Self.

My Soul never judges what is best for my Self, because my Soul sees what is best and knows the perfect path for my Self.

My Soul only ever presents what is best for the development & growth of its Self.

Because my Soul knows the absolute truth, relative judgments are unnecessary.

My Soul knows no wrong, knows it can do no wrong, and only presents what is right for its Self with clarity, direction & discernment.

Current Thinking

October 12, 2012

Thought is an energy vibration.

It therefore has both a frequency and a wavelength.

The wavelength of a thought is determined by the emotion on which it is conveyed.

Thought is an electro-magnetic energy, although it is not yet seen on the scientific spectrum as a current thought or a ray of inspiration, because they are neither observable nor measurable.

Current thinking prefers to see massless photons rather than energetic waves.

It sees the matter of electrons as electro-magnetic matter, not electro-magnetic energy?

All forms of electro-magnetic energy have a magnetic wavelength and an electronic frequency.

The potential of all electro-magnetic energy is relative to its force of frequency and its magnitude of wavelength.

When measuring an electric current, the force of electrons is called volts and the magnitude of the electric field is called amps, which allows an electrical potential called watts, with a resistance measured in ohms.

The force of my authority is relative to the purity of my thought.

The magnitude of my power is relative to the purity of my emotion.

The purity of my thought relative to the purity of my emotion allows the potential ability of my choice to manifest effortlessly.

That is unless the limitation of my belief relative to my need for emotional power creates a resistance to my current thinking called fear.

Sunlight

October 11, 2012

The Sun's Light is called electro-magnetic energy.

Electro-magnetic energy is universal.

Sunlight is the energy of our universe, physically experienced.

It can be experienced in different ways, or rays.

At a constant gravity, electricity is proportional to magnetism.

The frequency of an electric force is relative to the wavelength of a magnetic magnitude.

The frequency of energy is experienced as inversely proportional to its wavelength.

This means that the shorter the wavelength, the faster the frequency; therefore the longer the wavelength, the slower the frequency.

Radio waves, from the sun's light, have the longest wavelength and the slowest frequency.

As the wavelength of sunlight shortens the frequency increases and it is experienced as microwaves, infra-red rays, visible light, ultra-violet light, x-rays and then gamma rays.

Gamma rays are the shortest wavelength of sunlight with the highest frequencies that have so far been scientifically discovered and measured.

Pointlessness

October 10, 2012

Pointlessness is the state of having no point to my life.

Being pointless is being without a purpose in life.

It is never my life that is pointless.

It is always my perspective of my life.

When I cannot see the point, life appears to be pointless.

I cannot see the point when the focus of my life is out of alignment.

When I am misaligned with the purpose of my life, I cannot see the purpose and it will appear pointless.

When I am aligned and focused on the point of my life, I know my vision, I feel my purpose and I see my mission for my life.

The point of my life is always present, never past and never in the future.

Living in the past or future is pointless.

Making up a vision for my life is also pointless.

The point is you see, I chose my vision & purpose before I undertook this mission.

Anger

October 9, 2012

Anger is my inability to be who I choose to be. Being who I choose to be requires emotional intelligence.

Emotional intelligence allows me the power to consciously choose my emotional state of being. I never consciously choose to be angry.

Anger is my sub-conscious reaction to whatever is depleting my emotional energy.

I am actually being angry with myself for my inability to consciously control my emotional state of being. Controlling my emotional state of being requires emotional energy, which, when I am angry, I do not have.

Anger is my extreme state of impatience.

Patience is my ability to drain emotional energy to a situation without becoming angry.

When I run out of emotional energy, I run out of patience and react with impatience or anger.

Intolerance

October 8, 2012

Intolerance is my inability to have what I want to have occur.

It is my inability to manifest whatever I want or desire in a way that I want or desire it to happen.

It is my inability to tolerate and endure what I believe that I have not chosen.

My own choice is never intolerable.

It is the absence of what I choose that is intolerable.

It is my lack of authority that I cannot tolerate.

Someone else's choice is only intolerable when it is conflict with my own.

I will tolerate another's choice until it becomes intolerable.

Something becomes intolerable when I lose the ability to continue tolerating it.

Tolerating is my ability to put up with and endure whatever I do not accept graciously or willingly.

The belief that I am unable to either tolerate or accept something is the source of my intolerance.

Frustration

October 7, 2012

Frustration is my inability to do what I want to do.
It is my inability to act to my desired standard.
It is the experience of resistance to whatever I am unable to do.

My physical ability is determined by my emotional power and my mental authority.

My lack of mental authority will disempower me emotionally.

My need for emotional power will incapacitate me mentally.

My need for power & authority is the cause of my frustration.

When I am emotionally empowered and mentally inspired, I am physically enabled and never frustrated.
I overcome my frustration with my exclusive connection to my authorised power.

My need for emotional power will make me angry.

My limited mental authority will become intolerable.

Omnipresent

October 6, 2012

Omnipresent means All Present.

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

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

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

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

My present reality is a representation of my Presence.

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

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

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

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

It is seeing life from the pure perspective of my Soul.

Omnipotent

October 5, 2012

Omnipotent means All Powerful.

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

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

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

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

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

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

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

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

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

Omniscient

October 4, 2012

Omniscient means All Knowing.

Being Scient is being aware of my knowing.

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

Knowing is intuitive.

Knowledge is learned.

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

Omniscience is a measure of my intuitive ability.

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

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

Being omniscient requires my Self to be Soul-like.

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

The Science of Reality

October 3, 2012

Science believes that reality evolves through chance. This means that we are all victims of good or bad luck.

Scientists study the effects of reality, not the cause. A study of luck and chance is never conclusive.

Although science believes that reality is a matter of chance, it studies only what is predictable and provable.

Reality is determined by the Universal Law of Attraction.

Understanding the effect of this law allows an awareness of the cause of reality.

The cause of reality is Thought.

We each create our own reality with our own thoughts.

Knowing all my thoughts, I become omniscient and all scient.

That's knowing all science really.

The Observer & The Observed

October 2, 2012

The Observed is both subjective & objective.

When my Self is the observed, I am being subjective.

When my Self is the observer of another, I am being objective.

When my Soul is the Observer of my Self, I am being adjective.

When I am being observing of my Self, I am being my Soul.

When I am being both the Observer & the Observed, there is no distinction between who I am.

I am being my True Self.

As my True Self, I am neither the subject of the observer nor the object of the observed, because that requires a relative perspective of my Beingness.

When I adjectively know who I am, I absolutely know my truth and I see who I am being absolutely.

Inspiration

October 1, 2012

Inspiration is empowered thought.

Empowered thought is my authorised choice.

My authorised choice is empowered by my Soul.

It has the power & authority of my Soul's choice for my Self.

My Soul's empowered thought inspires my ability to act.

Inspiration is intuitive.

It is the intuitive feeling of emotional power that accompanies my intuitive sense of knowing.

When I am inspired by feeling & knowing my messages of clear direction, I intuitively see my path.

My life path is an inspired vision that I am inspired to follow.

Inspiration is my Soul's communication with my Self.

The inspiration of my inner breath is the oxygen of my Soul.

The 'air' that I 'breathe' is inspired.

Witness

September 30, 2012

Witness is the attainment of wit.

With the attainment of wit, I become a Witness because I have attained witness.

Having witness is the ability to see the bigger picture of life.

I am a witness to life rather than a participator, a competitor or a spectator.

I spectate with my 5 physical senses.

I witness with my 3 intuitive senses.

Connected to my senses of intuition, I have my wits about me.

The Seer sees the big picture of life.

The Gnostic knows the expansiveness of life.

The Sensitive feels the magnitude of life.

The Witness witnesses the expansive magnitude of the bigger picture of life.

With my Witness, I can indulge in the serious humour of a relative existence.

"As my Soul is my Witness".

Seeing My Choice

September 29, 2012

I do not see my choice with my visible eye-sight.

I use my eyes to see my options.

I see my choice intuitively.

I see my choice when I intuitively know & feel it to be my choice.

Seeing intuitively requires the removal of all the blockages that are obscuring my Inner Vision.

My Soul's vision for my Self is my Soul's choice for my Self to see.

Seeing my vision is my choice.

My vision is my choice of my ideal life.

Choosing my ideal life is my vision.

My inner tutor guides me intuitively along my preferred path.

My inner guidance system is my intuition.

My inner vision sees my path intuitively.

My path is my path of choice that I follow by seeing my choice not by choosing my options.

Feeling My Choice

September 28, 2012

The right choice for my Self feels right for me.

Whatever feels right for me, is right for me.

My positive feelings are intuitive.

I intuitively feel what is right for my Self.

What is right for my Self always comes with a feeling of emotional power from my Soul.

My Soul's emotional power accompanies my Soul's mindful authority.

My Soul never presents me with what is wrong for my Self.

Feeling that something is wrong is a prerogative of my ego self not my Soul.

Only my ego self has the option to choose between right & wrong and good & bad feelings.

Bad feelings are the result of wrong beliefs caused by a false perspective that creates a fear or a limiting belief.

My Soul is unlimited and empowered by Love.

Fear is never an option for my Soul.

Knowing My Choice

September 27, 2012

I know my choice intuitively.

Intelligently rating options is an activity of a mind that is intuitively disconnected.

With my intuitive connection, I have no need to rationalise my options.

There are no pros or cons to deliberate.

There is just an intuitive knowing of what I have already chosen for my Self.

When I know my choice, choosing is unnecessary as all other options are irrelevant.

My choice is intuitively knowing what is right for my Self.

With intuitive knowing, choice becomes absolute and no longer relative to my past experiences of life.

Choice becomes absolute and choosing options becomes obsolete.

Choosing Options or Choice

September 26, 2012

Choosing is deciding between options.

It is deciding what I want & desire or what I need with a passion.

Choosing is an option of my ego self.

I have an option to choose and an option not to choose.

When an option is seen as a choice, I am unaware of my true choice.

My true choice is already chosen.

I do not have to make a choice as it is already chosen.

My true choice is my Soul's Choice.

My Soul always gives my Self a choice but never an option.

I do not have to choose an option, just accept my choice for my Self.

My choice is ever present as my Soul's present to my Self.

Opting for my Soul's Choice requires intuition.

Spiritual Growth

September 25, 2012

Spiritual Growth is the process of changing my perspective from that of my ego Self to that of my Soul. It is changing the beliefs of my self to the Truth of my Soul by challenging my limiting beliefs.

It is changing the emotions of my self to the attributes and attainments of my Soul by becoming emotionally intelligent. It is meeting the emotional needs of my self by connecting with sensitive detachment to the power of my Soul.

It is allowing my Soul to deliver my providence with gratitude, appreciation & acceptance without enduring any tolerations or being challenged as my self. It is overcoming the pain, fear & problems of my self by exclusively connecting to the power, authority & ability of my Soul. It is changing the perception of my self-worth to the True Value of my Soul's Purpose. It is changing the aims, goals, & intentions of my ego self into alignment with the Vision of my Soul.

It is changing the commitment, determination & dedication of my ego's will power to the empowered inspiration of my Soul's Mission for my life.

A Force of Nature

September 24, 2012

Every frequency of energy is a Force of Nature.

The frequency or force of an energy vibration determines its nature.

The nature of an energy vibration determines its form.

The ability of energy to manifest in form is determined by the force of its nature.

Every force of nature has a specific wavelength.

The potential of every natural force is relative to its wavelength of energy.

The magnitude of its wavelength is proportional to the force of the nature of its frequency.

The nature of a vibration of energy is determined by the force of its frequency and the magnitude of its wavelength.

Every vibration of thought energy (Consciousness) has the potential to determine its own nature.

The nature of its force and magnitude determines its potential to manifest in material form.

The nature of its force determines its authority and the magnitude of its wavelength determines its power.

It is the nature of energy that determines its force, and its force of authority that determines its nature.

Inflammation & Infection

September 23, 2012

The role of the virus is to detoxify cells.

They naturally clean up their living environment.

My infection is my cell toxicity, not the virus.

I am infected by my level of toxicity, not the virus cleaning up the toxicity.

The evidence of viral activity is a measure of my level of cellular toxicity that requires detoxifying.

The role of the bacterium is to neutralise excessive viral activity. They naturally clean up their living environment. The role of my inflammation response is to neutralise excessive bacterial activity.

When my inflammation response is neutralised with anti-inflammatory drugs, bacteria proliferate.

When bacteria are neutralised with anti-septic drugs, virus infection prospers.

Excessive viral activity can only be neutralised by my inflammation response. This is called nature taking its course. Inflammation & Infection are my body's natural method of detoxification when I allow nature to follow its natural course. Following a natural course is not currently human nature or the nature of medical practitioners. I am required to naturally clean up my living environment.

The Zone of Opportunity

September 22, 2012

Life Flows Effortlessly when I hear my intuitive messages. When I intuitively know the direction and instinctively feel the clarity, I see my opportunities in life. Opportunities always flow effortlessly.

When I miss an opportunity, I am challenged to learn a lesson. When I learn the lesson, I immediately see the opportunity. When I fail the challenge, I experience a problem. A problem is always a problem, even when I have a solution. When I have too many problems or too many solutions, my life is chaotic.

When my life is in chaos, I am on the road to disaster. To avoid disaster and move out of chaos, I am required to become problem-free.

I become problem-free by not having problems, not by solving them.

When I see whatever is occurring as a challenge, I am on the path to learning my lessons.

When I see whatever is occurring as an opportunity, I have presence, I see the gift (present) that life is presenting in each and every present moment.

In the 'flow of reality', with my presence in the 'gap of space' and being present in the 'now of time', I am effortlessly in the 'zone of opportunity'.

The Paradox of the Free Radical

September 21, 2012

The Paradox of the Free Radical is that it appears to have a positive charge and a negative effect.

Paradoxically, it has both a positive effect and a negative effect, depending on my perspective.

Free radicals are freely available from the Sun.

They have a positive and beneficial effect via the inflammation response that is designed to neutralise bacterial pathogens.

They appear to have a negative detrimental effect when our inflammation response is suppressed.

Acute inflammation is the result of free radical activity neutralising excessive pathogen activity.

The free radical is an anti-oxidant that starves pathogens of their life-giving oxygen.

Chronic inflammation is caused when the inflammation response is seen to be chronic because the anti-oxidant action starts to neutralise healthy cells.

Acute inflammation is essential for the maintenance and repair of cells, whereas chronic inflammation is not.

The Paradox of the Free Electron

September 20, 2012

The Paradox of the Free Electron is that it has a negative charge and a positive effect.

It is both positive & negative depending on my perspective.

It has a beneficial effect on the molecules that are my physical body when it neutralises the positive charge of free radical activity in my cells.

Free electrons are free.

They may be seen to have no charge, but in fact they have a negative charge at no cost to my Self.

Electrons are freely available to flow from Earth to me.

When I walk barefoot on the ground, I ground my Self and discharge my positively useless static by charging with negative electrons.

Positive static is free but radical and seldom beneficial.

Three Levels of Unwellness

September 19, 2012

Acute Unwellness is my body re-balancing itself.

In a relative dual reality world, I am regularly out of balance because whatever I think , I experience.

My body is designed to re-balance and heal itself naturally.

Acute illness is actually a cute way of healing, when I see it as such.

When I see my cute way of healing as an illness, I suppress my ability to re-balance by treating the symptoms instead of the cause.

An acute unwellness that is suppressed will eventually become a chronic illness.

Chronic Unwellness is created by a chronic cure that is the result of a chronic belief.

When an unwellness is seen as an illness instead of a re-balancing, I have a chronic perspective that in time creates a chronic illness.

Chronic unwellness that is not allowed to re-balance naturally will eventually become critical.

Critical Unwellness inevitably leads to death.

Death is both critical and fatal.

I am extremely critical of a fate that is not my destiny.

The Pathogenic Food Chain

September 18, 2012

A Pathogen is a producer of passion or suffering.

I am a pathogen.

I am at both ends of the Pathogenic Food Chain.

I create cellular toxins with my toxic emotions created by my toxic thoughts.

Viral pathogens exist to neutralise cellular toxins.

Bacterial pathogens exist to neutralise viral pathogens.

Free radicals exist to neutralise bacterial pathogens.

Free electrons exist to neutralise free radicals.

Free electrons are freely available when grounded on Earth.

Free electrons flow naturally through all living entities.

Thought & emotion are frequencies & wavelengths of electro-magnetic energy that create an electron flow that is either free flowing or static.

When electrons become static they have a charge and are no longer free electrons.

The cost of passion is often suffering, at the top of the Pathogenic Food Chain.

Without free electrons, free radicals proliferate.

Without free radicals, bacteria proliferate.

Without bacteria, viruses proliferate.

Without viruses, toxins proliferate.

Without toxins, passion proliferates.

Without passion, suffering proliferates.

At the top of the Pathogenic Food Chain, I can choose between passion & suffering, pain or pleasure, being ill or being well, sickness or health.

The Four Elements of Healing

September 17, 2012

The Four Elements of Healing are symbolised by Fire, Water, Earth & Air. These four elements of healing represent or symbolise four levels of healing.

Four levels of healing bring balance to the four aspects of my entity. I exist in four levels of Beingness:

- An Energetic Level
- An Atomic Level
- A Cellular Level
- An Organic Level

At an energetic level, I require Breath to connect & balance my emotional power with my mental authority. At an atomic level, I require Grounding to balance the polarity of my positive & negative electrons. At a cellular level, I require Hydration to balance the chemical activity of each cell.

At an organic level, I require Inflammation to repair the wear & tear of tissues.

- Energetic Breath is symbolised by Air
- Atomic Grounding is symbolised by Earth
- Cellular Hydration is symbolised by Water
- Organic Inflammation is symbolised by Fire

These are my Four Elements of Healing that I require to maintain in balance to be Healthy.

Indignation

September 16, 2012

Indignation is the loss of self-esteem that I experience when my status is questioned.

When my level of status, authority & influence is undermined or threatened, I am indignant and I suffer my indignation.

When my status is threatened, my self-esteem is undermined and my indignation becomes apparent.

Indignation is righteous anger.

It is the intolerance of being made wrong, or my genuineness questioned, when I believe that I am right.

It is the irritation of being seen as bad when I am convinced that I am good.

It is the frustration of others failing to acknowledge my righteousness.

Self-righteous indignation is how others see my disposition.

I never see my own indignation as being self-righteous, but as justification of my dignity.

When I overcome my need for dignity in life, I overcome my need to react with indignation at life.

Dignity

September 15, 2012

Dignity is my belief in myself perceived status in life. It is founded on the belief that dignity is a measure of status and therefore my status is a measure of my dignity.

Status is the esteem that is given to myself by other people.

With enough esteemed dignity, I believe that I can become a dignitary with high social status.

A Dignitary has a high level of dignity and a great deal of influence over other people.

The paradox of dignity is that I require dignity to achieve high office, and I require the level of esteem conveyed by that status to become dignified, with dignity as a Dignitary.

I am dignified by the level of my status that determines my level of esteem, when my level of esteem is a measure of how highly other people acknowledge and dignify my status.

My true Self-esteem is a measure of the true confidence & worth of my integrity, not my dignity.

The Appreciation of Wisdom

September 14, 2012

The Appreciation of Wisdom is an oxymoron.

Wisdom does not appreciate, it accumulates.

Wisdom requires my intuitive connection to my Inner Guidance.

Connecting intuitively is a skill that can be developed and grown.

The more that I am able to connect intuitively, the more that I appreciate my ability to be wise.

As my intuitive ability increases, my wisdom accumulates.

Without the wisdom of my intuitive connection, I depend upon the knowledge that I have experienced and learned.

It is my life path to follow my wise inner guidance.

Following this path has wisdom and accumulates wisdom.

As my wisdom accumulates, my direction gains clarity.

I am clearly on the path of realising my inherent health through the accumulation of my wisdom and the appreciation of my wealth.

The Accumulation of Wealth

September 13, 2012

The Accumulation of Wealth is an oxymoron.

Wealth does not accumulate, it appreciates.

Wealth is an aspect of my Beingness.

I can accumulate riches and I can accumulate assets that measure how rich I am.

Money & assets may make me rich, but they will never make me wealthy.

I am wealthy when I appreciate the wealth that is inherently mine.

The more that I appreciate the wealth of being who I really am, the more I experience my wealth in my reality.

The more that I appreciate my wealth, the more that my wealth appreciates and the more my wealth is appreciated.

The appreciation of my wealth is attained with the accumulation of my wisdom that allows my healthy abundance of life.

The Acquisition of Health

September 12, 2012

The Acquisition of Health is an oxymoron.

I do not acquire health; it is mine by right.

I am inherently healthy.

In this dual reality world, I can realise how healthy I am or I can realise how unhealthy I am; the choice is mine.

Realising my inherent health requires the appreciation of my wealth and the accumulation of my wisdom.

The realisation of my health is acquired through the personal development & growth of my wealth & wisdom.

With the development & growth of my wealth & wisdom, I accumulate the appreciation of my apparent reality.

For my health to appear real, I am required to see that it is inherently "in here".

My source of health, wealth & wisdom is inherently within me and momentarily present right now.

I acquire the realisation of my health right here, right now, with my perspective of wisdom and my perception of wealth.

The Focus of my Attention

September 11, 2012

The Focus of my Attention requires my Presence.

With Presence, I am focused on my present reality, in my present space, in the present time.

The focus of my attention influences my intention, which determines my action.

When the focus of my attention is on the past or the future, I lose my ability to attract my intention.

My intention for the present moment determines the future that I will attract.

Changing the reality of my present moment requires me to change my perspective of whatever is occurring in my present moment.

Focusing my attention on to better events occurring in my future is focusing on my intention for the future, which will not realise my intention in the future.

Focusing my attention on to present events in a better way will improve my perspective of my present reality and automatically manifest that as my future.

Anal Retention

September 10, 2012

Anal Retention is a particularly British Disease.

It is an obsessive belief in one's own limited perspective of life.

It is an over-attachment to one's own 'stuff' and an aversion to de-cluttering one's 'baggage'.

This results in the syndrome of 'head stuck up rectum'.

Without the ability to extract one's head from the comfort zone of one's own rectum, it is impossible to see the bigger picture of life with clarity.

When contagious, others are encouraged to conform to a similarly obtrusive view of life.

It breeds a belief that even though my life is not perfect, it is the best that is available to myself and everyone else.

It is driven by my belief that I am normal and if only everyone else would share my perspective, life would be wonderful.

It is the denial that anything bad could ever be caused by me.

It is the belief that the devil is in the detail when all the time it was in 'de' tail.

A Valued Judgment

September 9, 2012

A Valued Judgment perpetuates the belief that judgment has value. Judgment is a discernment of value. Through judgment, I discern what has value for my Self.

I judge what appears to be good or bad for me in order to decide what I want or need.

I decide that I want or need what I believe to be good for me.

What is good for me, I judge to have value.

My judgment determines what is bad for me.

The bad thing about judgment is that I can judge something to be bad for me.

I judge something to be bad when it has no value and is therefore not good for me.

Whatever turns up in my life is good for me because it provides an opportunity for my personal development & growth.

Judging something to be good or bad misses the value that an opportunity presents.

Judging the value of an opportunity will always be a challenge that is doomed to fail and become a problem.

A valued judgment is therefore an oxymoron and has no inherent value in itself.

Being Agreeable

September 8, 2012

Being Agreeable is the ability to agree and the ability to never disagree.

Even when someone's perspective is different to mine, I never disagree.

I always agree to allow all others to agree their own perspective.

I agree to allow all others to follow their own path.

All others have my full agreement to have and to hold their own perspective.

Whether I share or differ from their beliefs, opinions or convictions is not important to me.

What is important to me is that I agree that another's beliefs, opinions and convictions are theirs, and I respect that as being so.

My agreement is to live in a contextual field of dual reality existence that allows each Individual their individual choice of reality, whether they agree or not.

My agreement is with my choice of reality, not someone else's.

I allow all others to follow their agreement without conflict or confrontation with my Self.

When doing so, I am Being Agreeable.

My Agreement

September 7, 2012

My Agreement is always in alignment with my Soul.

My Soul never disagrees with my Self.

When I disagree with my Soul, I am out of alignment with my path.

When I disagree with someone else, it is because no agreement exists.

We only ever disagree about the nature of reality.

The nature of reality is that duality allows choice and therefore agreement or disagreement.

It is the personal perspective of an Individual Self that agrees with the personal perspective of another Individual Self, or not.

All Souls are ever in agreement.

My agreement with my Soul is in alignment with my Covenant for Life.

I agreed my covenant and my life path with my Soul, in advance of my journey.

Any disagreement is a false perspective of my reality.

My Agreement is for my life to flow effortlessly along my path without any disagreement.

Patronising

September 6, 2012

My clients patronise me when they buy my services as a Life Coach.

I patronise my clients when I give them emotional support and encouragement on their path.

I never treat my clients in a condescending or demeaning manner, nor do they see me as superior in any way to themselves.

My Soul patronises me with my provision.

My Soul is my patron, my father figure, and my provider.

My Soul provides every opportunity for my experience of life.

My Soul is never condescending or demeaning and is always in equality and equanimity with its Self.

My Soul always buys into my experience of life.

I am always fully sponsored by my Soul.

My Soul is the Patron of my own Vision for my life.

I patronise my Soul when I accept with gratitude the guidance and support that is afforded to my Self.

Mothballed

September 5, 2012

Something is said to be Mothballed when it is not used for its intended purpose.

It is locked away behind closed doors and not allowed to see the light of day.

It is kept in the dark and preserved in its original state.

When mothballed, I have no opportunity for growth.

Locking my Self within my comfort zone disallows the opportunity for my light to shine.

My vision remains unfulfilled when I am mothballed.

Moths instinctively fly towards the light.

What is not growing is slowly decaying.

Putting life on hold in fear of decay and death is putting life into mothballs.

A mothballed life seeks safety & security.

It has no vision and no light to guide its path.

Pushing my Buttons

September 4, 2012

As an unawakened mortal, what pushes my buttons drains my emotional energy.

To an awakened Soul, pushing my buttons is an opportunity for growth.

I sub-consciously push someone else's buttons as part of my control drama to raise my emotional energy at the detriment of that other person.

This is the arrogance of being an Intimidator, an Interrogator, a Cynic, a Critic or a sarcastic Judge of character.

As a Life Coach, I consciously push someone else's buttons whilst gently supporting them in their opportunity for personal growth.

This is Coaching with an Edge, whilst being Charge Neutral.

Before I can hold the space for my client with sensitive detachment, I am required to have taken the opportunity for my own Self growth.

My Soul arranges for my buttons to be pushed, to ensure that I remain awake, alert and aware of all my opportunities to experience expansive growth.

The Divine Dealer

September 3, 2012

The Divine Dealer is the purveyor of my destiny.
My destiny is dealt to my Self on an experiential basis.

My contract with the Divine Dealer is my expansive development & growth.

I have bought into the contract because it enables my ideal life.

The opportunity to fulfil my personal development & growth is ideal for me.

My Divine Dealer always delivers my destiny in divine time.

Everything that is required for my ideal life is provided as my provision by providence.

When I tolerate my provision, I am seeing it as my fate.

Accepting the provisions of the Divine Dealer requires my faith.

Faith allows my acceptance of the Divine Dealer's Providence.

Being Ideal

September 2, 2012

Being Ideal is being who I choose to be.

It means that I choose the cards that I deal for my Self.

When I choose my cards, I choose my experience of life.

I choose the cards to play and I play the cards that I have chosen.

My Soul has already chosen my cards.

The cards that I have chosen for my Self are ideal.

When I choose not to accept what is dealt to my Self, I will have to deal with the consequences.

Life is only a raw deal when my perspective is out of alignment with my Soul.

Experiencing an ideal life requires my state of being ideal.

To be in an ideal state requires me to see life from the perspective of the Dealer.

Seeing my Soul as the Dealer is ideal for my Self.

In Two Minds

September 1, 2012

In Two Minds, I am unable to make a choice.

I am aware that my sub-conscious mind is not aligned with my super-conscious heart.

My heart & mind are in conflict.

In absolute reality, I have only one mind that resides at the heart of my Beingness.

In relative dual reality, I experience the perspective of two different realities.

The reality of my past is stored in my sub-conscious memory.

The reality of my future is written in my super-conscious Soul.

The reality of my present is my conscious choice.

When I discover my third mind, I discover my third way and I am no longer in two minds.

Hypochondria

August 31, 2012

Hypochondria are my beliefs that there is something wrong with me.

It is the belief that dis-ease is an ailment rather than the discomfort of personal growth.

It is the belief that a cleansing is an illness; a deliverance is a sickness; and a releasing is an unwellness.

It is my belief system that determines whether I am right or wrong, good or bad, well or unwell, getting ill or getting better.

I am continually releasing my past, delivering my present and cleansing my future.

It is my attachment to my past and my unwillingness to change my present that puts sickness, disease, illness and unwellness into my future.

The focus of my attention in each present moment creates my future.

I can choose a future tainted by my past or a future cleansed of my past.

I can choose Health or I can choose Hypochondria.

Vision, Vision & Vision

August 30, 2012

Vision is my ability to see the world through my physical eyes.

My eyes allow my vision of the physical world.

My physical vision is one of my five physical senses.

It is my sight of my outer world.

Vision is also my ability to see and experience my world intuitively.

My intuition allows me to see my spiritual world.

It allows me to perceive my world from a spiritual perspective.

Seeing intuitively is one of my 3 spiritual senses.

When I see intuitively, I have insight.

Experiencing my intuition keeps me on track and aligned with my vision.

My **Vision** for my life is my life path.

Following my vision for my life requires both my physical and my spiritual vision.

I am required to see my life from a physical conscious perspective with a spiritual awareness of perception.

I live my life with vision, vision, & vision.

Being at Variance

August 29, 2012

Being at Variance is identifying the duality that exists in my life.

Without duality there is no variance and there is no choice.

Variance allows infinite choice.

Being at variance is making one's own choice.

Making one's own choice is essential to following one's own path.

We all have an individual chosen path in life.

All paths ultimately lead to the same destination, but from different directions.

All life paths are at variance to each other.

Being at variance allows all others to follow their own path.

Exploring the duality of life is an essential aspect of determining the variance in life and experiencing choice.

Knowing the variance is essential to my being at variance and finding my inner balance in the outer world.

Being Accepting

August 28, 2012

Being Accepting is the realisation of my emotional power and my mental authority as a gift to my Self. When I allow my authority and approve my power, I accept my true ability.

My true ability is disabled by my inability to accept it. My self esteem is a measure of the ability that I see in my Self.

My self esteem enables my ability to be realised. My esteemed ability remains a potential, until I accept it as my reality.

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

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

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

I can only accept what I approve and I allow.

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

Being Approving

August 27, 2012

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

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

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

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

Disapproving of who I am, disempowers me.

My self worth is a measure of my emotional power.

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

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

My most valuable state of being always has my approval.

Being Allowing

August 26, 2012

Being Allowing means authorising my thoughts.

It is only allowing authorised thoughts to be present.

It is disallowing all unauthorised thinking.

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

Limiting beliefs and fears disallow my authority.

They undermine my confidence in my Self.

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

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

I am allowed to be whoever I choose.

When I choose to be Allowing, I connect to the confidence of my faithful authority and my expansive thoughts.

What is Life?

August 25, 2012

Life is physical.

Life is physically seeing.

Life is physically seeing my ability.

Life is physically seeing my ability to acknowledge.

Life is physically seeing my ability to acknowledge my acceptance.

Life is physically seeing my ability to acknowledge my acceptance with contentment.

Life is physically seeing my ability to acknowledge my acceptance of my contentment to do.

Life is physically seeing my ability to acknowledge my acceptance of my contentment to expansively grow.

Life is physically seeing my ability to acknowledge my acceptance of my contentment to expansively grow my experience.

Life is physically seeing my ability to acknowledge my acceptance of my contentment to expansively grow my experience of Life.

What is Light?

August 24, 2012

Light is mental.

Light is mentally knowing.

Light is mentally knowing my authority.

Light is mentally knowing my authority to affirm.

Light is mentally knowing my authority to affirm my allowance.

Light is mentally knowing my authority to affirm the allowing of my fulfilment.

Light is mentally knowing my authority to affirm the allowing of my fulfilment in having..

Light is mentally knowing my authority to affirm the allowing of my fulfilment to have intuition.

Light is mentally knowing my authority to affirm the allowing of my fulfilment to have the intuition to discover.

Light is mentally knowing my authority to affirm the allowing of my fulfilment to have the intuition to discover my Light.

What is Love?

August 23, 2012

Love is emotional.

Love is an emotional feeling.

Love is an emotional feeling of power.

Love is the emotional feeling of the power of my attestment.

Love is the emotional feeling of the power to attest my approval.

Love is the emotional feeling of the power to attest my approval of my joy.

Love is the emotional feeling of the power to attest my approval of my joy of being.

Love is the emotional feeling of the power to attest my approval of my joy of being happy.

Love is the emotional feeling of the power to attest my approval of my joy of being happy to explore.

Love is the emotional feeling of the power to attest my approval of my joy of being happy to explore

Love.

Actors & Players

August 22, 2012

Actors take their play seriously.

Players play because it is fun.

Actors follow the script of the Playwright.

Players determine their own experience.

Actors adopt the personality of their character.

Players allow their true identity a free rein.

Actors need the acclaim of their audience.

Players truly value the experience to perform.

Actors act because it is the work that they do.

Players play because they are playful beings.

Actors express their dramatic emotion.

Players express their love of life.

Actors feel the drama of their fiction.

Players know the fiction of a drama.

I can choose to act in a play or play with my action.

Life can be a re-play or a re-action.

I can be a Player or an Actor.

Playwrights & Actors

August 21, 2012

Playwrights write their own script.

They are the creators of their own plays.

They determine the reality that will play out in their own life.

They know what is real and what is an illusion.

They observe life with sensitive detachment.

Actors follow the script.

It is not their script.

They just act out the drama that someone else has created.

The best actors play their part with great conviction.

Even when they ad lib and enhance their role, they are still fully immersed in the plot.

Actors believe in the reality of their play.

Playwrights re-create the experience of their own reality.

Malignant

August 20, 2012

Malignant means badly aligned.

When my thinking is mal-aligned, it is out of alignment with my Higher Self.

My Soul is never malignant.

My highest thoughts are always aligned with whatever is most beneficial for my Self.

Malignant thinking is fearful and limiting.

It creates emotional needs and life dramas.

It is a mis-alignment in my belief system that sees problems instead of opportunities.

It is a mis-alignment in my programming that sees emotional need instead of true values.

Life is fundamentally a benign & beneficial experience.

It is only my malignant, malevolent, negative thinking that appears to bring me negative experiences of life.

When I am correctly aligned with my spiritual direction, there is always an effortless flow of abundance.

My 7 Commandments

August 19, 2012

My 7 Commandments reflect the true value of my 7 core beliefs.

1. Accept Life with Gratitude

It is a gift!

2. Allow Choice with Gentleness

At some level I chose it!

3. Approve Equality with Equanimity

Balance is the key!

4. Be Content with Enough of Everything

That is Abundance!

5. Enjoy Love Gracefully

It is the Source of all Power!

6. Be Fulfilled by the Ability of Others to follow their own path

Because they are!

7. Appreciate my Own Path

And it will Appreciate!

My Commandments command and direct my path.
They are not orders, they are my choice of direction.

Namaste

August 18, 2012

Namaste is a greeting of two Souls in harmony & accord.

Souls are never in conflict or discord, only our ego Selves ever disagree.

When aligned with my Soul, I am in harmony & accord.

When another's thoughts, words & actions are in alignment with my path, I am in harmony & accord with their thoughts, words & actions; and I may greet them with a knowing that is 'namaste'.

Namaste is my statement to another that I am connected to my inner Beingness.

It is also a statement of my recognition & acknowledgement of their connection to their inner Beingness.

Two Beings, who are connected to their own inner harmony, experience the peace of their own personal truth.

Namaste is my experience of being on my own path and allowing all others to follow their individual paths without resistance from me.

Aesthetic & Anaesthetic

August 17, 2012

An **Aesthetic** experience is felt with emotion in a beneficial way.

The positive emotion most associated with aesthetics today is Beauty.

Aesthetics is not the study of beauty, but the study of positive emotional feelings.

The aesthetic value of an item is proportional to the positive emotion that it evokes within an individual.

Anaesthetic means experienced with the absence of feeling or emotion.

Modern surgery is conducted under anaesthetic conditions.

The patient given an anaesthetic has no emotional feeling and therefore no pain.

The surgeon administering the anaesthetic has suppressed their emotional feelings in order to treat the patient in a rationally focused way.

The surgeon is sub-consciously anesthetised, whereas the patient's anaesthesia is either conscious or unconscious.

Surgery with anaesthetic is not an experience of Beauty.

Drama & Trauma

August 16, 2012

A Drama is the experience of a negative action created by a fear or limiting belief.

A Trauma is the experience of a negative emotion created by a drama.

Because a drama is created by a belief that is believed to be true, the drama is believed to be real. When a drama is believed to be real, it creates a trauma that is real.

The reality of a trauma exists as long as the belief that created the drama.

Releasing a trauma requires changing the belief that created the drama.

Without a drama, there can be no trauma.

I always get two opportunities to experience the same drama.

The first opportunity allows me to suppress the drama as the trauma of a negative emotion.

The second opportunity allows me to release the trauma by seeing the truth of the drama.

There is no trauma without the drama that created it.

A Spiritual Being

August 15, 2012

I am a Spiritual Being having a spiritual experience.
My spiritual experience is experienced physically,
mentally & emotionally.

I am a physical, mental & emotional Being.

I am a physical Being having a physical experience,
but not just a physical Being having a physical
experience.

I am an emotional Being having an emotional
experience, but not just an emotional Being having
just an emotional experience.

I am a mental Being having a mental experience, but
not just a mental Being having just a mental
experience.

When I experience life physically, mentally &
emotionally, I am being Spiritual.

Experiencing life physically, mentally & emotionally is
a spiritual experience.

I am not a Spiritual Being just having a physical
experience.

My physical experience is both mental & emotional.

Despair

August 14, 2012

Despair literally translates as 'of two'.

Being of two minds is a natural consequence of living a dual reality existence.

Despair is the effect of living at the extremes of a relative duality.

A duality is a drama that is out of balance and therefore unempowered.

At the extent of any duality lies extreme resistance to life.

This is where I experience the height of my despair.

I despair at being out of balance with my natural flow of life.

Having trailled to the extreme of any experience and then travelled to the extreme of its polar opposite experience, I know the desperation of exploring the boundaries of my anger, intolerance & frustration.

When my patience, tolerance & ability is finally exhausted, there remains only the desperation of my Despair.

Four Levels of Consciousness

August 13, 2012

Level 1: Unconscious Unawareness

I am both unconscious of my awareness and unaware of my consciousness.

I do not know how much I do not know and I sleep-walk through life under the control of my sub-conscious programming.

I am being irrationally-unemotional.

Level 2: Conscious Unawareness

I am conscious of the physical world yet unaware of my spiritual origins.

I am awake yet unawakened.

I think that I know everything because I am unaware of what I do not know.

I am being rationally-unemotional

Level 3: Conscious Awareness

I am awakened to an awareness of my spiritual Self and to my mission & purpose in life. I have a distinction between consciousness & awareness.

I am conscious that I know very little yet aware that at some level I know everything. I am being rationally-emotional, which is both rationally & emotionally intelligent.

Level 4: Unconscious Awareness

I have the awareness of my unconscious super-conscious Self.

I am awake, alert, aware & alive.

I am living my vision for my life with total acceptance of whatever is occurring.

I am intuitively connected to the Universe whilst being sensitively-detached with the world.

Complementary

August 12, 2012

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

A complement is a complete entity.

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

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

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

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

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

A complimentary thought is always complementary and holistic.

A complementary emotion is always complimentary and favourable.

Complimentary

August 11, 2012

Something is Complimentary when it has my authority.

With my authority it compliments my path.

Whatever compliments my path is favourable.

I favour compliments because they highlight my path.

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

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

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

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

There is no greater compliment than my Self in alignment with my path.

Complimentary, Complementary or Alternative

August 10, 2012

A Complimentary treatment is one that is favourable or free, or both.

Complementary medicine is a treatment that complements and works with, or without, modern accepted medical practice in an holistic way.

Alternative medicine is a treatment that is employed instead of a modern medically accepted practice. An alternative treatment is not necessarily either complimentary or complementary, although it may be either, neither, or both.

Whether a treatment is either complimentary, complementary or alternative depends on the perspective of the practitioner, the perspective of the patient, or both.

Complimentary treatments may be prescribed alongside traditional medically prescribed treatments, but this does not necessarily mean that the two treatments complement each other and produce a balanced outcome. Any treatment that is seen as complimentary and favourable to the patient by a medical practitioner is prescribed as an accepted

treatment, not as a complementary additional treatment.

What a medical practitioner sees as an alternative treatment is actually an additional treatment that may be complimentary and favourable but not necessarily complementary and holistic.

A complimentary treatment may be favourable or free without being complementary.

For an alternative treatment to be complimentary it is required to be complementary.

Pain & Personality

August 9, 2012

Pain & Personality are inter-related.

Pain is relative to emotional power.

Emotional power is relative to emotional needs.

Emotional needs determine personality.

The more extrovert my personality, the more I need other people to meet my emotional energy needs and the more I blame other people for the pain in my life.

The more introvert my needs, the more that I blame my Self for my pain, and the more I learn to suppress and hide my pain.

The more positive my personality, the less emotional needs I have and the less pain that I experience.

The more negative my personality and my beliefs, the more emotional energy that I need and the more suffering that I will endure.

My true identity has infinite emotional power, is pain-free, and is overt to all opportunities in my life.

My Emotional Body

August 8, 2012

My Emotional Body is not evident to my physical senses.

My emotional body is my intuitive body of emotion.

My body of emotion often reveals itself.

It can be full of power or full of pain.

Whether my body of emotion is full of power or full of pain is determined by my state of being.

My state of being is determined by my mental perspective.

My mental perspective is determined by my mental beliefs.

My mental beliefs determine my emotional needs.

My emotional needs express my lack of emotional power in my depleted body of emotion.

My lack of emotional power is due to my negative body of emotion.

My lack of emotional power in my negative body of emotion manifests as pain in my physical body.

Pain & Discomfort

August 7, 2012

Pain & Discomfort are not the same thing.

Pain is the physical experience of being without emotional power.

The physical experience of a positive emotion is always a pleasure.

The experience of pain is relative to the negative emotion caused by a fear or a false belief.

Discomfort is the opposite experience of being comfortable.

My comfort zone allows no discomfort to occur.

Unfortunately, growth & development are not evident within my comfort zone.

Personal growth, by definition, often occurs with a degree of discomfort.

My discomfort is relative to my ability to extend the boundaries of my comfort zone.

Personal growth is often uncomfortable but it need never be painful.

Pain Is Not All In The Mind

August 6, 2012

Pain is the physical manifestation of negative emotion.

It is not a mental concept.

Pain is not in the mind at all.

It is stored in my emotional body.

Fear is all in the mind, not pain.

Fear & pain are a duality of relative experience.

Without fear, there is no pain, and without pain, there is no fear.

Pain is processed through my brain, not my mind.

It is my brain recognising the effect of the false negative beliefs that have created painful negative emotions.

Re-living past negative emotions caused by past or present negative beliefs is a very painful experience.

Pain is not all in the mind, but being pain-free is.

The Pain Threshold

August 5, 2012

The Pain Threshold is a measure of how much negative energy is stored in my emotional body. My emotional body stores my emotional energy. Negative energy stored in my emotional body will potentially manifest as pain.

Stored emotional energy that is negative depletes my emotional power and lowers my pain threshold.

It is not my ability to endure pain that is important but my ability to not have pain.

Being pain-free requires my pain threshold to be positively maintained.

The more pain that I have suppressed and stored in my emotional body, the lower my pain threshold and the more likely I am to encounter pain.

The more empowered I am, the more connected I am to my emotional power, the higher my emotional power threshold and the greater is my ability to remain pain-free.

Care-Free

August 4, 2012

Being Care-free is being problem free.

I care about my problems, because I need to take care of my problems, because I need to be careful when I have problems, so I need to care about whatever is causing my problems.

I care about finding a solution, so that the solution will take care of my problem.

I believe that caring about the solution will take care of the problem.

The problem is that the more that I care about the problem and the more I care about a solution, the the more I focus on the problem and the less care-free I become.

When I become problem-free, I will no longer care for or need a solution.

Unrestricted by problems & solutions, I have no need to care, take care of, care about or be careful of, whatever is occurring.

When I become problem-free, I become care-free and open to all my opportunities in life.

True Love

August 3, 2012

True Love is divine.

Love is true when it is aligned with my path. My path is the attainment of divine attributes that determine the quality of my ideal life. I find my true love by following my path. My true love connects my Self to my emotional power.

Love is the emotional power that allows my path to unfold. My path is always aligned with my power because I am empowered when following my path.

My true love is not a person. It is an expression of the Love that my Soul expresses for my Self.

I experience true love for my Self when I am aligned with my true path.

Sharing true love with another is an experience full of wonder. There is no greater nor more wonderful experience than sharing my true love with the true love and the true values of another.

Love for another is never true.

Being in Love with another is an experience of shared power, mutual joy and positive emotional connection that is attained with a divine quality of life.

A True Value

August 2, 2012

A True Value is the attainment of a personal attribute. A personal attribute is an emotional state of being that I express.

An attainment is a personal attribute that I can consciously express in any moment of choice.

I choose to attribute an emotional state of being to my Self, in each present moment, because of the true value that this experience affords me.

An attainment has true value for my Self when it is an expression of a pure wavelength of emotion that is undivided in duality.

An attainment that has true value may be said to be divine because it is a divine experience.

Divine attributes are emotional states of being that have no opposing gender and no opposing polarity. They are charge neutral and double positive.

Any attribute that is not divine can be seen as either positive or negative and as either male or female in character.

It can have value in my life but not a divine true value.

The Value of Life

August 1, 2012

The value of my life is relative to the quality of my life.
The quality of life is a measure of how much value that I put into life.

Quality of life is not a measure of how much value that life gives to me.

I cannot take more value out of life than I put in.
The absence of value in my life creates an emotional need.

An emotional need is the absence of a personal attribute.

A true value is the presence of an attainment.
The quality of my life is relative to my personal attributes and attainments.

My attributes & attainments are the values that I express in life, which is the value that I put into life.
Quality of life is attributable and attainable and has value.

The Ability to Choose

July 31, 2012

A time-space-reality allows my Self the Ability to Choose.

My experience of reality is my choice.

Time allows me to change my mind.

I can choose my reality to be temporary or permanent because it is never eternal.

Space allows me to change how I feel.

It can feel definite or indefinite because it is never infinite.

Reality allows me to change my experience.

It can be fact or fiction, real or imaginary, because it is never continuously true.

When I change my mind about how I feel about an experience, my reality changes.

A relative existence allows time & space to become a reality.

In the dual reality of space-time, I can explore time, discover space and experience the reality of my choice.

The ability to choose is a reality that is a creation of the power of my space and the authority of my time.

Equating Energy

July 30, 2012

The formula for energy in all different forms in the triality of a relative dual reality world is the same.

All forms of Energy (E) have a Vibration (A).

The Vibration of all Energy (A) is equal to its Wavelength (B) proportional to its Frequency (C).

Therefore: $A = B \pm C$

The Wavelength of all Energy (B) is equal to its male gender (m) proportional to its female gender (f).

Therefore: $B = m \pm f$

The Frequency of all energy (C) is equal to its positive polarity (c+) proportional to its negative polarity (c-).

Therefore: $C = c+ \pm c-$

This equates to:

$$E = [m \pm f] \pm [c+ \pm c-]$$

Whether my emotional state of being is male or female, positive or negative determines the purity of my Energy (E).

This means that how I equate to the world is relative to how the world equates to me, which is how my energy equates to the world because like energy is drawn unto itself.

This is the Law of Attraction.

Cultivation

July 29, 2012

Cultivation is the growth of a culture.

Crops are cultivated in the culture of their farmer.

Children are cultivated into the culture of their parents.

Adults are cultivated into the culture of their society.

Followers are cultivated into the culture of their religion.

An unacceptable religion with an unorthodox leader is said to be a cult.

The culture of a cult is cultivated by its leader.

Culture changes through growth.

Cultivation is confused with civilisation.

Just because a culture grows doesn't necessarily mean that it becomes more civilised.

Being more cultured is not the same as being more civilised.

A culture that has more civilian followers is more civilised but not necessarily more cultural.

The civility of a civilisation can often stunt the cultivation of its culture.

Quotations & Revelations

July 28, 2012

Revelations are unquoted quotations

Quotations are quotes revealed by other people.

I quote someone else's revelations.

I reveal my own revelations.

Someone else may quote my revelations.

When they do, it becomes a quotation.

Revelations are subjectively mine.

Quotations are objectively another's.

Revelations are original.

They are inspired with wisdom.

Quotations inspire others with their wisdom.

Once a revelation is revealed, it requires to be quoted by another to become a quotation.

I cannot reveal a quotation, only a revelation.

I cannot quote my revelation, only reveal it.

The True Value of Love

July 27, 2012

True Love has true value.

True Values are an expression of Love.

They are my expression of what I truly value and love to do.

My true love is not a person.

It is something that I share with a person, who shares what I truly value.

I cannot truly love another person.

I can truly need another person emotionally, but this is not true love.

True Love never dies.

It is an expression of my True Values that stay with me for life.

I never lose my true values as they are part of my covenant and my gift to my Self.

I lose my need for emotional energy when what I need emotionally is met.

My emotional needs are created by my false limiting beliefs and my fears.

True Love is an expression of my Truth.

An Unconditional Relationship

July 26, 2012

An Unconditional Relationship is inter-developmental. The purpose of the relationship is to share personal attributes, attainments & qualities.

The value of the relationship is based on both partners sharing what they truly value.

When both partners are sharing their mutual True Values, there is no emotional need and there is no attachment.

There is a mutual emotional connection because both partners are connected to their own source of emotional power & authority.

The attraction of the relationship is one of pure attributes, attainments & qualities being expressed equally by both partners.

In a conditional relationship, the emotional needs of each partner determine the amount of love that each partner needs.

In an unconditional relationship, the true values of each partner are their expression of their connection to the Source of their true Love.

A Conditional Relationship

July 25, 2012

A Conditional Relationship is either co-dependent or inter-dependent.

Either way it is dependent on the value of the emotional needs that are being met within the relationship.

The value of the relationship is relative to the emotional needs that are being met.

What I need from a relationship determines the conditions under which I relate to another and another relates to me.

Conditional relationships are formed by an attraction of opposing genders of energy that create similar or opposing needs as a consequence of similar or opposing beliefs.

A co-dependent relationship is formed when two people meet each other's needs.

An inter-dependent relationship forms when a group of like-minded people meet each other's needs.

Where there is no requirement for emotional needs to be met, there are no conditions under which the relationship forms.

Unconditional Love

July 24, 2012

Unconditional Love is an oxymoron.

Love just is.

It is neither conditional nor unconditional.

When love appears to have conditions, they are really emotional needs.

Needing unconditional love is a condition.

Emotional needs have value when they are being met.

I love it when my needs are met because it replenishes my emotional power.

I believe that I love the person or thing that meets my needs emotionally.

True Love has no need.

Emotional need is the lack of Love.

Material objects and other people are not the true source of Love, no matter how much value they appear to have.

Love is not something that we give or receive but our connection to our true source of emotional power.

What is conditional or unconditional is my relationship to other people who I love (need) and who love (need) me.

The Ability of Problems

July 23, 2012

Problems have no ability.

Problems are the lack of ability.

With enough physical ability, there is no problem.

Living life without the ability is problematic.

As I grow in the ability of my self-esteem, life becomes less of a problem.

An omnipresent ability is problem-free.

Being problem-free is the pathway to my physical ability.

My physical ability is the antidote to problems.

My physical body enables me.

It is also the cause of my problems.

The ability of my physical body is relative to the power of my emotional body and the authority of my mental body.

My omnipresent ability is proportional to my omnipotent power and my omniscient authority.

My effortless life is pain-free, fear-free & problem-free.

It has the personal power, authority & ability to see and to accept every opportunity that is present.

The Authority of Fear

July 22, 2012

Fear has no authority.

Fear is the lack of mental authority.

With enough mental authority, there is no fear.

Living an unauthorised life is fearful.

As I grow in the confidence of my authority, life becomes fear-less.

My omniscient authority is free of fear.

Being fear-free is the pathway of authority.

Mental authority is the antidote to fear.

My mental body is the storehouse of my truth.

It is also where I store my fear.

Whatever beliefs that I hold are an expression of my true authority or my fear.

They express either my growth or my limitation.

My limiting beliefs are stored as fears.

The Power of Pain

July 21, 2012

Pain has no power.

Pain is the lack of emotional power.

With enough emotional power, there is no pain.

Living life without emotional power is painful.

As I grow in the power of my self-worth, life becomes pain-less.

My omnipotent power is pain-free.

Being pain-free is the pathway to my potential.

Emotional power is the antidote to pain.

My emotional body is the storehouse of my power.

It is also where I store my pain.

Whatever emotional state I am being, is an expression of either my power or my pain.

Unexpressed power is stored as pain.

Emoting

July 20, 2012

Emoting is the act of expressing an emotion.

A rational society has relegated the expression of emotion to dramatic acting.

Emoting is understood in theatrical circles but not in real life.

In reality, every expression is the expression of an emotion.

An emotion, or emotional state of being, is expressed automatically with every thought, word & deed that I issue forth into the world.

Most people are generally unaware of their emotions, their emotional state of being, that they are emoting; and the state of being that other people are emoting. Even when aware of the emanation of an aura, they are unaware of the emotions that are being emoted as an expression of that aura.

In an unaware and emotionally unintelligent society, emoting has been confined to the dramatic fiction of the theatre.

Two Types of Space

July 19, 2012

There are Two Types of Space:

- Physical Space
- Energetic Space

Physical space is measured as distance.

The distance between two physical objects is seen as a physical space.

Physical space is empty of physical matter.

The macro-verse between stars and the micro-verse within atoms are both full of empty space.

Energetic Space is the energy of the ether. The energy of the ether is made up of what science currently refers to as 'dark matter' and 'dark energy'. All Space is full of Energy. Energy does not travel in space, it is the fabric of space. Matter is energy that is apparently manifest to my physical perception.

Energetic space is unapparent energy.

Awareness allows me to intuitively to see that Space is full of Energy.

When I connect energetically to that Space, I am full of emotional energy and intuitively aware.

An Existential Life

July 18, 2012

An Existential life recognises the existence of all life.

Life is the creative force that exists.

The existence of a creative force allows life to be.

Beingness allows the existence of life.

How life exists is a question of Beingness.

Being 'evidential in space' & 'eventual in time' are the pre-requisites for being 'existential in reality'.

Life in a space-time-reality exists existentially.

Realising my existence in a space-time-reality is why I am here in this life.

An existential life allows events to flow in time and evidence to exist in space.

Without the existence of evidence & events, there is no experience of life.

Being 'experiential' requires my life to be evidential, eventual and existential.

An Eventual Life

July 17, 2012

An Eventual Life flows with time.

It proceeds from moment to moment.

It is always focused on the events of the present.

Events always occur in the 'now' of reality and the flow of time.

I will attain my destiny 'eventually'.

Eventually is not my description of the future but a statement of my present.

Events in my life happen sequentially, being the consequence of my focus in each and every present moment.

The next event in my life is consequential to the present event in my life.

Focusing on my current event brings similar events to my experience.

Personal development & growth requires my better focus on events that are occurring in the present, not my focus on better events occurring in the future.

Unless I focus on events in a better way, I cannot attract better events into my reality.

My destiny will eventually unfold as my present to my Self.

I can see my future unfolding as my destiny or my fate.

An Evidential Life

July 16, 2012

An Evidential Life is abundant with opportunity. It flows effortlessly; being neither complicated nor simple.

When the evidence, on which a choice is made, is not evident; choosing becomes complicated & difficult. Choosing the choice of another may appear a simple and easy choice, yet evidently leads to complicated problems that are difficult to solve.

Problems & solutions can be simple or complicated, singular or complex.

Opportunities are neither complex nor complicated, they are evident.

When an opportunity is evident, life becomes evidential.

Whether I see a problem or an opportunity depends upon the complexion of my perspective.

It is determined by how I face and confront my issues in life.

A singular complexion allows the evidence to be realised and life to flow evidentially.

Complicated & Complex

July 15, 2012

Complicated & Complex are not the same thing.
Life by its very nature is complex, but it need not be complicated.

The opposite of complicated is simple.

The opposite of complex is singular.

What makes life complicated is choice.

Choice turns a singularity into a duality.

The deeper that I get lost in duality, the more complicated life becomes.

Following someone else's path and making their choices, seriously complicates my life.

A singular focus allows a complex life path to be journeyed successfully.

My path is singularly complex, yet attainable with direction from my Soul.

It is simply not complicated when I follow my inner guidance.

A singularly complex path is simply not complicated from my Soul's perspective.

Complicated is difficult, whereas complex requires a different complexion on how I face my life.

Health

July 14, 2012

My Health is a measure of my physical ability.

My physical ability is determined by the emotional competence and the mental capacity that I have attained and can attribute to my Self.

The quality of my attributes & attainments determines the quality of my physical health.

My physical ability is relative to my emotional power and my mental authority.

My Health is relative to my Wealth & Wisdom.

With a wealthy magnitude of power and a wise force of authority, the ability of health becomes my potential.

Being Healthy requires me to overcome the duality of wellness & illness.

My contentment of fulfilling my healthy potential is always a joy.

Being physically healthy allows me to be content.

I attain contentment when the contents of my life allow my ability to be Healthy.

Wisdom

July 13, 2012

My Wisdom is a measure of my mental authority.
My mental authority is determined by the choices that I make.

The choices that I make are determined by the quality of my programmed beliefs.

My core beliefs allow or disallow my wisdom of choice.

The more pure the frequency of my thought, the wiser I become.

The more connected that I am to my intuitive inner guidance, the purer are my thoughts and the wiser are my choices.

The ability to discover my wisdom determines the level of fulfilment that I attain.

Fulfilment is the discovery of my wisdom in action.
Discovering wisdom requires me to overcome the duality of my knowledge or ignorance.

I am filled full of wisdom when my choices are authorised and aligned with my highest authority.

Wealth

July 12, 2012

My Wealth is a measure of my emotional power.

My emotional power is determined by the state of being that I have attained and attribute to my Self.

My attributes are a measure of my wealth.

The more pure the wavelength of my emotional state of being, the more wealth I can attribute to my Self.

The more emotionally intelligent and consciously aware of my emotional attributes, the greater my ability to experience my wealth at will.

The ability to experience my wealth determines the level of joy that I attain.

Joy is the experience of my personal attainment of wealth.

Being wealthy overcomes the duality of being either rich or poor.

When I am in the abundance of life, I am wealthy.

I have a wealth of joy when my emotional power is abundant.

I Am Free

July 11, 2012

When I am Free, freedom is my state of being.

I attain my freedom when I am being:

- Free to approve my Power
- Free to allow my Authority
- Free to accept my Ability
- Free to attest my Wealth
- Free to affirm my Wisdom
- Free to acknowledge my Health
- Free to be content with my Mission
- Free to fulfil my Vision
- Free to enjoy my Purpose
- Free to experience my Gentleness
- Free to explore my Grace
- Free to discover my Greatness
- Free to attain my Freedom

The I Am Presence

July 10, 2012

The I Am Presence is Beingness.

I Am is present with the presence of Beingness.

Beingness is pure adjective energy of the consciousness that is Life.

There is no subjective me and no objective you.

There is no subjective we and no objective they.

There is just the presence of pure Beingness.

Pure Beingness is the true identity of who I am.

Who I am, is Beingness.

When I am being my Beingness, I am in my true state of being – presence.

I present my Beingness as my experience and my expression of who I am in each present moment of reality.

The presence that I am reveals the I Am Presence.

There is no presence until I present it as an expression of my Beingness.

The I & the One

July 9, 2012

In Absolute Reality, the I & the One are the same.

There is no individual I, because I am One.

Relative dual reality allows the existence of a choice of perspective between that of the One and that of the I.

My Self sees itself as separate from my Soul, whereas my Soul knows that it is One.

My Self sees myself as the subjective I am.

Who I am being determines my level of separation from the One.

Separation of the I and the One is relative to an individual perception of Human Beingness.

From the perspective of my Soul-Self, I am one of many different perspectives of my Soul-Self.

The third way is a perception of 'We'.

We are One & we are many.

I am one, I am unique & I am exclusively individual.

Yet what I do to another, I also do unto my Self.

Mindlessness

July 8, 2012

Mindlessness is a duality of mindfulness.

It is a state of being where the mind is less dominant when balanced with the body & emotion.

When my conscious mind is balanced with my subconscious mind and is in alignment with my super-conscious mind, I connect with my inner direction and strength.

In isolation and disconnection, my conscious mind is bombarded by positive & negative choice.

Too much choice and I require mindfulness to manage it effectively.

The chaos of too much choice creates the challenge of the possibility of failure.

Mindlessness allows clearer thinking.

It allows the choice of being a mindless idiot or a mindless genius.

My genius appears when I have less mind and more heart.

Mindfreeness

July 7, 2012

Mindfreeness is not being free of my mind.

It is being less of a slave to my mind.

Mindfreeness is being free of the duality of mindlessness & mindfulness.

It is freeing the mind from the process of choosing by overcoming the duality that allows choice.

When my choice becomes a process it is no longer free.

Freedom of choice allows my choice to be free or for me to be a slave to my choice.

Choosing mindfreeness is accepting whatever occurs as my choice.

My choice is no longer what occurs but how I relate to whatever is occurring.

Relating in the most beneficial way to whatever is occurring is not possible when I am being either mindful or mindless.

Being mindfree is the gateway to Acceptance.

Mindfulness

July 6, 2012

Mindfulness is being careful.

Taking care is a solution to a problematic life.

Mindfulness is a solution to taking care of all my problems.

Mindfulness creates a full mind.

A full mind is full of solutions to a potentially problematic life.

This eventually becomes a problem because the more I focus on my problems the more problems that I have, the more solutions that I need, and the more mindful I become.

Eventually my mind becomes so full that it is difficult to discern my best choice.

Overloaded with entropy, my mind is no longer free to fulfil its purpose.

The purpose of my mind is to know the direction of my path by being of a mind to be free to follow my path.

Three Perspectives of Reality

July 5, 2012

My Perspective of Reality can be either Absolute, Relative or Divine.

My perspective of the absolute sees the big picture of everything as 'we'.

We are collectively all that is.

The one version of everything is 'us'.

There is no 'I', 'you', or 'they'.

My perspective of the relative sees 'you' separate from 'me' and 'they' as separate from 'us'.

We become relative to each other, separate yet attached, individual yet collective.

The one version of everything that is universal energy becomes many versions of individual reality through personal choice.

My perspective of the divine overcomes the duality of relative existence so that all choices are experienced as beneficial for the growth & expansion of the whole. It allows the choice of the One to be expressed in an infinite number of possible ways that are always experienced as being beneficial, which is divine.

The Perspective of the Divine

July 4, 2012

The Perspective of the Divine is the 3rd way of looking at anything.

A singular view of reality has no choice.

A dual reality view has a choice of two options.

A triune view of reality always sees the divine choice as a third way.

A divine choice is always a divine experience.

When I see life from a divine perspective, I experience life in a divine way.

Life becomes an expression of my own Divinity when I choose the third way.

A divine perspective has no duality and no singularity; it is a triality.

I am here to trial the reality of a divine experience.

A divine life requires a divine perspective of life by seeing and choosing a third way.

The Perspective of the Relative

July 3, 2012

The perspective of a relative life is a choice.

The choice exists for my life to be relative or absolute.

A choice of relative existence allows everything to be

One or One can be anything & everything.

From a relative perspective, all possibilities exist.

Nothing becomes impossible.

A relative perspective that allows choice, allows creativity & growth.

Life has the ability to expand & grow, as well as the ability to contract & die.

Life & death are both part of the contract for growth.

Relative life allows the experience of extremes of reality, where matter can be manifested in the form of energy in varying degrees of motion, in an infinite number of ways, at any time and in any space.

The Perspective of the Absolute

July 2, 2012

From an Absolute Perspective, life is absolute.
Absolute life has no requirement for love or light.
It has no experience of individual thought or emotion.
It has no personal choice, as everything is absolute.
There is no space or time in which reality exists.
Life is an infinite, eternal & continuous experience of absolute Oneness.
Nothing is in opposition to anything.
Everything is in harmony with everything that is.
Everything has no duality of nothing.
Nothing does not exist, neither does anything.
In absolute reality, energy has a pure vibration,
motion is constant, and there is no matter.
Energy is absolutely pure energy with no distinction of form.
Pure energy has absolutely no form and no physical perspective.
It is pure Consciousness and pure Thought.

Effect & Cause

July 1, 2012

Effect is the creation.

Cause is the creator.

I am always the cause of my own effect.

I am the creator of my own creation.

Whatever I cause to be is the effect that I experience.

When I am consciously aware of my reality, I am conscious of creating it and aware of its effect on my experience.

When I am unaware of the cause, and conscious only of the effect, I look for its creator outside of my Self.

I seek to either praise or blame, bless or curse, the cause of my experience; depending on whether I believe its polarity appears to be positive or negative.

Creator & creation are a duality until I realise that every effect is of my own cause and the realisation of my own reality.

I cause my vision to be realised in order to experience the effect of my Self.

Two Types of Time

June 30, 2012

There are Two Types of Time: Relative & Absolute. The Greeks call relative time "**Chronos**". Hence Chronology or the science of organising events in the order of their occurrence. Chronology is how the measure of time is studied. A Chronograph measures relative time, which is the product of speed relative to distance. A constant speed of the Earth in a constant orbit of the distance around the Sun gives a measure of time of one year. A constant speed of spin of our planet on its axis through one revolution of the distance around the equator gives a measure of one day of time.

The Greeks call Absolute Time "**Kairos**". Kairos means Divine Time. Divine Time is eternal and flows effortlessly in Space to allow Reality to occur.

Kairos allows Time to be personal to each individual, as is space and reality personal, unique and exclusive to everyone. A personal time-space-reality is always a choice.

I can personally choose universal time as a constant, or I can constantly choose Universal Time to be personal to me. It is the presence of two types of time that allows me to have choice.

Divinity

June 29, 2012

Divinity is the attainment of being Divine.

Being Divine is being Soul-like or like my Soul, in the image of God.

All attributes of my Soul are divine.

Expressing an attribute of my Soul's Beingness is divine.

Divine attributes are without duality.

A divine attribute has no opposing polarity or gender. It is a pure frequency of thought transmitted on a pure wavelength of emotion.

My Gentleness is a pure vibration of energy and a divine attribute when it overcomes the duality of my strength and my weakness, which is divine.

My Goodness is divine when it overcomes the duality of my good & bad judgment.

My Grace is divine when it overcomes the duality of my arrogance & my humbleness.

Any attribute that is a pure vibration of energy is a divine experience and attains divinity.

I faithfully follow a path of Divinity when I divinely follow my own path with Faith.

Patient & Carer

June 28, 2012

Patient & Carer is the role play of the victim & the hero.

The hero is the one who rescues the victim from the villain that is their victimhood.

The victim & the villain is the dual reality drama of the intimidator & the poor me.

The hero is the one who makes a victim of the villain.

The Carer's role is to help the patient survive their victimhood.

The Carer does not have a cure and does not know the cause.

Their reward is in meeting their own need to be needed.

A need to be needed drives the need to care for others.

The Carer is as much a victim of their need to be needed as the Patient is a victim of their need to be cared for.

Patient & Carer is a co-dependent relationship.

Solve et Coagula

June 27, 2012

Solve et Coagula means separate & bring together.

It is a motto of the Alchemists.

It is also a supreme paradox of personal development.

In order to unify, it is first necessary to separate.

A dual reality world is the required contextual field in which separation can be experienced.

It is in the separation of opposing perspectives that a complete understanding is brought together.

From the singularity is forged a duality.

From this dual reality is the opportunity to realise a triality or triune reality.

It is in the balance of a third way that the separation may be brought together in unity and harmony.

Gold is forged from the base metal of everyday experience.

In the bringing together of the gender & polarity of my energetic beingness, it is first separated then balanced & purified.

Three Types of Light

June 26, 2012

There are Three Types of Light:

1. **Aleph** is the light of past experience.

In the light of past experience, I have evolved to my current level of understanding.

2. **Oracle** is the light of future experience.

The oracle shines a light on my path towards the future.

3. **Gnosis** is the light of present experience.

My intuitive sense of knowing is always present.

Three types of Light allow three perspectives of time.

They allow my exploration of the past, present or future in each and every moment of now.

I can consult the Aleph, the Oracle or the Gnosis in my search for inspired revelation.

My Gnosis is my only moment of truth.

It is the source of my true authority.

My past & my future are no longer relevant to my present experience.

As a seeker, I seek the Aleph or the Oracle.

As an observer, I see only the Gnosis.

Individual

June 25, 2012

Individual means 'in divided duality'.

Divided in duality, I am faced with the experience of a relative dual reality world.

I am divided from the whole, apart from the all of everything, and separated from my divinity.

My individual reality is both conscious and sub-conscious.

My super-conscious Self is at one with all of Consciousness.

My individual Self is both conscious and unconscious.

My individual sub-conscious Self oversees my exclusive path from my unique perspective.

It is my unique and exclusive path in life that defines me as an Individual.

My individual vision for my life is unique and exclusively mine.

It is my Self that is individual.

My super-conscious Soul remains whole, pure and connected to everything.

The Intensity of Experience

June 24, 2012

The Intensity of an Experience is determined by the polarity of my frequency and the gender of my wavelength as an energetic Being.

The more the frequency of my energy is divided by polarity, the more intense is my thought.

The more intense my thought, the more I think that I should or I should not act.

The more divided is the frequency of my thought by polarity, the more intense my thinking and the more difficult is my choice.

The more divided is the wavelength of my energy by gender, the more intense is my emotional experience.

The more conviction that I have one way or another, the more definite the polarity and the greater the intensity of the experience.

The more divided my wavelength is by gender, the more intense is my emotional experience.

The more intense my experience, the more difficult it is to make a valued choice.

Creative potential is realised with a balanced energetic vibration that has an equalised intensity of experience.

Creative Experience

June 23, 2012

Creativity is an experience when my experience is creative.

The experience of being creative requires both thought & emotion.

Thought & emotion are the experience of creative energy in action.

Emotion is relative to thought.

For an experience to vibrate with creativity, it requires a frequency of thought conveyed on a wavelength of emotion.

Creativity requires a magnitude of emotional power and a force of mental authority, to become physically enabled.

The force of authority of my thinking is relative to the magnitude of power of my emotional feelings.

The ability of my thought to be creative is relative to the emotional experience that accompanies it.

The greater the force & magnitude of my experience, the greater is my creative potential being realised.

The Potential of a Vibration

June 22, 2012

Vibration is the foundation of creative ability.

Creativity requires choice.

Choice requires division.

The division of a vibration by its wavelength & frequency allows differentiation and choice.

Frequency relative to wavelength gives vibration its creative ability.

Frequency allows force to be eventual.

Wavelength allows magnitude to be evident.

Force relative to magnitude allows the existence of a potential vibration.

The potential of a vibration is its creativity.

The creative ability of a vibration is its potential.

The creative potential of a vibration of thought energy is relative to the force of its frequency and the magnitude of its wavelength.

The realisation of my creative potential as my experience requires my frequency of thought to have a force of authority and my wavelength of emotion to have a magnitude of power.

Empowered authority enables the potential of any vibration.

Being Intensely Neutral

June 21, 2012

Being Intensely Neutral allows my attainment of Inner Balance.

B.I.N is an acronym for Being Intensely Neutral.

When I BIN my mental & emotional baggage, I balance my psyche.

When I refuse to enter the drama, I become intensely neutral.

I refine my sub-conscious programming by discarding my limiting beliefs.

Garbage out is the result of garbage in.

Binning my garbage means that it is no longer part of my sub-conscious programming.

Neutral Intensity is beyond the duality of the gender and emotional needs of my personality.

It is also beyond the duality of the polarity of the fears and limiting beliefs of my character.

My Inner Balance of Being Intensely Neutral is who I really am.

A Perspective of Perception

June 20, 2012

My Perspective is my view of reality with the experience of my five physical senses. When my physical senses are diminished, my perspective becomes limited. The more physical experience of life that I have, the more developed my perspective becomes. The more developed my perspective, the more balanced is my attitude. A balanced attitude is acquired through many different perspectives of many different experiences of life.

My Perception is my view of reality with the experience of my three intuitive senses. The more intuitive my sense of Self, the more I perceive my experience to be individual, unique & exclusive to my Self. I often share the perspective of other people when I share the reality of a similar experience.

As I grow & develop on my own unique path, I gain a new perception of similar experiences that may differ greatly from that of other people.

A perspective gained with intuitive perception will always be unique to my Self.

My perspective of perception is exclusively mine. Unless that is, you choose to share it.

Empowered Wisdom

June 19, 2012

Wisdom is always empowered.

It is my connection to my higher authority.

Higher authority is always empowered.

Choosing an authority that is without true power is always unwise.

When connected to my emotional power, I am authorised and my choice is wise.

Connecting to my wisdom empowers me.

Being positively emotionally connected is wise.

It connects my Self to my higher wisdom.

When positively emotionally connected, I am inspired.

My inspired revelations empower me.

Being emotionally disconnected is never wise.

Without feeling my wisdom is less apparent.

Loving my wisdom is my philosophy.

Philosophy is the inspired authorisation of my empowered wisdom.

Mere Mortals

June 18, 2012

Mere Mortals are merely mortal.

They exist as a physical body in a material world.

Mortals are merely born, exist, then die.

They live in a physical existence between birth & death as experienced with the five physical senses that determine their reality.

Mere mortals are the victims of their fate and are expected to endure and tolerate whatever fortune or misfortune befalls them.

Spiritually awakened Souls know that they are not merely mortal.

Spiritual Beings incarnate in physical form are not mere mortals.

Disconnected from my spiritual origins, it is not difficult to believe that the illusion of being a mere mortal is actually real.

Mere mortality involves a long and slow lingering existence towards death and away from life.

A Reality Distortion Field

June 17, 2012

A Reality Distortion Field potentially envelopes each of us.

We collectively live in a contextual field of energy that is a relative dual reality experience.

An individual reality is created by an individual thought.

Thought puts reality into context.

It also puts context into reality.

The context of my reality is the product of my perspective & my perception of what I individually and collectively believe to be my truth and to be real. It is a Personal Reality Distortion Field that potentially allows personal creativity and growth.

Without the ability to distort and change personal reality, nothing new could ever be created and growth would not be possible.

Activating my distortion field on a personal level is what personal creativity is all about.

The best documented exponent of their Reality Distortion Field in the naughties was Steve Jobs of Apple Inc.

Outer Wisdom

June 16, 2012

Outer Wisdom is an oxymoron. Wisdom is innate. It cannot be learned. Knowledge is learned from my experience of my physical 'outer' world.

Wisdom is not the application of knowledge.

The ability to use knowledge is intelligence, not wisdom. I can use my knowledge wisely or unwisely, but that is not wisdom. When I use my knowledge with wisdom, I am using my knowledge of the outer world with my inner intuitive knowing.

It is my intuition that has wisdom, not my knowledge.

A wise choice has a beneficial outcome and an unwise choice a detrimental one.

Wisdom is the knowing without any shadow of doubt what is the right path for my Self. Whether my choice is wise or unwise for another is a judgement that is always made without wisdom. It is my knowledge that is used either wisely or unwisely, not my wisdom.

It is not possible to use my intuitive knowing, my wisdom, unwisely; but I can choose to disallow it, which is always unwise.

My Inner Wisdom is my allowance of my flow of knowing. Without flow, wisdom is just knowledge.

Presence

June 15, 2012

Presence is an emotional state of being that is attributable and attainable.

I attain presence when I overcome the duality of my past & future and become present.

I attain presence when I overcome the duality of my energetic male & female gender, with the attribute of being in harmony.

I attain presence when I overcome the duality of my energetic polarity, with the attribute of being charge neutral.

I attain presence when the magnitude of my emotional power is aligned with the force of my mental authority, and I attribute to myself the state of being in accord with my Self.

I attain presence with the expression of my charge neutral, concordant, harmony with life.

When I approve my harmonic wavelength of emotion and allow my charge neutral frequency of thought, I become concordant with the vibration of my life that is my Presence in each present moment of my reality.

Spoilt Choice

June 14, 2012

Choice is a gift.

I cannot spoil my choice by choosing.

I cannot be spoilt through choosing.

But I can be spoilt by my choice.

I can choose to be spoilt or choose to be appreciating of my choice.

I can be spoilt for choice.

The more choice of options that I have, the more entropy that I encounter and the more difficult it is to choose.

My choice is spoilt when it becomes too difficult to choose.

An effortless choice is always appreciated.

Not choosing may be easier but it is a spoilt choice.

I spoil my choice by not choosing.

To spoil is to interrupt the natural flow.

It causes whirlpools of energy with rapids & eddies of resistance.

Wisdom just flows and is never a spoilt choice.

Flowing With Change

June 13, 2012

The strength of a material is its ability to resist change.

The weakness of a material is its inability to resist change.

The pliability or flexibility of a material is its ability to flow with and adapt to changing conditions.

Pliability allows material to endure and tolerate changing conditions that are permanent.

Flexibility is the acceptance of changing conditions that are temporary.

Acceptance is the attribute required to flow with a changing life.

Change is a constant of life.

The ability to flow with that change requires its acceptance without toleration.

Gentleness is the attainment of flowing with acceptance.

It requires neither strength nor weakness to be accepting.

I can choose to be strong & tolerant, weak & yielding, or gentle & accepting.

An Adjective Vision

June 12, 2012

An Adjective Vision is the view of my Soul.

My Soul sees a vision for its Self adjectively.

Seeing adjectively requires the emotional awareness of my Beingness.

When I look to my Beingness with adjectivity, I realise my vision for my life.

When I am inner dependent on my emotional energy, I am adjectively connected to the source of my emotional power.

I see an adjective view of this world in my super-conscious mind.

It is my super-conscious entity that I turn to for my adjective vision of who I choose to be in life.

The super-conscious entity that is the Beingness of my Soul sees who I really am with an adjective vision of my life.

My Vision is always Adjective.

A Subjective Intention

June 11, 2012

A Subjective Intention is the view of my Self.

I choose a subjective intention for my Self based on what I believe that I want or do not want to experience.

My intention is subjective when it is based on my experience and my beliefs about what is occurring to me.

When I become independent and capable of running on my own emotional energy, I am able to choose a subjective intention for my Self.

It is a choice for my Self by my Self.

I choose a subjective intention with my conscious mind.

It is my conscious ego self that forms a subjective intention for its Self.

I consciously decide what I want to do as a subjective conscious intention.

My intention is always subjective.

An Objective Perspective

June 10, 2012

An Objective Perspective is the view of other people. Other people teach me an objective view of the world.

They teach me their perspective of reality as taught to them by other people.

When I am dependent on other people for my emotional energy, I believe that I have to share their objective view of the world.

I hold an objective view in my sub-conscious id, to which I turn for my objective perspective of the world.

My sub-conscious mind forms an objective perspective of what I should or should not have as my reality.

My perspective is always objective.

Specific Gravity

June 9, 2012

Gravity is specifically relative to the density of matter. The density of matter is relative to its specific gravity. Gravity is the effect of the density of energy on matter.

The density of matter is the mass of its unit volume. Matter has density, energy has vibration.

The density of energy is determined by its vibration. Density is relative to matter, whereas gravity is specific to energy.

An anti-gravity machine requires an anti-matter perspective.

Anti-matter is a vibration of pure energy.

Anti-gravity is the non-attractive quality of unlike vibrations of energy.

Vibrations of energy are non-attractive by virtue of their unlike frequency & wavelength.

Whereas relative density is the mass of a unit volume of matter, gravity is the attractive force of a specific wavelength of energy.

Matter has a relative density, whereas energy has an absolute density that is experienced as its specific gravity.

Potential Ability

June 8, 2012

My potential to 'do' is determined by my force to 'have' and my magnitude to 'be'.

The magnitude of my emotional energy allows me to just be.

The force of my mental thought allows me to have what I choose.

To choose to just be brings the force & magnitude of my energy into balance and allows me the potential of an effortless life.

The ability to apply a balanced force with an equal magnitude of emotional energy allows my potential to be realised.

A balanced force that is equal to the magnitude of its power is always authorised in its potential ability.

Fulfilling my potential requires my power to be authorised, which requires my force & magnitude to be in balance.

The force of authority of my thought requires an emotional magnitude of power to realise my potential physical ability.

Speaking My Mind

June 7, 2012

When speaking my mind, the question is: "From which mind am I speaking"?

Am I speaking from the perspective of my sub-conscious self?

Am I speaking the perspective of other people whose experiences I retain in my memory?

Am I speaking the intention of my conscious mind?

Am I speaking the intentions of other people whom I choose to follow?

Am I speaking the vision of my super-conscious Self?

Can I truly speak my mind, until I know my own mind?

Knowing the perspective, the intention and the vision of my Self allows me the authority to speak my own Mind.

Aligning all three aspects of my Mind when I speak, allows my truth to be expressed and the act of speaking my mind to be an expression of my truth.

Getting My Own Way

June 6, 2012

I am always getting my own way.

My own way is continuously being presented to my Self.

I just have to allow my own way to unfold and accept it as mine.

When lost and misdirected, I may lose my way.

When I lose my way, I believe that I am not getting my own way.

In the belief that I am not getting my own way, I believe that someone else is choosing their way for me.

My way is never in conflict with the way of another.

No one else can know or choose my way unless I let them know and let them choose.

Consciously getting my own way needs my awareness of my intuitive sense of seeing.

When I see it, I get it.

Getting my own way requires my seeing my own way, which requires me to intuitively know it and feel it to be right for me.

The More I Give!

June 5, 2012

The More I Give, the more I receive.

This may be true, yet it may also be untrue.

Giving & receiving and more & less are both a duality.

A relative duality is not an absolute truth.

It is the experience of a dual reality world where both truth & untruth exist.

Attraction is an absolute law, not a relative law.

Like energy is drawn unto itself, absolutely.

It is the energy with which I give & receive, more of or less of, that determines the focus of my attraction.

My kindness may attract either generosity or envy, as will my envy either attract jealousy or kindness.

I will get more or less of whatever I give depending on the vibration of my intention.

It is the magnitude of my appreciation and my approval of the emotion with which I relate to another that is most attractive, not the amount that is being given or received.

What is being given & received is always less important than who I am being whilst the transaction is occurring.

The more of my Self that I give is relevant, how much I give is not.

Being Ageless

June 4, 2012

Being Ageless is overcoming the duality of being old or being young.

It is being without the pain, fear & problems of getting old.

It is about understanding the distinction between growing with age and growing old.

Growing more and ageing less allows my Self to appreciate with grace & authority and a deliberate focus on my ability to choose.

Age becomes a reflection on my greater experience of life rather than on a deterioration of my physical ability.

Being ageless allows me to detach my focus from the age in which I live.

I am present in the moment of reality, without being trapped in time.

An ageless entity knows their true identity.

Eternity is a place where all time & no time meet.

My Soul is eternally ageless, therefore so am I.

In Three Minds

June 3, 2012

My Conscious Mind is centred in my brain and determines my intention.

It manages my conscious ego Self and allows my presence.

It is responsible for knowing what I know and having what I have.

My Sub-conscious Mind is centred in my solar plexus and determines my perspective.

It manages my sub-conscious id and allows my clarity.

It is often referred to as my gut instinct.

It is responsible for feeling what I feel and being who I am being.

My Super-conscious Mind is centred in my heart and determines my vision.

It manages my super-conscious entity and allows my direction.

It is responsible for seeing the bigger picture and for doing what I do.

It is the source of my intuition.

My Three Minds are required to co-ordinate the physical, mental & emotional aspects of my existence.

Three Minds act beneficially as One Mind.
When my intention is aligned with my perspective
that is aligned with my vision, I am of One Mind with
clarity, direction & presence.

Dislike & Unlike

June 2, 2012

I **dislike** the opposite of what I like.

I am **unlike** the opposite of what I am like.

Liking & disliking is what I do.

Being like or unlike is determined by my state of being.

I am like or unlike something according to the gender of its wavelength of energy vibration.

I like or dislike something according to the polarity of its frequency of energy vibration.

I like a positive polarity of energy and I dislike a negative polarity of energy.

What determines the polarity of a frequency is whether I like it or not.

I am like a similar male or female gender of emotional energy.

What determines the gender of a wavelength of my energy is the orientation of my perspective.

I think, therefore I like or dislike whatever I do.

I feel, therefore I am whatever I am like or unlike.

I like being like other people.

I dislike being unlike other people, that is unless I like being unlike other people.

Being Good & Doing Good

June 1, 2012

Being Good & Doing Good are not the same thing.
Being Good is vibrating with an emotional state of being that is good for me.

A state of being that is good for me resonates with my higher Self and my true identity.

Being Good has no duality of being bad.

In absolute reality it is not possible to be bad.

Doing Good is an act of doing what I believe is good for other people.

I can never know with certainty what is good for other people, only for my Self.

Doing good for other people can always be seen as bad from a different perspective.

My Soul is interested in my Self being Good, not doing good.

Being Good is an expression of my appreciation & growth.

Doing good is an emotional need.

Polarised Thinking

May 31, 2012

My thinking is polarised by my beliefs.

The polarity of a thought is determined by a belief.

As a thought passes through my belief system, it becomes polarised to my particular perspective.

My belief system determines whether a thought is polarised as positive or negative.

I believe that a positive thought is good and I want it to manifest.

I believe that a negative thought is bad and I do not want it to manifest.

Polarity has no influence with the Law of Attraction.

My thoughts manifest as my reality irrespective of how my thinking is polarised.

The polarity of my thinking creates my shadow.

The polarity of a pair of lenses, that deflect or resist light, creates a shadow that I can use as sunglasses.

It is polarised thinking that named them sunglasses, instead of shadow glasses that shade me from sunlight.

I can choose to live in the light or live in my shadow.

Polarised thinking has many shades of grey.

The Authority of Positive Thought

May 30, 2012

Authorised thought is always positive.

Positive thought is positive because it has authority.

It is 'Light' and it has wisdom.

Without authority, my thinking is negative and does not serve me.

Thinking that limits me is fearful and unauthorised.

Fearful thinking disallows my emotional power.

When positive emotional power is disallowed, I feel fear, sadness, depression or grief.

Negative thinking is the consequence of limiting false beliefs that are programmed in my sub-conscious mind.

My sub-conscious has no authority over my emotional power; only custody of my emotional need for power.

My super-conscious Soul is the custodian of my emotional power and the source of my authority, my light and my higher wisdom.

The Power of Positive Thinking

May 29, 2012

It is not that my positive thinking gives me power; it is that my positive thought is authorised.

It is my emotional power that is present when my beliefs are authorised.

When I own my own beliefs and I know them to be my truth, I am connected to my source of emotional energy.

It is my connection to my positive thoughts that allows my emotional energy to be positive.

It is my connection to my positive emotional energy that allows my thinking to be positive.

My thinking is polarised in either a positive or a negative direction dependent on the perspective of my beliefs.

The polarity of my belief system determines the polarity of my emotional energy.

Limiting beliefs and fears manifest negative emotion via my negative thinking.

Clarity of thought allows positive emotional experiences due to the power of my authority to think positively because I am in true alignment with my thoughts.

Expressions of Presence

May 28, 2012

Expressions of Presence are the gateway to Contentment.

Contentment is an expression of my presence.

Expressing my contentment of the present moment reveals my Presence.

The presence of my contentment is my expression of having enough and being satisfied with who I am.

I can only present that expression in each present moment.

I cannot express my contentment as a state of being in either the past or the future.

I can only express the absolute essence of who I am being in the present moment.

Presence is not always present and not always presented.

When my contentment is unsatisfied, I lose my presence and I am unable to express it.

I intuitively see the presence of my contentment as an expression of my presence.

Empowered Opportunities

May 27, 2012

Empowered Opportunities are the gateway to Joy.

Taking opportunities that are empowered is a joy.

Joy is the power that approves my opportunity.

Opportunities are always empowered.

With enough emotional power, I will always take my opportunities to grow.

Without sufficient power, opportunities become a challenge and a problem.

Challenges & problems are never empowered and they will require will power & motivation to succeed.

There is no joy in the challenges of a problematic life.

The true joy of life is attributable when flowing effortlessly with a life that is problem-free.

My Empowered Opportunities are intuitively felt.

Inspired Revelations

May 26, 2012

Inspired Revelations are the gateway to fulfilment.
Filled full of inspiration, I follow my path effortlessly.
Revelations reveal my path.

Revelations that reveal my path inspire me to follow it.

Following my path fulfils me.

The pathway to fulfilment is my path.

Inspiration is the power that reveals my authorised path.

The ability to be fulfilled in my path requires the power of my inspiration and the authority of my revelations.

The power & authority for the experience of fulfilling my path comes from within me.

My inspired revelations are intuitively known.

Three Ideals for Life

May 25, 2012

1. **Being Fulfilled** is attaining the attribute of overcoming the duality of my fear & my need for love that attaches me to my dramas and disallows life flowing effortlessly.

I cannot be fulfilled with fear or filled with emotional need and flow with life

Filled full of fear and filled full of need for love, my life is less than Ideal.

In my ideal life I choose fulfilment over the duality of love & need.

2. **Being Joyful** is attaining the attribute of joyfully overcoming the duality of my pain & my pleasure in life by approving of who I really am.

Joy is the power of my Beingness expressed through my emotional state of being that is without the false power of pleasure and without the pain of being powerless.

It is the magnitude of the power of my Beingness that determines both pain & pleasure as unnecessary.

In my ideal life, I choose joy over the duality of pain & pleasure.

3. **Being Content** is attaining the attribute of a quality life by overcoming the duality of my problems & my solutions and accepting whatever is presently occurring as an opportunity.

Every opportunity in life is a potential for my personal development & growth to appreciate.

Appreciation of my contentment accepts that there is no toleration in my life.

In my ideal life, I choose contentment over the duality of problems & solutions.

Inspired Revelations offer empowered opportunities to express my Presence in Life through these three ideals.

The presence of empowered inspiration is always ideal in my life.

Being Valid

May 24, 2012

Being Valid means being spiritually healthy.

Spiritual health requires both spiritual wealth & spiritual wisdom.

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

I validate my spiritual health with my wealthy power and my wise authority.

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

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

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

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

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

Embodiment

May 23, 2012

Embodiment is the experience of bringing an emotional state of being into physical reality.

When I attribute a particular state of being to my Self, I embody it within my physical reality.

When I embody an emotional state of being and can realise it at will, I have attained that emotional state of being.

When the state of being that I have attained is pure, undivided and whole, I become the embodiment of all that is holy.

There are many states of being that I can experience and embody, attain and attribute to my Self that are whole and undivided by polarity or gender.

A pure attribute of emotional Happiness or Well-being is a divine experience and the embodiment of my true nature.

The embodiment of divine experiences in this physical reality is a true expression of my nature and is my natural state of being, expressed.

Allowance & Perception

May 22, 2012

I do not receive an allowance, I perceive it.

My allowance is not given, it is forgiven.

Whatever is forgiven requires perception.

My perspective of life either allows my perception or blocks my perception.

When my perception is disallowed, I cannot perceive my allowance.

Without perception my allowance is not evident.

Evidence of my allowance requires my perception to bring it into my perspective.

My allowance is always present whether I perceive it to be or not.

Unless I perceive what is forgiven, I cannot accept it as my allowance.

Without a true perspective, I am unable to allow my provision to be present.

Empathy & Perception

May 21, 2012

Empathy is a rational perspective that requires a female perception of Compassion.

I know where someone is with my rational perspective of where they are.

I feel where someone is with my emotional perception of where they are.

Empathy without perception lacks compassion.

Compassion with empathy adds perception to my perspective of life.

I have empathy with where someone is and what is occurring.

I have compassion with who someone is being relative to whatever is occurring.

To fully perceive my empathy requires my compassionate perception of who I am being.

Empathy is a state of being, not an act of doing.

Perception is my ability to comprehend my emotional state of being.

Compassion is my ability to share that state of being with another.

The Empathic Self

May 20, 2012

My True Self is my Empathic Self.

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

It requires the empathy of my Soul.

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

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

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

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

Empathy is concordant-resonance at a Soul level.

It is the true nature of my Self.

The Opportunist & The Profiteer

May 19, 2012

The Opportunist sees and accepts whatever is occurring in life as an opportunity.

The Profiteer seeks to profit from life and turn what is occurring to their advantage.

The Opportunist knows that beyond every problem is an opportunity waiting to be perceived.

The Profiteer ignores every problem and carries on regardless.

The Opportunist is sensitive to what is occurring and knows that an opportunity is never detrimental to another.

The Profiteer is insensitive to the circumstances of others and sees only their own personal gain.

The Opportunist never seeks to gain advantage over another, only to share their opportunity for mutual advantage.

The Profiteer competes for a better advantage for their Self, whereas the Opportunist believes that every opportunity is potentially beneficial for everyone.

The Opportunist is exclusively-connected & sensitively-detached, whereas the Profiteer is exclusively-disconnected & insensitively-detached.

Compassion & Allowance

May 18, 2012

Compassion & Allowance is like Forgiveness & Acceptance, they are the same energy seen from a different perspective.

My Soul sees forgiveness, where my Self sees acceptance.

My Soul sees Compassion where my Self sees Allowance.

My Soul shares my Allowance with my Self with Compassion.

Compassion is the sharing of passion and the sharing of provision. I am passionate about my allowance and I experience true compassion when I allow my allowance to be received.

Acceptance is forgiven when my allowance is perceived as my provision.

Pro-vision allows the foresight of forgiveness.

My allowance is always present whether I have the insight to perceive it or not.

The compassion of my allowance is often more apparent with hindsight.

My Soul's compassion for my Self is ever present and forgiven, which is evident when I allow total acceptance of my path in each and every present moment.

Body, Mind, Soul, Spirit & Emotion

May 17, 2012

Body, Mind & Soul is a triality of Consciousness:

- Conscious Mind is the Body
- Sub-Conscious Mind is the Mind
- Super-Conscious Mind is the Soul

Body, Mind & Emotion is a triality of the energy of Spirit or Soul:

- Body is the vibration of physical body
- Mind is the frequency of mental body
- Emotion is the wavelength of the emotional body

Body, Mind & Spirit is also a triality of Consciousness where the Soul is referred to as Spirit. Spirit or Soul is the channel through which Consciousness communicates with its Self.

- The conscious mind communicates through the 5 physical senses
- The sub-conscious mind communicates mentally with a sense of instinctive reaction
- The super-conscious mind communicates intuitively with a sense of emotional response

The Spiritual Energy of my Soul is a triality of the physical, mental & emotional experiences of Life.

Being Holy

May 16, 2012

Being Holy is Being Whole.

Being Whole means being undivided by either gender of male or female energy.

Undivided by gender is being and expressing a pure wavelength of emotion.

A pure wavelength of emotion is a whole state of being.

Being holy is a pure wavelength of emotion.

It is not something that I do but an expression of my Beingness that is beyond dual reality.

Duality allows wavelengths of emotion to be divided by gender, to allow choice.

Metaphorically, when Adam created Eve the wholeness or holiness of his Beingness divided by gender and he entered the world of relative duality. He descended out of the Garden of Eden that is a state of undivided Oneness to live in a relative dual reality existence on Earth.

At birth, I gave up the experience but not the potential of Being Holy in Life.

The Culture of Ability

May 15, 2012

Culture means development & growth. The culture of a society is its ability to develop & grow as a society. When culture is compromised, the ability of a society to develop & grow is also compromised.

The culture of a society that is developing & growing is a healthy culture. A healthy culture is dependent on political wisdom & economical wealth.

Modern society has confused healthy development with educational knowledge.

When knowledge is controlled, development is controlled and is no longer healthy.

The control of education is seen as essential to a corrupt economic power that assumes control through political authority.

A culture of ability that is designed to improve the wealth of those in authority, is never healthy.

Compromising an individual's ability to develop & grow with both wealth & wisdom does not create a healthy culture for society.

The growth of a society is achieved solely through the development of all its Individuals, not because of the political authority and the economic power of its ruling elite.

The Politics of Authority

May 14, 2012

The Politics of Authority is how, as a society, we co-operatively make choices.

Political governance is how the few carry out the choices of the many.

Politics gives the authority of a society's choice to an elected representative, to carry it out.

It is how we effectively move society forward by making choices that benefit society in general.

Modern society is confused between status, wisdom and authority.

Authorised representatives in government are granted status in the absence of wisdom.

Poli-tics means the thoughts of the many.

When the thoughts of the few are focused on their own status and the benefits of their status, the choices of the many become compromised.

Without wisdom, status allows an abuse of authority.

The pursuit of status with authority and without wisdom will never attain political correctness.

The Economics of Power

May 13, 2012

The Economics of Power is how, as a society, we use our emotional energy resources co-operatively.

Economics is the study of how to share co-operatively in the most effective and beneficial way.

It is the science of how we choose to invest our emotional power, as opposed to Sociology, which studies the effects of people giving away their emotional power.

Economy is the balance between 'plenty' & 'poverty', 'gluttony' & 'scarcity, and 'extravagance' & 'frugality'.

It is how I access enough of everything from the infinite abundance that is Life.

Modern society is confused between the riches of money and its emotional wealth.

When left to his own devices to provide for himself, Man has created a powerful economy that feeds the rich to the detriment of the poor.

E-co-nomical power provides emotional wealth.

Economics has become the study of the fiscal success of financial riches, not the power of emotional wealth.

The pursuit of success through monetary gain will never be economical with either my power or my emotions.

Plenty of Poverty

May 12, 2012

Poverty & Plenty are a duality.

When I believe that having plenty will rescue me from poverty, I am lost in the duality of a drama.

When confronted with a choice between too little & more than enough for now, my choice will always be to have plenty over poverty.

Choosing plenty for my Self inevitably leads to poverty for others when I believe that my provision is limited.

When I know that my provision is unlimited, I have no need of plenty because I know that I have enough.

Having enough is Abundance, whereas plenty means more than enough for now.

Plenty is more than enough for my own personal needs but is never enough to eradicate poverty.

Knowing that I have enough allows my peace of mind to overcome the duality of plenty & poverty.

There is plenty of poverty in this world without me adding to it.

Needs, Values & True Values

May 11, 2012

Needs, Values & True Values are three different perspectives of my emotional power.

When I experience my emotional power, I **value** it, and I value whatever I believe is providing it.

This is my conscious perception of connecting to my emotional power.

When I experience a lack of emotional power, I **need** it, and I need whatever I believe will provide it.

This is my sub-conscious perception of being disconnected from my emotional power.

When I experience my connection to my true source of emotional power, it has **true value** for me, and I truly value its provision.

This is my super-conscious perception of being connected to my emotional power.

When I connect intuitively, it has **true value** and I am empowered.

When I connect consciously, it has **value** and I am motivated.

When I connect sub-consciously, I have a **need** and I am needy.

My emotional power is always the subject of my perception that is determined by the focus of my perspective and the level of my Consciousness.

Lost in Reality

May 10, 2012

In Reality, I am never lost.

I am only ever lost in my imagination.

When I imagine my Self to be lost, I am.

In a dual reality world, I can be lost or I can be found.

I am only ever lost until I find my Self.

Seeking to find my Self is a statement of not knowing who I am.

When I don't know who I really am, I get lost in a reality of my own creation.

When I imagine my personality & character to be who I really am, I get lost in the reality of the drama that I am enacting.

I am never lost in the reality of my True Identity.

When I identify my true reality, I find my Soul.

Lost in Time

May 9, 2012

Where I am Lost in Time, I don't know when I am.

Where I forget when I am, I get very lost.

Lost in time, I lose my presence.

My presence is only present in the moment.

In each present moment, I connect & flow with time, which is divine.

I get lost in my past and my future.

My past is my present that has passed.

My future is a projection based on my past.

My present is received when I embrace what is occurring right now by seeing the opportunity for my life that is unfolding.

My presence allows my clarity of what is present.

My confusion will lose me in a re-creation of my past projected onto my future.

My presence allows my direction to be presented.

Lost in Space

May 8, 2012

When I am lost in Space, I don't know where I am.

When I forget where I am, I get very lost.

Lost in space, I am confused about which way to go.

When my direction is confused, I disallow my emotional power.

Being lost in space is being disconnected from my space, which is dis-empowering.

With enough emotional power, I am never lost, just exploring new and unknown realms.

I am lost in space when I am a long way from home.

When my Soul is Home, I am never lost in any space.

In absolute reality, I am never lost in space, I have just temporarily forgotten my place in the One Version of Everything.

Reasonable & Responsible

May 7, 2012

Being Reasonable requires the ability to know the reason for whatever is occurring.

Being Responsible requires the ability to feel in control and respond in a beneficial way.

My ability to be reasonable is relative to my ability to reason with mental authority.

My ability to be responsible is relative to my ability to respond with emotional power.

Seeing the reason for what is occurring requires an intuitive insight that is beyond the egotistical viewpoint of either my Self or others. When I see the reason for whatever is occurring, I am empowered to respond accordingly. When responsibly empowered, I have the ability to be reasonable.

When my reasoning is aligned with my highest authority, I can choose with a confident authority that allows my ability to respond with power. Aligning my reasoning with my authority empowers my response. The ability of both my power & my authority allows me to respond with feeling and know my reason and see the bigger picture with clarity.

With clarity of the bigger picture, I can act both reasonably & responsibly.

Re-Solving

May 6, 2012

Re-Solving is neither solving a problem nor resolving a problem

It is agreeing a resolution to accept whatever is occurring as an opportunity for growth.

Whatever is occurring in my life is always an opportunity for my Self development & for my Soul's expansive growth.

Once I know this, the only resolution is the acceptance of what is.

I do not need to resolve a problem or a toleration when I am accepting what is occurring as an opportunity. I cannot solve an opportunity, only re-solve to accept it as such.

Accepting opportunities is solving & re-solving all the issues that I experience on my beneficial path.

The outcome of every opportunity is benign and welcomed according to my resolution for it to be so.

Having a solution to a problem is not an opportunity for growth as the problem will always return to be resolved.

Re-Solving all experiences as an opportunity allows attraction to always work in a positive way.

It is Magnetic Attraction in action.

Re-Deeming

May 5, 2012

Re-Deeming is taking another look at what is apparent.

When I see something in a different light, I see its redeeming quality.

Re-Deeming is seeing the quality of an attribute that I have attained.

Attaining an attribute of my true nature is the pathway to redemption.

Re-Deeming my true identity is seeing my Self in a true Light.

Seeing the true nature of my Beingness allows my Self to redeem that state of Being.

Unless I can see clearly who I am being, I cannot choose to redeem the true quality of my attributes & attainments.

Taking another look at my Self requires my seeing life from a higher perspective.

Adopting a newer, better perspective of my life allows me to see my Self anew and redeem my true Identity.

Re-deeming my true identity is spiritually very attractive.

It is Divine Attraction in action.

Re-Pairing

May 4, 2012

Re-Pairing is mending that which is apparently divided.

A Pair is two identical yet separate entities that are no longer one.

Two is by nature one that is divided.

Two halves are a pair that is equally divided.

Re-Pairing brings together two identities in Oneness.

Pairs are attractive by either similar polarity or opposing gender.

A pair of genders brings their male & female energy together in balance & harmony.

Opposing genders of the same wavelength of vibration are paired together by their power of attraction.

Re-Pairing wavelengths of energy involves balancing the yin & yang of divided genders of a similar vibration of the energy of thought & emotion.

Sexual attraction is constantly seeking to re-pair through physical relationship.

This is Physical Attraction in action.

Being Open

May 3, 2012

Being Open requires the attainment of Open-ness.

The attribute of being Open requires the attainment of an open Heart, an open Mind & an open Soul.

Being Open is a state of being that is never closed to opportunity & possibility.

It is attained by overcoming the duality of being open or closed.

It is being 'overt' to life, having overcome the personality attachments that characterise me as either introvert or extrovert.

The first commandment of Jesus is: "Be Open".

When I love the Lord my God with all my Heart, all my Mind, all my Soul and all my Strength, I am being Open.

Being Open requires the eyes that cannot see and the ears that cannot hear, to be open.

My strength of being Open is my degree of connection to my Happiness & Well-being.

Being Happy & Well ensures that I am always open to the opportunity that life has for me.

An Open Soul

May 2, 2012

An Open Soul is free to walk a physical path on Earth.
An open Soul is awake, aware & alert to a physical experience of life.

An open Soul has a clear connection to its Self.
It is able, with full power & authority, to explore, discover & experience physical life.

An open Soul has the Love of an Open Heart and the Light of an Open Mind.

It is able to co-operate with its Self in full power & authority to experience an Open Life.

An open Soul has the key to the doorway between spirituality & physicality, and can flow effortlessly through the dimensional portal that divides both realms.

There are no limits, no boundaries and no closed doors, to an Open Soul.

An Open Mind

May 1, 2012

An Open Mind connects me to my mental authority. My mental authority is what I have a mind to choose for my Self.

When I choose for my Self with an open mind, I allow my life to unfold. With an open mind, I unconditionally accept whatever is occurring in my life.

An open mind allows my opportunities to unfold. It allows miracles to happen.

A closed mind is controlled by the beliefs of a disconnected ego.

An open mind allows the exploration of my true identity.

It allows my connection to my source of wisdom to shine light on my path and show my Self the direction of my true vision.

An Open Heart

April 30, 2012

An Open Heart connects me to my emotional power.

My emotional power is unconditional love.

Unconditional love has no aspect or condition of need or attachment.

An open heart is my connection to my source of power that has no attachment to needing that power.

Unconditional love flows from my source to my Self through an open heart, when I allow it to.

An open heart requires my approval of who I am being.

My Beingness opens my heart.

Divine attributes are the key to opening the door to my heart.

An open heart expresses who I really am.

Sexual Intensity

April 29, 2012

The Sexual Intensity of my emotional energy is determined by its gender.

Sexual energy is the inter-action of two vibrations of energy with opposing genders and a similar polarity. It is the relationship of male & female energy interacting.

It is male & female energy relating in either a positive or a negative way determined by the experience of each individual.

A positive or a negative polarity is determined by the beliefs & thoughts of each individual.

The male or female gender is determined by the state of being of each partner.

It is the opposing genders of the same wavelength of vibration that are most attractive and therefore most sexually intense.

It is the gender of the relative energies that is relevant, not the sex of each partner.

Attraction is always a positive experience unless a negative belief determines it to be unattractive or even repulsive.

Time Management

April 28, 2012

Time is the product of speed & distance.

I manage time by controlling the speed at which tasks are performed.

I manage time by measuring the distance that a task is from completion.

The time that a task takes to complete is the speed of work times the distance from its completion.

In a dual reality world time, speed & distance are all relative to each other.

In absolute reality, any attempt to manage time will result in an interference to the flow of Time.

Reality is the flow of Time through the gap of Space.

Setting deadlines disallows the flow of Time in Space and disrupts life-lines.

Divine Time flows effortlessly and requires no management only allowance.

Allowing Time to flow requires an understanding of Reality in a Space-Time Continuum.

An Abundant Reality

April 27, 2012

An Abundant Reality always has enough time and enough space.

Infinite space & eternal time allow reality to be continuously abundant.

The only thing that limits my abundance is my belief system.

My comfort zone and my boundaries will limit my space.

I cannot have a boundary to my comfort zone and have abundant space.

My deadlines and my standards will limit my time.

My standards are the limit of my ability.

I cannot have a standard for my deadlines and have an abundance of time.

When I limit my time and I limit my space, I create a limited reality that is without abundance.

Abundance is a reality without limitation.

It is the limitation of my own beliefs that create the reality of my own needs and my experience of not being abundant.

Having Enough Space

April 26, 2012

In Absolute Reality there is always enough Space.

Space is infinite and therefore abundant.

An abundance of space is always enough.

Not enough space is an illusion of physical reality.

When I believe that my space is limited by people or things, then that becomes my experience.

I am only ever limited by the beliefs that I own.

There is always enough space to move & grow.

A lack of space is created by my need for emotional energy.

When I need emotional energy, I will either need more space or less space because I have run out of enough power.

When I have enough emotional energy, I will always have enough space.

Having Enough Time

April 25, 2012

In Absolute Reality there is always enough time.

Time is eternal and therefore abundant.

An abundance of time is always enough.

Time never runs out. It is a deadline that arrives too soon that creates the illusion.

When I lose my authority, I appear to run out of time.

When I run under my own authority, I never need a deadline and I never run out of time. A deadline is a limitation on my time by my Self or someone else.

I only run out of time when I make a wrong choice for my Self. When my time is limited by a false belief, I will not have enough and I will run out.

When a deadline is too distant, I will have too much time and I will waste time waiting.

When I need to do what I believe that I have to do, I will never have enough time.

There is an infinite abundance of ways of using my time creatively.

There is a finite limited number of ways to waste time and to run out of time.

Having enough time becomes my reality when I know it to be so.

The Triality Of Dual Reality Relationship

April 24, 2012

Exclusively Rationally Detached is how I relate to the world from the perspective of my male energy.

- Being Exclusive is how I relate to my intuitive higher Self, my Soul.
- Being Rational is how I relate to my physical experience, my ego sense of Self.
- Being Detached is how I relate to my experience of interacting with all other people.

Sensitively Emotionally Connected is how I relate to the world from the perception of my female energy.

- Being Sensitive is how I relate to my experience of interacting with all other people.
- Being Emotional is how I relate to my physical experience, my ego sense of Self.
- Being Connected is how I relate to my intuitive higher Self, my Soul.

Relationship is an essential aspect of my personal development & growth.

How I relate to the world is relative to who I attribute my Self to be in relationship with my Self, my Soul, & all other people.

Relative Perception & Perspective

April 23, 2012

With **Perception & Perspective** is how I see my Reality.

My perception of Space is relative to my perspective of Time.

My perception of emotional feeling is relative to the perspective of my mental thought of knowing.

My perception of male or female gender is relative to my perspective of positive or negative polarity.

My perception of power is relative to my perspective of authority.

My perception is emotional and my perspective is rational.

The wavelength of my perception is relative to the frequency of my perspective.

My perception of what I need emotionally is relative to the perspective of my mental beliefs.

The perception of my attributes is relative to the perspective of my attainments.

My perception of Love is relative to my perspective of Light.

My perception is relative to and a relative of my perspective of life.

Power, Potential & Intensity

April 22, 2012

All Energy has a Power, a Potential & an Intensity.

The Power of my emotional energy is relative to my ability to choose with authority.

The Potential of an emotion is relative to the magnitude of its power and the force of its authority.

The Intensity of an emotion is relative to its gender and the polarity of its sponsoring thought.

The greater the intensity of an emotion, the more unbalanced are the gender or polarity of my state of being and the less balanced is my course of action.

Intensity is the resistance encountered in life by wavelengths of emotion that are divided by gender and frequencies of thought that are divided by polarity.

The more balanced the gender & polarity of my energy, the more charge neutral its intensity and the greater my potential to act with power.

My Potential ability has authorised, controlled Power with a harmonised, charge neutral Intensity.

Potentiality & Intentionality

April 21, 2012

My creative potential is the vision of my Soul.

It is in alignment with the magnitude of my emotional power & the force of my mental authority.

My true force of authority is a charge neutral polarity of thought frequency.

My true magnitude of power is a harmonic gender of emotional wavelength.

My creative intention is the will of my ego Self.

Intentionality is the thinking of a mind in tension.

A divided mind is in tension between the male & female gender of its emotions created by the positive & negative polarity of its beliefs.

A positive intensity has the will power to act, whereas a negative intensity is paralysed with fear.

The intensity of my experience is relative to the gender & polarity of my emotional thoughts.

The potentiality of my neutral harmony is creative, whereas the intentionality of my will power is divisive and potentially destructive.

The Potential of Intensity

April 20, 2012

My creative **Potential** is determined by the **Intensity** of my emotional thought

My potential is the realisation of the magnitude of my creative power & the force of my creative authority.

My intensity is the alignment that I have with my wavelength of emotional power and my frequency of authoritative choice.

Pure potential requires a balanced intensity of vibration.

The purity of my vibration is a quality that is determined by the power of my emotional attributes and the authority of my mental attainments.

When my wavelength of emotional energy is divided by male & female gender, the intensity remains constant but the potential becomes diluted.

Similarly, when my frequency of mental thought is divided by positive & negative polarity, the intensity remains constant but the potential becomes diluted.

The potential of my vibrational intensity to be creative is therefore relative to my ability to balance both the gender of my emotions and the polarity of my thoughts.

A balanced intensity has the greatest magnitude of power and the purest force of authority with which to be the most potentially creative.

The potential of my intensity is to vibrate with pure undivided & balanced spiritual energy.

My Vibration of Happiness

April 19, 2012

My Vibration of Happiness is defined by 3 wavelengths of emotion that I attribute to my Self:

- My power of being Approving
- My authority of being Allowing
- My ability to be Accepting

My Vibration of Happiness is defined by 3 frequencies of thought that I attain for my Self:

- The power of my Joy
- The authority of my Fulfilment
- The ability of my Contentment

An alternative perspective is that:

- My joyful approval is the wavelength of my magnitude of power
- My fulfilled allowing is the frequency of my force of authority
- My content acceptance is the vibration of my potential ability

Whichever way I see it gives me a feeling of knowing my Self to be Happy.

That is unless my happiness has a dramatic duality that is divided by gender, when:

- My approving power of joy is divided by my sin of lust or by virtue of my needs
- My allowing authority of fulfilment is divided by my sin of envy or by virtue of my kindness
- My accepting ability of contentment is divided by my sin of gluttony or by virtue of my poverty

My Being Well-Happy is expressed as the attributes of Gratitude & Appreciation that create my continued personal, spiritual, development & growth.

My Vibration of Well-being

April 18, 2012

My Vibration of Well-being is defined by 3 wavelengths of emotion that I attribute to my Self:

- My power of being Graceful
- My authority of being Gentle
- My ability of being Good

My Vibration of Well-being is defined by 3 frequencies of thought that I attain for my Self:

- The power of my Wealth
- The authority of my Wisdom
- The ability of my Health

An alternative perspective realises that:

- My gracious wealth is the magnitude of my power
- My gentle wisdom is the force of my authority
- My good health is the potential of my ability

Whichever way I see it gives me a feeling of knowing my Self to Be Well.

That is unless my well-being has a dramatic duality that divides it by gender, when:

- My gracious wealthy power is divided by my sin of greed or by virtue of my pleasing others
- My gentle wise authority is divided by my sin of wrath or by virtue of my meekness
- My good healthy ability is divided by my sin of pride or by virtue of my humility

The combination of my perspectives & my perceptions, based on my emotional needs & my limiting beliefs, will determine the intensity of my emotion and my resistance to the quality of the experience of my Vibration of Well-being.

My 7 Questions?

April 17, 2012

A question of: "When in Time" & "Where in Space" answers my Reality.

A question of "Who's the Power" & "the Why's of Authority" answers my Ability.

A question of "What Attributes" & "How I Attain them" answers my Quality.

A question of "Which Ideal" answers the reality of the quality of my ability to create my Ideal Life.

Which life is ideal for me, here & now in space, between when & then in time; is a choice that I am able to make with the power of who I am and my why's choice of authority that I attain with the quality of my personal attributes.

This present moment of reality answers when & where.

My Soul's power & authority answers my who & why I attain the quality of my attributes.

What I see, feel & know is how I follow my path.

Which question I ask allows my ideal life to be answered.

A Relative Existence

April 16, 2012

The quality of my life is relative to the quality of my emotional experience.

The quality of my emotional experience is relative to the quality of my thoughts.

The quality of my thoughts is relative to the attainment of my attributes.

The attainment of my attributes is relative to the creativity that is my potential.

My potential to be creative is relative to the magnitude of my emotional power & the force of my mental authority.

The magnitude of my emotional power is relative to the force of my mental authority that is determined by the purity of the frequency of my thought that is relative to the purity of the wavelength of my emotion.

The relative frequency of the authority of my thought is aligned with the relative wavelength of the power of my emotion, which is relative to the ability of my energy vibration.

The quality of my vibrational energy determines the mental thoughts and the emotional experiences that determine the quality of my life that I attract to my Self in the duality of this relative existence.

Therefore, if it feels good for me, it is good for me;
and if it feels bad for me, either I change my mind or I
don't give it another thought.

Being Careful

April 15, 2012

Being Careful attracts into my reality exactly what I am trying to avoid.

I am only ever careful to avoid an accident, never an opportunity.

I am careful to avoid the problems that I believe can accidentally befall me.

I have been taught that solutions to all my problems will take care of the chaos that I encounter in life.

That a careful life is full of solutions to a problematic, accident prone, existence.

The Law of Attraction faithfully brings me the focus of my attention.

When I attend to solutions, I attract more problems, because they are the same vibration of energy.

When I focus on the problems they accidentally occur more often.

I am continually being presented with the opportunity to be problematic or problem-free, accident prone or accident free, careful or care-free.

Being careful disallows my opportunities being received.

It will only ever bring me accidental problems to care about.

Quality of Life

April 14, 2012

Quality of Life is a measure of the value that I attribute to the experience of my own reality. The quality of my experience is relative to the value I feel for the emotion that I am experiencing. The more powerful the intensity of the emotion, the greater the positive or negative value that I experience. The magnitude of my emotion is its wavelength and determines its quality. The intensity of my emotion is its gender & polarity, which determines its value or not. Just because I value something doesn't mean that it is of the highest quality. The quality of my emotional experience is determined by the purity of my state of Being. My True Values allow quality experiences of Life. Attributing an attainment of pure emotion is an expression of the highest quality and has true value for my Self. Not all values are True Values. The Quality of my Life is determined by the Truth of what I Value.

Growing Up

April 13, 2012

Growing is not a duality.

I never grow down, always up.

Growth is absolute.

All growth is towards the Light.

In absolute reality, everything is continuously growing towards infinity, for eternity.

My growth is both expansive & contractual! But never contractive.

I have a contract with my Soul to expand & grow.

The spiritual growth of my Soul is ever expansive.

My Soul has a contract with my Self to fulfil an expansive life.

My experience of life is always growing. Whether I believe that I have fulfilled the contract or not is just a matter of my perspective.

As I grow up, my Soul expands through the experience of my Self, with or without my conscious awareness of my inner contract.

Emotional Gender

April 12, 2012

Understanding the gender of my emotional energy is as important as knowing its polarity.

I feel the intensity of the emotion of my thought, but I need to know the gender & the polarity before I am able to see with the emotional intelligence of my intuition.

All emotional wavelengths of energy have the potential to be divided by male & female gender.

An awareness of the masculine or feminine character of my emotion and the male & female personality of my emotion is the essence of bringing my inner harmony into balance.

The more my yin is divided from my yang, the greater the gender gap in my inner world.

Only when my male perspective aligns with my female perception is the war between my sexes decided on my inner sub-conscious battleground.

When my sin becomes a virtue and I see all my virtues as a sin, I am able to atone for my inner conflict and become at one with my emotional intelligence.

With the emotional intelligence to balance both the polarity & the gender of my emotional energy, I will find the ideal intensity to live my ideal life in every present moment of my reality.

Emotional Polarity

April 11, 2012

My emotional state of being is polarised in either a positive or a negative direction, determined by my perspective.

My perspective is driven by my beliefs that determine the reality of my experience.

A negative experience is every much as real as a positive experience from my own personal perspective.

My beliefs determine both the polarity of my thought and the polarity of my emotion on which my thought is conveyed.

It is not the intensity of my thoughts and my emotions that is polarised but the gender of the wavelength of my emotion that supports the frequency of a guiding thought.

A neutral polarity of emotion is required to successfully intuit the current gender of my energy in order to balance its wavelength.

An intense frequency of thought creates an intense wavelength of emotion, which disallows the ability to adjust the gender of my emotional energy into balance with the polarity of my thinking.

Emotional Intensity

April 10, 2012

My emotional intelligence requires more awareness than whether I feel positive or negative.

Rating the intensity of my emotional polarity on a scale of 1-10 is useful but not highly intuitive.

When my emotional energy is negatively below 5, I may not have enough power to actually do the exercise

Intelligently naming the emotional intensity of personal energy has been the study of psychology for many years, in a quest to make people less miserable.

My ability to be a miser is graded on an emotional scale of intensity from the powerful emotions of bliss, wonder, inspiration, beauty, enthusiasm, eagerness, excitement, passion & optimism; to the powerless emotions of pessimism, boredom, frustration, intolerance, anger, grief, depression & despair.

Emotional intensity is the product of both the gender & polarity of my emotional state of being.

When I study only the polarity, the positive or negative state, of my emotions; I have insufficient information with which to choose a better, more balanced, intensity.

With the emotional intelligence of knowing how my energy is divided by both gender & polarity, I can

successfully balance the intensity of my emotional state of being by choosing a more pure vibration of my emotional energy.

Electro-Magnetic-Gravity

April 9, 2012

In a 3 dimensional space-time-reality, all energy has three distinct aspects, irrespective of the form that the energy adopts.

All energy has an aspect of frequency, wavelength & vibration.

The vibration of energy allows it the potential to manifest as real in space-time.

Every potential vibration is the result of its force and its magnitude.

The force of its frequency combined with the magnitude of its wavelength determines the potential of its vibration.

In my experience of space-time-reality, I encounter energy as matter and I experience the force of gravity, the magnitude of magnetism and the potential of electricity in my life.

My life-force energy is the gravity of my attraction.

My life potential is electric relative to the magnitude of my magnetic aura.

Electro-magnetic-gravity is my attraction in action.

Gravity

April 8, 2012

Gravity is the force of attraction in action.

It combines with the magnitude of magnetism and the potential of electricity to form a triality of 'Energy'.

All forms of energy, energy in any form, has a frequency and a wavelength that determines its vibration.

All vibrations of energy have a magnitude, a force and a potential.

What I see as the magnetic attraction of physical metallic elements is the gravitational attraction of like vibrations of energy.

The energetic force attracting like metals is gravity. It is the magnitude of the power of the attraction that is magnetic.

When a metal has the ability to allow its electrons to align with its magnetic field, it creates a gravitational force of attraction.

The potential of all attraction is the force of the energy combined with the magnitude of the energy.

What I personally experience as gravity is the effect of my specific gravity and my density, relative to my specific environment.

I am relatively more dense than air so I am pushed to earth by the less dense rising air.

Being less dense than the earth allows the earth to push me to the surface as it is more dense than I am.

Water being the same relative density and having a similar specific gravity, allows me to dive or float in a state of anti-gravity.

It is the potential of my energy that allows me to either sink, float or swim.

Succeeding in Life

April 7, 2012

Failing in life is a false perspective.

From my highest perspective, there is no failure in life; only success.

Life is one long succession of opportunities to succeed.

Whether I am conscious or aware of my opportunities to succeed in life is irrelevant to my ultimate success. Success & failure are just opposing perspectives of a dual reality existence.

My Soul's perspective of my life is beyond relative duality and sees only my absolute success.

I succeed my parents with similar opportunities for an expansive experience.

The opportunities that they embraced are now mine by right of my birth.

The opportunities that they failed to take become either opportunities for my Self or their problems that I have inherited.

I have already succeeded in inheriting all my family's problems, all my family's challenges and all my family's opportunities to either fail or succeed in my life.

Succeeding in Death

April 6, 2012

We all eventually succeed in dying.

There is no failure in death, only success.

It is in my death that my true success in life will be revealed.

When I fail to die, I succeed in living another day.

When I fail to live my life, I die a little every day.

When I am dying slowly, I succeed in being a failure.

Dying slowly is failing to live life successfully.

I will be succeeded in death by my off-spring.

Whatever opportunities that I fail to undertake, will be my legacy to my successors.

My death is an opportunity for my Self to be re-born.

The death of my personality and my character will reveal my true identity.

Nobody has ever failed to die, yet many have failed to live successfully.

All Energy is a Vibration

April 5, 2012

All Energy is a Vibration.

It doesn't have a vibration, it is a vibration.

Vibration is the nature of all energy.

Without vibration there is no energy.

The vibration of energy is determined by its frequency & wavelength.

All vibrations of energy are relative to their frequency & wavelength.

A vibration of energy appears as a wave formation.

The formation of the wave determines the form of the energy.

Energy waves are determined by their frequency & wavelength.

The space or distance between the crest of each wave determines its wavelength.

The time between or speed at which each wave peaks determines its frequency.

By the Law of Attraction, like vibrations of energy unto their self are drawn.

Similar frequencies & wavelengths resonate in harmony.

Intention, Perspective & Vision

April 4, 2012

My **Intention** is what my conscious ego chooses for my Self.

My **Perspective** is formed from the experience of my physical senses and filed as my sub-conscious programming that is called my id and from which I access my memory.

My **Vision** is the blue-print for my life that is the purpose for my being alive in physical form and my mission on Earth to attain. It is communicated to my Self through my intuitive senses by my Super-conscious entity that I call my Soul.

When my intention and my perspective are out of alignment, I get frustrated with my lack of presence.

When my intention is out of alignment with my vision, I get very lost with my lack of direction.

When my perspective is out of alignment with my vision, I get very confused with my lack of clarity.

Only when my intention, my perspective & my vision are all aligned will my direction appear to be present & clear.

Gentleness

April 3, 2012

Gentleness is an attribute that is attained by overcoming the duality of being strong & weak.

Being Gentle is being neither strong nor weak.

It is a gentle force that is in balance with the magnitude of my potential.

Gentleness overcomes the duality of wrath & meekness.

It requires my allowing of all others to follow their own paths, which allows my Self to follow my own path effortlessly.

Gentleness is effortless.

Wrath is the strength of another's authority being asserted, whereas meekness is the weakness of allowing another to assert their authority detrimentally.

Gentleness is without anger, patience or impatience.

The wrathful become quick to anger and invoke the patience of the meek and patient.

When my path flows with gentleness, I have no need to wait either patiently or impatiently.

Following The Seven Paths Of My Soul

April 2, 2012

I follow the path of my Redeemer out of the duality of pride & humility with the attainment of my Health & my Goodness.

I follow the path of my Healer out of the duality of lust & need with the attainment of my Wealth & my Graciousness.

I follow the path of my Messiah out of the duality of wrath & meekness with the attainment of my Wisdom & my Gentleness.

I follow the path of my Overcomer out of the duality of gluttony & scarcity with the attainment of my Contentment & my Acceptance.

I follow the path of my Teacher out of the duality of greed & pleasing with the attainment of my Fulfilment & my Allowance.

I follow the path of my Comforter out of the duality of envy & kindness with the attainment of my Joy & my Approval.

I follow the path of my Saviour out of the duality of sloth & diligence with the attainment of my Greatness & my Appreciation.

With the well-being of my Goodness, Graciousness & Gentleness and the happiness of my Contentment, Fulfilment & Joy; I attain the expansive appreciation of my Greatness.

Emotional Congruency

April 1, 2012

Emotional Congruency is the gateway to Inner Peace.

Inner peace is the pathway to outer harmony.

Emotional congruency requires a balanced relationship on all three levels.

It requires the attainment of Empathic Compassion with my Soul, my Self & other people.

When my Self is in compassion with my Soul and in empathy with other people, I attain emotional congruency.

When my Self is congruent with my Soul, I attain the compassion of exclusive connection.

When my Self is congruent with other people, I attain the empathy of sensitive detachment.

With empathic compassion, I allow other people to connect to their Soul through my Self by my being emotionally rational.

My true identity is being emotionally congruent in my empathically compassionate relationship with the world.

Three Levels of Relationship

March 31, 2012

There are three levels of relationship:

1. A Conscious Level is how I relate to other people. I am conscious of how other people relate to me. Other people are a reflection of who I am and what I am attracting. I have a conscious relationship with people who I attract into my life. I relate on a conscious level with sensitive detachment.
2. A Sub-conscious level is how I relate to my ego Self. My ego is my sense of Self. I relate to my Self on a sub-conscious level until I learn to become aware of who I am. Being aware of the sub-conscious aspects of my emotional energy requires emotional intelligence, so that I can relate to my Self in an emotionally-rational way.
3. A Super-conscious level is how I relate to my Higher Self, my Soul. Communication with my Intuitive Guidance System requires a level of exclusive connection to my True Identity and the conscious-awareness of who I really am.

I relate in this physical world on all three levels of consciousness with varying degrees of conscious-awareness.

Force & Charge

March 30, 2012

Force & Charge are not the same thing.

Force is a measure of the frequency of pure energy.

In absolute reality, pure energy is undivided and is neither strong nor weak.

In relative duality, energy can have a choice of charge, which is either strong or weak, or any strength in between.

Particles are classified as having a charge with either a strong or a weak force when there is no distinction between force & charge.

Charge is the measure of the force or frequency of polarised energy.

Energy that is divided by frequency has a charge with either a positive or a negative polarity.

Energy that is divided by wavelength has a charge with either a male or a female gender.

A male or female charge is measured as a cost to the purity of the whole.

Force may be experienced in three different ways; as the charge of its polarity, the cost of its gender, or the expense of its intensity.

Bigger & Better

March 29, 2012

Bigger & Better are not the same thing.

Bigger is not always better. It is often less simple.

In my life, simpler is usually better.

A simpler life is simply better than a complicated life.

As opportunities appear to get bigger and bigger, so do the challenges and the problems.

Bigger problems are not better than smaller problems.

Opportunities for growth do not come in different sizes.

They are just opportunities for growth.

Growth is about being good enough, not big enough.

Big opportunities offer the same potential for growth as smaller opportunities.

Big opportunities have a higher potential to become problematic than small opportunities.

I am required to discern what is big enough before I can experience what is good enough for me.

Talking To My Self

March 28, 2012

Talking to my Self is an acknowledgement that there is more than one aspect of my Self.

There is the me that thinks, the me that talks, and the me that listens.

When the me that listens disagrees with the me that talks, I am in conflict with my Self.

When the me that thinks is out of alignment with the me that talks, I will not hear my Self.

When the me that hears is too busy talking, I disallow new thoughts.

Talking to my Self is my sub-conscious mind telling my conscious self that I am confused.

Listening to my Self allows my distinction between my sub-conscious ego that is lost and my super-conscious entity that I find to be my foundation.

Thinking to my Self is my conscious mind referring to my stored sub-conscious programmes as memories.

Hearing the thoughts of my super-conscious Soul is how I gain the presence of a clear direction for my life.

In Spite Of

March 27, 2012

I cannot be happy with my life In Spite Of what is occurring.

Spite is the manifestation of a negative belief about whatever is occurring.

Suppressing my spite will disallow my happiness. It may enable me to be less miserable, but it won't allow my happiness.

Being full of spite attracts spiteful people who will disallow my happiness.

I cannot be happy in spite of my spite.

My spite is the consequence of my ego being misaligned with my highest choice.

Doing something in spite of someone, or with spite for someone, is never in alignment with my Soul's vision for my Self.

I cannot attract my ideal life in spite of my beliefs about what I want.

Thoughts of spite attract spiteful experiences.

My Soul is always happy and never in spite of my Self.

Negativity

March 26, 2012

Negative energy is an oxymoron.

There is no such thing as negative energy! Only my negative perception of the energy that I am experiencing.

The negative feelings that I am emoting are the creation of my negative beliefs about what is occurring in my present reality.

Negative motion is an oxymoron.

There is no such thing as negative motion, only my negative perspective of the direction in which I am travelling.

My negative view of where I am going creates the resistance and entropy on my path of motion.

Any motion that I instigate, that is out of alignment with my Soul's vision for my Self, will create a negative experience of my motion through life.

Negative motion is a negative belief about where I think that I want to be.

Even when I am standing still, I am in motion on my passage through time from the past to the future.

Negative matter is an oxymoron.

There is no such thing as negative matter! Only my negative view of what I do not want.

Everything in my life is a matter of whether I want it or not.

What I want in my life, I see as positive; and what I do not want, I see as negative.

It is not matter of itself that is negative, but the matter of whether I want it or not.

My negative experiences are the result of my negative beliefs creating negative dramas with negative emotions.

My negative perspectives of reality create negative perceptions of life.

Energy, matter & motion are all positively essential to life.

The Direction of my Direction.

March 25, 2012

There is always a choice of direction.

There is the direction of my Soul and the direction of my Self.

There is the direction that I give to my Self and the direction that I choose to take.

Choice becomes a problem when the direction of my Self is not aligned with the direction of my Soul.

My sub-conscious programming directs me along a path in the direction of my future, based on my experiences of the past.

My super-conscious revelations direct me in the direction of a path that is present right now.

My Soul's path is always present, always presented, and always a present to my Self.

To align with my true path and the direction of my life, I am required to accept each present moment that is presented as a gift and to allow each and every present moment to present itself for my approval, as directed by my Soul.

The direction of my direction is always aligned with my truth and the truth of who I am.

Inner Guidance & Support

March 24, 2012

My Inner Guidance & Support is my Inner Coach.

My Soul is my Inner Coach.

My Soul always offers its Self guidance & support on my journey through life.

I connect to my inner guidance with my intuitive sense of knowing.

I intuitively know the guidance that is available to my Self.

I connect to my inner support with my intuitive feelings.

I intuitively feel the power of the support offered to my Self by my Soul.

I connect to my Inner Coach when I can see my direction with clarity and presence.

I know, feel and see where I am now, where I want to be, and how I am going to get there.

When I can see with presence, I can feel with clarity and I know my direction in life.

Being Fulfilled

March 23, 2012

Being fulfilled is being filled full of the positive emotional experiences in life.

The more positive the emotional experience, the more fulfilled I feel.

My most positive experience of emotion is joy.

When I am filled full of joy, my experience is totally fulfilling.

I am fulfilling my purpose, when I am enjoying the experience of life.

I attain fulfilment when I learn to effortlessly flow with my life.

I cannot flow effortlessly with life and remain unfulfilled.

I am full of life when I am enjoying life and fulfilling my mission in life.

Being fulfilled requires that I know my vision for my life and I know that I am realising my vision for my life.

SOUL

March 22, 2012

SOUL is an acronym for Self Organising Unsupervised Learning.

My Soul is a Sovereign Entity.

A Sovereign Entity is both Teacher & Student, Master & Apprentice, Experienter & Observer.

My Soul expands, develops & grows through the learning experience of my Self. The purpose of my Self is to undergo the experience of Life.

The Soul learns through the life experiences of its Self.

Life is self organising. That means that life is organised purely by the Soul and primarily for the experience of the Self.

My Self always experiences choice, which makes the experience of life unsupervised.

The Super-vision of my Soul is available to my Self, which is not the same as my Self being supervised by my Soul.

Unsupervised learning allows my Self to learn by its mistakes and organise its life accordingly.

Disconnected from its SOUL, the Self may default to supervised teaching organised by others.

Realising & Creating

March 21, 2012

I am not here to create my ideal reality.

My ideal reality already exists as a creation of my Soul.

My role as my Self is to realise the potential of my ideal reality.

That is to make my potential ideal a reality by experiencing it.

My purpose is to be the means through which my Creator Soul realises my potential.

My potential is to realise the ideal world that my Soul is creating for my Self to experience.

I am required to realise that a perfect world is not ideal for the purpose of experiencing expansive growth.

My Soul is not creating a perfect world for my Self but a perfect experience for my Soul through my Self.

A perfect experience for my Self allows the development & growth of my Soul.

What is truly ideal for me is realising that what my Soul is creating for my Self is perfect.

My Allowance

March 20, 2012

I am allowed to be happy.

Happiness is part of my allowance.

Allowing my Self to be happy is how I spend my allowance.

Wealth is the currency of Happiness.

The more happiness that I experience, the wealthier I am.

My Soul is my abundant wealth of happiness.

I need only to connect to my Beingness to collect my allowance.

I am allowed as much happiness as I choose.

There is an infinite abundance of happiness awaiting my allowance of it.

When I allow my happiness to be abundant, I receive my allowance.

Happiness attracts money unless I am happy without it.

The Perspective Of My Soul

March 19, 2012

The Perspective of my Soul sees my ideal world.

My Soul perceives my ideal world intuitively.

My Self has the choice and the opportunity to choose my ideal world experientially.

The opportunity to master life from the perspective of my Soul is to see life intuitively as my Soul sees, feels and knows my life to be.

I see my life from the perspective of my Soul when my Self & my Soul are in alignment.

When in alignment with my Soul, I am able to utilise the creative power of my Soul.

The creative power of my Soul is aligned with the authority of my Soul.

With my Soul's perspective comes my Soul's authority.

With my Soul's authority and the ability of my Self, I have the power to live an ideal life as I choose it to be.

I can choose my ideal life myself when my choice is in alignment with my Soul's perspective of a life that is ideal for its Self.

The Perspective of my Soul is powered by love and authorised with wisdom.

The Perspective of my Self

March 18, 2012

Independent ability allows me to choose the perspective of my Self.

For my perspective to become my own, I am required to challenge the perspective of others.

Challenging the perspective of others allows me to challenge and change my own belief system.

Until I challenge, change and own all of my beliefs, I am operating under the same beliefs and therefore the authority and perspective of other people.

With my own beliefs and my own perspective, I am creating my own reality.

As I change my perspective, I change my beliefs and I change my reality.

My reality is a projection of my perspective of my beliefs made manifest.

Reality is a manifestation of my beliefs put into perspective.

It is the realisation of the manifestation of the perspective of my Self.

I can choose to live in someone else's reality or my own.

The Perspective of Others

March 17, 2012

I share the perspective of others who share the society in which I live.

It is the society in which I am raised as a baby that determines my perspective of life.

I am programmed from birth to see the world as others see it.

My perspective of life is given to me by my parents, my teachers, my ministers, my friends, my employers and my governors.

With the same perspective as other people, I share their reality; because when I share the same beliefs, I create a similar reality.

The perspective of other people allows me to feel included, safe, comfortable and liked.

Conforming to the perspective of others is an essential stage in life that enables me to learn to live life in the physical without resistance from other people.

It is essential to adopt the perspective of others until I am able to choose my own independent path with both authority & power.

Three Perspectives of Life

March 16, 2012

I have a choice between **Three Perspectives of Life:**

- The perspective of others
- The perspective of my Self
- The perspective of my Soul

I require the perspective and the authority of others to learn my ability as a baby or a Novice.

I require the perspective and the ability of my Self to learn my own authority as an adolescent or a Student.

I require the perspective and the authority of my Soul to learn the power of an adult or a Master.

I cannot learn to own my own authority until I have gained sufficient ability by learning from others.

I cannot learn to master my own power until I have learned to own my own authority.

Under my own authority, I attain the ability to connect to my Soul's perspective of life.

From the perspective of my Self, I have authority but no power.

Connecting to the power of my Soul requires the perspective of my Soul.

My Soul's perspective of life requires the intuitive senses of my Self to be active.

The Power of Thought

March 15, 2012

All thought has the power to create. The creative power of thought energy has a force and a magnitude that determines its potential.

The forcefulness of a thought is determined by its frequency. The more often a thought is evident the greater the frequency. Both a positive and a negative perspective can be equally as forceful and equally as creative, or destructive. The magnitude of a thought is determined by its wavelength. The purer a thought is, the more aligned it is with 'love' and the greater the magnitude of power that it has. A pure thought is undivided by either the force of its polarity or the magnitude of its gender. The purer the force and the magnitude of my thought energy, the greater is its creative potential. Purity is relative to both a balanced gender and a neutral polarity.

Reality is the experience of thought energy made manifest. Thought has the power to create, uncreate and recreate my reality. The purity of my thought determines its level of authority.

The more authority that my thought has the more powerful it is.

Plenty

March 14, 2012

Plenty is enough for now and enough for later.

When I have plenty, I can afford to give some away.

When I have just enough, there is not enough to share with others.

Just enough is not plenty.

When just enough becomes enough, I have abundance.

When I know that everyone is potentially abundant, there is no need for me to provide for them.

When I do not trust providence to provide my abundance, just enough will not be enough and I will want plenty.

When I have faith in providence, I know it always provides enough.

Providence provides my provision that is just and is enough.

My providence comes with abundance that is an infinite provision.

Plenty is a finite resource that is quickly depleted.

Joy

March 13, 2012

Joy is being enough in my awareness of my emotional experience of life.

Joy is my highest emotional experience of physical life because it is the experience of enough emotional power.

With the attribute of joy, I have enough emotional power to manifest everything that I need.

With everything that I need to fulfil my life, I have enough and I am content & joyful.

With everything that I want in order to be content, I am fulfilled & joyful because I am filled full of joy.

Having enough emotional power to manifest everything that I want & need to be content & fulfilled, is a joy.

When I am full of joy, I have enough power to be happy.

When I am fulfilled, I have enough authority to be happy.

When I am content, I have enough ability to be happy.

With enough contentment, fulfilment & joy, I am being abundantly happy.

Fulfilment

March 12, 2012

Fulfilment is doing enough in my conscious mental experience of life.

In my mental vision of life, I see my path before me.

My life path is the fulfilment of my vision.

The fulfilment of my path in life is my vision.

Taking enough action to follow my path each day allows the fulfilment of my vision to be experienced each and every day.

Fulfilment is an emotional feeling as well as an intellectual concept.

It is the positive emotion of taking one further step closer to realising my vision.

Every single step on my path is fulfilling.

Fulfilment is my authority to follow my path as it endorses my alignment.

I cannot experience too much fulfilment.

It is being filled full of the appreciation that my Soul has for my self for undertaking this journey of co-operative expansive growth.

I cannot expand, grow & appreciate without feeling my Soul's fulfilment of my vision and my fulfilment of my purpose my Self.

Contentment

March 11, 2012

Contentment is having enough in my physical experience of life.

When I physically have enough, I am content.

Physicality has content and I require enough physicality to be content.

Contentment is an emotional feeling that I attribute to my Self when I am happy with all the physical experiences that I have in my life.

It comes with a comfortable & safe place to live, a good meal, fine clothes and all the material conditions & possessions that make me happy.

It appears when I balance my work, my rest & my play so that I have enough of each.

Contentment is a measure of the contents of my life and what my physical life contains.

I can neither have too many things in life and be content, nor can I have not enough of what I want and be content with my life.

Contentment is beyond my ability to survive or exist. It is a feeling of being truly alive when I am living life well.

Abundantly Happy

March 10, 2012

Being **Abundantly Happy** is my potential.

Happiness is the experience of an abundant life.

An abundant life requires enough contentment, fulfilment & joy to allow my happiness.

When I am not experiencing enough of anything, I am in either scarcity or gluttony.

In the reality of the absolute, there is infinite potential for anything and everything to manifest as my relative experience.

Manifesting happiness from the infinite potential of abundance is my potential.

In Earthly duality, happiness is relative to my experience of unhappiness.

I cannot be happy whilst experiencing the opposing dual reality of either not enough or too much.

Defining how much is enough for me allows the experience of my abundance to flow to me in my life.

Abundance & Happiness are just a potential until I realise them as my experience in physical life.

The Next Step

March 9, 2012

The Next Step is to complete the last step.

When the last step is complete, I do not need to look for the next step as it has already arrived.

Looking for the next step is a statement of not completing the last step.

Waiting for the next step detracts from the task of completing the last step.

The purpose of walking my path is my spiritual growth.

My spiritual growth is my physical, mental & emotional development.

Moving along my path allows my development & growth to unfold.

Personal development is a process of becoming.

The next step is to become a higher aspect of my Self.

A higher aspect of my Self aligns my Self with my Soul.

Realising who I am becoming is always the next step.

I am on my path of realisation to realise and make real my next step.

A Need To See Basis

March 8, 2012

There are none so blind as those who cannot see.

Being blind to my path is not the most beneficial way of experiencing it.

The inability to see my path will result in my searching for it.

Seeking my path is a statement of not seeing my path and therefore not consciously following my path with awareness.

Being consciously-aware of my path allows me to see my path.

When I know my path, I am conscious of my path.

When I feel my path, I am aware of my path.

When I know the direction of my path and I feel the clarity of my path, I see that my path is present.

I am no longer lost, confused or frustrated.

I get where my path is leading me.

My path in life is an intuitive path.

I intuitively know, feel & see my path with conscious-awareness of who I am & why I am here.

A Need To Feel Basis

March 7, 2012

When I cannot see with a clear vision, it is best to proceed on a need to feel basis.

My right path always feels right for me.

When my path does not feel right, I am seeing my path from a negative perspective.

Changing the direction of my perspective will change how I feel about my path.

I need to feel that my path is right for me before I proceed along it.

There is nothing that I have to do.

The doing is there for my experience of being who I am choosing to be.

I am required to feel who I am being relative to what I am doing, in order to discern whether my path feels right for me.

Feeling good allows me to follow my path effortlessly.

Feeling bad is the result of the resistance that I feel, which is telling me that I am following my path wrongly.

I am never off track; just lost, confused or frustrated.

There is no such thing as a wrong path, only a false perspective and a wrong way of following it.

A Need to Know Basis

March 6, 2012

My life path is revealed on a need to know basis.
Whatever I need to follow my path is revealed as I
need to know it.

I need to know the next step on my path.

The next step is always revealed.

I do not need more than the next step.

Knowing the step after the next step will confuse my
next step and lead to its possible omission.

My purpose is to follow my path, not arrive at my
destination as soon as possible by the quickest route.

I am here to enjoy the journey.

Not knowing the journey is part of the enjoyment.

Knowing that everything is provided allows me to
enjoy the journey one step at a time.

I do not need to know the future, only the present
step towards a future that is assured.

Be True to Your Self

March 5, 2012

My Soul is always True to my Self.

My Soul is the image of my True Self.

My Self is the incarnation of my Soul into physical life.

My Soul is incarnate in life as my physical Self having a mental & emotional experience.

In my disconnection from my True Self, I cannot be true to my Self.

This is how I experience the untruth of who I really am.

I make up a personality & a character for who I imagine my Self to be whilst living out this drama of physical existence.

I cannot be true to a self that is just play acting.

I cannot reveal my true Self until I complete the last act of playing my Self in real life.

When the curtain comes down on the part that I have been playing, I can reveal the truth of my Real Self to my Self.

Be Your Self

March 4, 2012

Be Your Self is a great idea, but who am I?

Being my Self is about being, not doing.

What I am doing is determined by the role that I am playing.

The role that I am playing is an expression of my personality and my character.

The dramatic role that my personality and my character plays out in my life is not who I really am.

Being your Self is being your own Self, not someone else's idea of self.

Being my own Self requires me to own all of my own beliefs that determine my behaviour and create my needs.

Do I own the beliefs that create my character? Is it the source of my true authority?

Do I own the emotional needs that create my personality? Is it my source of true power?

Do I own my true identity that reveals my True Self?

My True Self is an expression of my Truth.

Am I being my Self? Is that an expression of my True Self?

Are you being your Self? Is that an expression of your True Self?

Functional Families

March 3, 2012

Functional Families function well because they have the emotional power to do so. With enough emotional energy a family is able to function as well as it is able to choose to. Emotional power is not the product of money & riches but the consequence of emotional wealth. Emotionally wealthy families do not have to be materially rich.

Historically, many apparently materially rich families have been emotionally impoverished & dysfunctional. Whereas children do need the physical comfort and security of a roof over their head and food in their stomach, their primary needs are to be emotionally nurtured to ensure that their emotional needs are always met; in order for the family to function well. The key to a society having fully functioning families is the emotional intelligence of the parents.

How well a family functions is directly relative to the intelligent awareness of the emotional needs of all of the family members. In the absence of any conscious awareness of their emotional energy needs, families will function by default rather than design; which makes the possibility of dysfunctional families an inevitable consequence of modern life.

Dysfunctional Families

March 2, 2012

All families are to some degree dysfunctional. The function of a family is to provide for the needs of its children whilst they grow to adulthood. We are all born with physical & emotional needs and without the ability to provide for our Self. A family that is unable to provide for the needs of its children is considered not to function properly and is called dysfunctional. All families from time to time experience not having enough of whatever is needed to function properly. Even in families where the physical & material needs are more than adequately met, there can be a shortage of emotional energy that causes a disfunction.

Our present society has become so rationally focused on providing the essentials of material family life that it has become unaware of the specific emotional needs of individual family members. All children have individual emotional needs that are as different and varied as are their personalities. Children do not have personality disorders but a shortage of emotional energy that results from their specific emotional needs remaining unmet. It is a specific need that remains unmet that creates a dysfunctional child within a family.

Selfless

March 1, 2012

Selfless means less like my Self.

Selfless & unselfish are not the same.

Unselfish is my Self being liked by others.

Others like my Self when I am unselfish.

Those who need to be liked and be like others find being unselfish allows them to be more easily included.

Being selfless is becoming unattached from the dominance of my ego self.

My ego self is the conscious perceiver of my physical material world.

The selfish ego seeks to control its existence in the physical world.

The selfless ego knows that its true self is the spirit of its Soul.

My True Self knows that I am more than my individuated egotistical experience.

The less attached that I am to physical life, the more sensitive I am able to be to the existence of others.

Being selfless allows me to be sensitively detached from other people and their personal dramas.

Thou Ought

February 29, 2012

Thou Ought is a communication from my Soul.
I ought to follow my true authority, but I don't have to
because I always have a choice.
Thou ought is communicated as a thought.
My Soul sends to my Self a thought and my Self
chooses what I ought to do.
My Soul never commands my Self, it just shows the
way that I ought to take.
Thou shalt is not a commandment but a message of
direction on my path.
The 10 Commandments of Mosaic Law were 10
signposts for Moses on his path through life.
Thou shalt follow thy path when hearing the
messages that thou ought to hear.
There is nothing that I have to do or must do; there is
only what I ought to and shall do in order to fulfil my
vision for my life.
Have to & must, are commandments of Man.
Shall & ought are signposts on the eternal journey of
my Soul.

You & Thou

February 28, 2012

You is the 2nd person, both singular & plural.

I am the 1st person, we are plural.

He, she & it are the 3rd person, who are collectively they.

In a dual reality existence, there are always three choices.

I can talk about myself, I can talk about you, or I can talk to you about others.

I can converse in the 1st, 2nd, or 3rd person.

Thou is how my Soul addresses my Self.

It refers to a Self that is separated from its Soul.

From my Soul's perspective there is only us.

Thou is always one of us.

We are all One.

Thou is an individuation of the One.

I will is a statement from my sub-conscious ego.

You will is a statement of arrogance.

Thou shalt is a message from my Soul.

Human Beingness

February 27, 2012

I always have a choice.

I can choose my human-ness or my being-ness.

My human-ness is my expression of doing what human beings do.

My being-ness is an expression of being who I really am.

My human-ness is a reflection of my personality & my character.

It is my personality & character that makes me human and determines my humane nature or my inhumane nature.

My being-ness reflects the state of being of my true identity and the purity of the energy of my true nature.

My being-ness is without the emotional needs that determine my personality and is beyond the limiting beliefs that determine my character.

It is my emotional needs and my limiting beliefs that make me an individual, determine my individuality and separate me from my being-ness.

Being human is a physical condition.

Human Beingness is a spiritual attainment.

The Ability of my Actions

February 26, 2012

The Ability of my Actions is determined by my power & authority to act.

What I know and believe to be true has a direct effect on the action that I take.

It determines the authority of my choice.

What I feel about whatever is occurring has a direct effect on the action that I take.

It determines the power of my authority to choose.

Any fears or limiting beliefs that I hold in my thoughts will create a resistance to my ability to act.

Any attachments or emotional needs that I sub-consciously hold will compromise my ability to act effortlessly, competently & effectively.

The ability to act well requires an inspired thought to empower the proposed action being taken.

Effortless action occurs with a charge-neutral belief and a harmonised emotional state of being that is empowering & enabling.

The Authority of my Beliefs

February 25, 2012

The Authority of a Belief is determined by its Truth.

The truth of a belief is determined by its vibration.

The purity of an energy vibration determines its truth.

Pure vibrations of thought have a pure wavelength & frequency.

In a pure vibration of thought, the frequency & wavelength are the same.

In a pure frequency of thought, the polarity is neutral.

In a pure wavelength of emotion, the gender is harmonised.

When a thought & emotion is balanced, charge neutral and harmonised, it is an expression of the truth and it has a divine authority of choice.

Divine authority is always a divine choice.

My ideal Life is a divine choice that requires my choice of beliefs to be authorised by me.

When my beliefs have a divine authority they are my truth.

When I live my truth, I experience my ideal life.

A divine life has harmony, balance & equality, which is ideal for me.

The authority of my beliefs determines the power of my emotions and the ability of my actions.

The Power of my Emotions

February 24, 2012

The Power of my Emotions is determined by their intensity. The intensity of an emotion is determined by its gender & polarity. The gender & polarity of my emotional state of being is determined by my beliefs. It is my belief about what is occurring in my life that determines how I feel about it.

My emotional state of being has the power to enable or disable my action, relative to the gender of its wavelength. The gender of my emotion determines its potential power. My inspired thoughts empower my action. The negative polarity of my fears & limiting beliefs threaten & paralyse my proposed action.

Fearful beliefs produce dis-empowering emotions. Inspired thoughts empower with positive emotion. My emotional state of being is an expression of my power being expressed as a reflection of the beliefs that I hold.

My emotions have the power to both create & destroy.

The power of my emotions is mine when I am connected and aligned with my authority.

Faith Is?

February 23, 2012

Faith is knowing my path.

Yet, if I know my path faith is unnecessary.

Faith is knowing that I know my path intuitively.

When I know my path intuitively, I have faith in my inner tutor – my Soul.

In my disconnection from my Soul, I risk putting my trust in someone else's path.

When my faith is aligned with the path of another, it can become a religion.

Religion is the faith of the many following the one.

Science is the faith of the one following the many.

Faith is the trust of my Soul in its Self.

When I have faith in my Self, I have the faith of my Soul.

My Soul intuitively knows my path.

My Soul faithfully follows my progress.

When I faithfully follow my path, I progress.

Faith is knowing that I have a path and knowing that in each moment I am on my path when I can see with my highest vision.

A Godforsaken World

February 22, 2012

A Godforsaken World is a world where God is forsaken.

Saken means needed. When I forsake God, I am without God in a godforsaken world.

I am disconnected from God by my belief that I do not need God. In my disconnection from God, I forsake my Soul. Disconnected from my Soul, it is my fate to wander a godforsaken world where souls are disconnected from their self.

Following the intentions of my ego self will result in the experience of a godforsaken world.

A world that does not need God is fated to experience being godforsaken.

In a godforsaken world, I disallow my providence. Without providence, I am at the mercy of my ego's will and the will of others.

When I forsake my providence, I will have to provide for my Self in a world that believes in the survival of the fittest.

Only the fittest survive in the world of the godforsaken.

In a godforsaken world, only the strongest egos survive.

The Name of God

February 21, 2012

God has no name, until I define God in relationship to my Self. Defining God allows God to be definitely in my reality. Until then, God is not real.

Naming God defines God.

God is both the creator and that which is created.

Everything that is created as reality is a creation of the creator.

God is the All of Everything that is Universal – the One Version of Everything.

God is both the creator of the universe and the creation that is the universe.

I am both a part of the creator and the creator of a part of the universe.

The part of the universe that I am a part of, is my soul creation.

I am the creator of my own reality that is a part of the one version of reality that is the multiverse.

Being apart from my creator is essential to my experience of my part of the creation.

My Soul created my Self that I may experience being made in the image of God.

My Soul & God are inseparable.

The Name of God is of my Creation & is my Creator.

The Ability of Health

February 20, 2012

The ability of my health allows my healthy ability to live.

It allows my ability to live healthily and have a healthy life.

The ability of my health is relative to the power of my wealth and the authority of my wisdom.

My wealth & wisdom determine the health of my experience of life.

Ill health, sickness & disease are the consequence of my disconnection from the mental wisdom of my emotional wealth.

I cannot be wealthy & wise and not be enjoying good health.

The quality of my health is relative to my attribute of wealth and my attainment of wisdom.

With a healthy mind & a healthy heart, I create a healthy body.

My ability to create an ideal healthy life is determined by the power of my wealthy emotions and the authority of my wise choice of thoughts.

My ability to be healthy allows me to explore, discover & experience the wealth of wisdom that allows my healthy ability to live my ideal life.

The Authority of Wisdom

February 19, 2012

The authority of my wisdom is determined by my faith in my truth.

The more faith that I have in my beliefs, the wiser I am.

I may consider my beliefs to be my truth, but they are not necessarily faithful to my effortless path.

Telling my truth does not connect me to my wisdom.

Having faith in my truth is my path to becoming wise.

The wisdom of my true faith authorises my power.

Faith in my true path is my powerful authority.

Only my empowered beliefs are authorised.

Only my true faith has true power.

Choosing to believe without authority & power is never wise.

Choosing with the power of my true authority has wisdom.

Wisdom allows the authority of my truth.

When my beliefs are aligned with the wisdom of my truth, they become my faith.

I only have faith in my own true path.

My faith in the authority of my truth allows my wisdom.

The authority of my wisdom is relative to my faith in the truth of my beliefs.

The Power of Wealth

February 18, 2012

The power of my wealth is determined by my emotional state of being.

The more powerful my emotional state of being, the wealthier I am.

My wealth of power is an expression of my Beingness. Who I am being connects me to my wealth of power. A powerful state of being allows my feeling of being wealthy.

Wealth is my natural state of being.

Being wealthy is my nature.

I am naturally powerful.

It is my disconnection from my true nature that disallows my wealth of power.

Reconnecting to my natural power requires me to remember who I am.

I reconnect to my wealthy nature when I am being in my natural state of being wealthy.

Whenever I feel wealthy, I reconnect to my natural power.

Being Creative

February 17, 2012

Being Creative is the ability to creatively create.
Creative creativity is expansive & beneficially benign.
Creating chaos & havoc is divisive & detrimentally malignant.

Creative ability requires both the power & the authority to creatively create.

Chaos & havoc occur naturally in my disconnection from my creative power & authority.

The ability of a creator is the power & authority to create creatively.

The power of a creator is omnipotence.

The authority of a creator is omniscience.

The power of omnipotence is the attainment of emotional wealth.

The authority of omniscience is the attainment of mental wisdom.

With my wealth of power and my wise authority, I have the healthy ability to create my ideal life.

My wealth does not come from the riches of money, nor my wisdom from the faith in my knowledge.

With absolute faith in the wealth of my emotion, I attain the purity of thought that accesses my creative ability.

Performing Miracles

February 16, 2012

I do not perform miracles.

Performing is an act and a performance.

Miracles are a supernatural occurrence.

They are real or an illusion, dependent on the perspective of the observer.

I observe miracles, I do not perform them.

I observe miracles when I allow them to supernaturally occur.

Believing that miracles are a fiction and cannot happen disallows their occurrence.

The miraculous paradox is that when I believe in miracles they become an everyday event.

When I see the miracle of life, I observe the miracle that is life.

When I see my life as a miracle, I live a miraculous life.

I see life with the vision of my super-conscious Self.

Miracles are the nature of my super-conscious creative Self.

A miraculous life is not an act, but it is full of play.

Life is not a performance, it is a miracle.

The Meaning of Life

February 15, 2012

The Meaning of Life is to live in balance & equilibrium.

The freedom of equal balance is the mean in life.

Freely balancing my life gives it meaning.

When life has no meaning, I am out of balance.

When I am out of balance, life loses its meaning.

When I live on purpose, it has meaning & balance.

When I mean to live in balance, life has a reason and is reasonable.

With equilibrium, I experience the flow, the gap, and the now of life.

I am meant to flow effortlessly through life in the gap of now between my past & future experiences.

In the present moment my meaning of life presents itself as a gift for my self.

In the presence of life, I have meaning, purpose & a reason for my life.

Without a reasonable purpose, my life has no meaning.

My purpose for life is my reason to experience the meaning of life.

The Purpose of Reality

February 14, 2012

The Purpose of Reality is to allow the realisation of my purpose.

I cannot realise my purpose until I realise that I have a purpose.

Realising my purpose makes it real.

Making my purpose real requires reality.

Real purpose is in alignment with my purpose for reality.

My purpose for reality is to experience being, doing & having.

I have a purpose when I am purposefully doing what I need to do as the expression of my purpose.

When I know my purpose, I express my purpose by living my life on purpose.

The purpose of reality is to create my ideal life.

The purpose of life is to experience my ideal life and make it my reality.

The reality of life is that it has a purpose.

Life has a purpose, reality has a purpose and my real life has a purpose, which is ideal.

My purpose is to live the reality of my life with meaning.

I have the means to live my ideal life on purpose.

Duty of Care

February 13, 2012

When my duty is to care and caring is a duty then a **Duty of Care** is a toleration to be endured.

It is something that I have to do and I tolerate doing it.

When duty & care are a toleration they are not an act of love.

Carers are paid to perform an act of caring which becomes their duty.

Relatives are expected to do their duty whether they care or not.

Caring for another out of duty is not a loving act.

Caring for another as a profession involves a duty of care that is not necessarily an act of love.

True love is care-free & unconditional.

A duty is a condition placed upon a dutiful person.

Needing to fulfil a duty is a need not an act conveyed with true love.

I am under no obligation to care or to do my duty.

Unconditional love is an acceptable gift, never a duty nor a toleration.

Whether I am giving a gift of unconditional love or dutifully doing whatever I need to do, is always a matter of my own perspective.

Lust & Love

February 12, 2012

Lust is the need to have whatever I desire.

Love is the value of getting what I need & desire.

Lust is the selfish care that I have for my Self.

Love is the unselfish care that I have for another.

I care for myself when I am getting what I need emotionally. I care for others by meeting their needs for my emotional energy. I love it and I value someone who cares for me and meets my emotional needs. I hate it when my needs are unmet and I am driven to lust after whatever I desire with a passion. I lust after life when it has no apparent value and my needs are unmet. I love life when all my emotional needs are met. I love my lust for life when I am doing what I truly value.

Caring for my Self may be seen as a selfish lust or truly selfish unconditional love for my Self.

Caring for others may be seen as an unselfish need or a truly selfish unconditional love for others.

True Love is an unconditional adjective state of being. It is neither the subjective love that is lust nor the objective love that is the need to care for another's needs emotionally.

The Rule of Promotion

February 11, 2012

The Rule of Promotion states that: ***“Some things are more equal than others”.***

The things that are less equal than others are perceived to be bad when I believe that being more equal is good for me.

Promotion is the art of making something appear good. The more something appears to be good, the easier it is to promote it. Whatever I want and whatever I like, I deem to be good. I promote whatever I like and I deem to be good for me.

Promotion is a subjective view of an individual perspective.

Individual perspectives are potentially equal, yet equally different. It is the difference of perspective that determines whether a thing is good or bad and should be promoted or not. Individual perspective never sees both good & bad equally, preferring to have a preference. Without a preference, nothing would ever be promoted.

As a rule, promotion disallows the equanimity, equability and equality of natural Attraction.

Scales of Justice

February 10, 2012

The Scales of Justice balance between right & wrong. The need for justice assumes that the balance between right & wrong is wrong. It assumes that the balance of wrong needs to be made right.

Man's attempt to balance the wrongs of Man with right are called justice. When everything in the world is seen to be right, justice will be seen to be done, yet the scales will not be in balance.

Right & wrong are a duality that creates a need for justice. We believe that it is the injustice of wrong action that needs just action to make it right.

The scales of justice come into balance when the duality of right & wrong comes into balance.

Overcoming the duality of right & wrong allows true justice to exist in our reality.

True justice is present in the Law of Attraction.

The Law of Attraction is the natural process of bringing everything back into balance.

By order of the Golden Rule, whatever I do to unto others will be done unto me, irrespective of whether I perceive it to be right or wrong.

Completion

February 9, 2012

Completion is the end of a relationship.

A relationship is complete when both partners are able to journey in different directions without resistance.

When both partners have fulfilled their purpose for meeting, the relationship is complete.

A partnership cannot be complete until each partner has fulfilled their purpose for the relationship.

A broken relationship is incomplete.

Just because two people do not get on and cannot be together doesn't make their relationship complete.

A complete relationship has to be of benefit to both parties.

Whether I have a good relationship or not with another, I still have an incomplete relationship.

When a relationship is complete, it allows each partner to meet again at any time without any emotional attachment to the past or future.

There is in actuality no reason to meet once a relationship is complete because the absence of focus on anything eliminates it from our future reality.

The only reason to meet is to confirm the completion of a relationship.

Closure

February 8, 2012

Closure is the end of a quest. It is when one door closes and another opens. It is the fulfilment of an opportunity that allows a new opportunity to appear. I have closure when:

- I sever my attachment to a person or an object
- I no longer need whatever that I believed that I needed
- I no longer need to follow the path that I have been following
- I have come to the end of a particular road
- My belief no longer convicts me of a situation
- There is no resistance to my progress
- A new opportunity presents itself approvingly

Closure requires an open mind and an open heart. It requires the non-attachment of a powerful heart with the detachment of an authorised mind.

Closure occurs when I no longer believe that I need to be living a particular drama in my life.

When my role is accomplished and the final act has been expressed then the curtain will close to the applause of all concerned.

Closure occurs when I am ready, willing and able to move my life on.

Opposing the Darkness

February 7, 2012

Opposing the Darkness will never make me Light, just less dark.

Fighting the Darkness does not create Light, it just exposes the darkness.

It exposes the darkness within my Self.

The darkness of my shadow Self is the only darkness that exists within my reality.

The only darkness that exists within my reality is the darkness that I, my Self, have created.

My true identity is pure Light.

It is the shadow of my personality & character that allows my darkness to be.

In the shadow of my personality & my character hides my true identity.

It is the darkness of my personality & character to which I am opposed.

Only when I learn to love & accept my darkness, will I allow my Light to shine in.

Only my Light can illuminate my Life and cast no shadow.

Without a shadow self, there is no darkness in which to hide.



February 6, 2012

GO is an acronym for Growth Opportunity.

The universe is perpetually on the go. It is a contextual field of infinite possibilities that are opportunities for growth.

Time is eternal, space is infinite and reality is continuously changing.

The change that I experience in life is always an opportunity for growth.

Where I am going is on my journey through life.

My journey and my life are ongoing.

They are one continuing growth opportunity.

'Go ahead' is the authority of my inner guidance system communicating to my Self.

I always have the authority and go ahead to lead my own life and author my own book of life.

I can decide to go or I can decide to stop.

My Soul always gives me a green light for GO.

It is my sub-conscious fears and limiting beliefs that show me a red light.

Balanced Thoughts

February 5, 2012

Thought is the ability of Consciousness to be creative. It is an expression of Consciousness and it is Consciousness expressing its Self.

Thought is created according to my level of consciousness, sub-consciousness or super-consciousness.

Conscious thought is an observation, sub-conscious thought is a memory, and super-conscious thought is an imaginatively inspired revelation.

When all three levels of my Consciousness are aligned and in concordant harmony, I experience

Balanced Thoughts.

Conflicting thoughts occur when my levels of consciousness are out of alignment and in disagreement.

Balanced thoughts have neither a positive nor a negative polarity, they are just balanced.

Positive thoughts require the existence of a negative opposing perspective in order for them to be positively expressed.

It is the known presence of a negative thought that allows my thought to be positive.

The inspired revelations that express the imaginative genius of my super-conscious Soul are absolutely

beyond the relative duality of being either positive or negative, maintaining the integrity of neutral balance. When my sub-conscious beliefs, that create my conscious experience, align with my super-conscious vision for my life; my thinking becomes balanced and I am inspired and empowered by the imaginative genius of my Thought.

Negative Thoughts

February 4, 2012

Negative Thoughts are created by my sub-conscious beliefs. They are the result of a sub-conscious belief that I focus my attention on by recalling from my memory. Negative thoughts create negative experiences because they are the consequence of a negative belief created by a negative experience. Any thought about something that I do not want, or something that I do not have, is a negative thought. Anything that I believe to be a problem, a toleration, or a resistance to my life flowing effortlessly, is a negative thought. Negative thoughts disallow positive emotional energy. An emotional state of being always reflects the polarity of its sponsoring thought. Negative thoughts thrive in an environment of low negative emotional energy, because low emotional energy is the result of negative thoughts. They express a negative perspective that allows my negative perception of my reality. Expressing a negative perspective of reality always results in my experience of that reality. Negative thoughts are by definition thought that I do not want to have. They are the consequence of negative thinking.

The 4 Laws Of Attraction

February 3, 2012

The 4 Laws of Attraction are:

Law 1:

"Like energy unto itself is drawn"

This is: The Law of Attraction.

Law 2:

"Energy is divided by its frequency & wavelength, which allows its vibration to be either attractive or not"

This is: The Law of Non-attraction.

Law 3:

"The polarity & gender of energy determines the intensity of its attraction or un-attraction"

This is: The Law of Un-attraction.

Law 4:

"The potential ability of energy to be creative is determined by the magnitude of its power and the force of its authority"

This is: The Law of Un-attractive Non-attraction.

An in-depth working knowledge of all 4 laws is recommended before attempting to create one's own reality within the context of a relative dual reality existence.

The Law Of Un-attractive Non-attraction

February 2, 2012

The Law of Un-attractive Non-attraction states that:

“The potential ability of energy to be creative is determined by the magnitude of its power & the force of its authority”

This means that the inability of energy to be creative is determined by its lack of either power or authority. Therefore my lack of ability to create my ideal life is purely due to the low potential of the force & magnitude of my life-force energy vibration.

The state of having neither power nor authority is both non-attractive & un-attractive.

Without either power or authority, there is no ability.

Without either force or magnitude, there is no potential.

Without either frequency or wavelength, there is no vibration.

Without either gender or polarity, there is no intensity.

Without either the Authority of my Light or the Power of my Love, there is no ability of Life with which to be Creative.

There is no potential ability to vibrate with a pure intensity of energy in the most ideal way for me, or you.

P.S. This law is akin to the 'steady-state' law of matter that allows all inanimate objects, without the power or authority of thought, to remain in an apparently unchanging state in one position in space for extensive periods of time.

The Law Of Un-attraction

February 1, 2012

The Law of Un-attraction states that:

“The polarity and gender of energy determines its attraction or un-attraction and the intensity of the experience”.

When the frequency of energy is divided by either a positive or a negative polarity, and the wavelength of energy is divided by either a male or female gender, then the potential for all variations of intensity becomes a possibility.

It is my choice of frequency polarity of my thought and the gender of the wavelength of my emotional energy that determines the particular intensity of my energetic vibration.

It is the polarity & gender of my state of being that allows a range of intense experiences that are either attractive or unattractive to me.

With an intensely variable range of vibration at my disposal, I am able to choose my own personality & character.

I can choose the wavelength of my emotion, the frequency of my thought, the gender of my personality and the polarity of my character to determine whether I personally like or dislike my

character and whether my personal characteristics are a true reflection of my personality or not.

The Law of un-attraction allows me to decide whether I am like other people, unlike other people and whether I like other people or dislike other people, or whether I like not liking people or not; because we are either similar or different.

It allows my personal choice of what I attract unto my Self and whether I perceive it to be un-attractive or not.

There is another version of this law called 'Murphy's Law' or 'Sod's Law', which is also referred to as: 'The Law of Reversed Effort', which states: "What can go wrong, will".

Why I Appear To Be Unattractive!

January 31, 2012

The Law of Attraction states that:

“Like energy unto itself is drawn”

The main reason for misunderstanding this Universal Law is that we are consciously unaware of our spiritual energy. Our physical consciousness focuses on our physical reality as opposed to the reality of the energy that we are. Our energy is our spiritual reality (spirituality) and the focus of our thoughts is physicality, which we see as our physical reality.

In short, we only see half of the equation when we only see what is visible with our eye-sight and we are without the in-sight of being able to see intuitively.

We live in a dual reality world that allows unconditional choice, should we choose to choose it. In the duality of our perspective, we create our own reality with our thoughts about our reality, whether we are aware of this or not.

Being Attractive and consciously creating our own reality requires not only an understanding of how the Law of Attraction works but also why it works and why it appears not to work. The only reason it appears not to work is because my perspective is out of alignment with my intention. My intention is for it to work and my perspective is that it doesn't.

To bring my perspective into alignment with my intention requires an understanding of why it can be out of alignment, which is always because my intention is out of alignment with my Vision for my Life or my perspective is out of alignment with my vision. Whichever way I look at it, I am either in alignment or not; the 'Law' is my experience or it isn't, because I choose my own reality.

Understanding how my intention, my perspective and my vision differ requires knowledge of the three lesser laws that allow duality to exist: The 'law of non-attraction'; the 'law of un-attraction'; and the law of 'un-attractive non-attraction'.

In a relative dual reality world, the way to understand anything is by either experiencing its polar opposite, or better still its polar opposites, and therefore always having three choices.

To be Attractive, I first have to know why I am both non-attractive and un-attractive and then how to overcome both.

The Personal Development of the Client

January 30, 2012

The Personal Development of the Client is the goal of every Coach.

The type of personal development is determined by the type of Coach.

A Corporate Coach develops an individual client within their work environment, to improve knowledge, skills, talent, profitability, work potential, & human capital, to achieve the ability to lead & manage people.

A Life Coach develops an individual client in all aspects of their business-life, home-life and social-life to improve self-awareness, identity, spirituality, human potential, lifestyle, quality of life, health, & all their aspirations, to attain the ability to lead & manage their own life.

With corporate coaching, the client and the coachee are not always the same person, whereas with life coaching the coachee is also the client.

Coaching is always a one-to-one discipline for the personal development of an individual.

When a Company is the client and the aim of the Coach is the development of the Company, the objective of the Coach is the objective of the

Company and is no longer the subject of the coachee.

When the objective of a Company is the personal development of each individual employee, the Company has a choice as to whether they employ a Corporate Coach or a Life Coach, or both.

With Life Coaching, the Coachee is the client being personally developed.

With Corporate Coaching, the business is the client and the Coach is personally developing the client's business via the Coachee.

Life Qualities

January 29, 2012

Life Qualities enable my quality of life.

The quality of my life is determined by my Life Qualities.

They are my Attainments in a life of quality.

Attainments are my personal attributes that I am able to consciously choose at will.

Attributes are the emotional states of being that I attribute to myself in any present moment.

My emotional state of being determines the quality of my life.

The more emotional balance that I attain, the greater the quality of life that I am able to experience.

The attainment of my life qualities and the pursuant quality of life is my mission in life that I am actively pursuing.

My lack of quality of life is the consequence of my lack of quality attainments that I am able to attribute to my Self.

My negative quality of life is attributed to my unbalanced emotional states of being that are the consequence of my negative outlook, on a life that appears to lack quality.

My positive life qualities allow me to lead an ideal life of my own choice.

It is only with the ability of my own leadership qualities, that I can determine the quality of my own ideal life.

Life Qualities & Leadership Qualities amount to the same thing, for someone who leads their own life in a quality way.

The Sin of Arrogance

January 28, 2012

Sin means 'being without'.

Arrogance is the state of being without my own true power, authority & ability.

Without a connection to my own true power, I default to the arrogance of my avarice or greed.

Being greedy attaches me to the emotional power of those who are humble to my needs, and please me.

Without a connection to my own true authority, I default to the arrogance of my anger or wrath.

Being angry allows me authority over the humble who are meek & patient.

Without a connection to my own true ability, I default to the arrogance of my hubris or pride.

Being proud allows my ability to appear better than those with humility, who have the humbleness of modesty.

The Sin of Arrogance is a state of being without the worth of my true power, the confidence of my true authority, and the esteem of my true ability.

I will never find the confidence & value of my true esteem by virtue of being humble to the arrogance of another.

Grounded & Earthed

January 27, 2012

Grounded & Earthed are two different perspectives of the same thing.

From the perspective of my physical conscious ego Self, I am Earthed. Earthed means alive on the Planet Earth. I am 'alive' on the Planet Earth whilst connected to my power & authority Electricity is not 'live' unless it is earthed. My life-force energy flows through my physical body when I am earthed.

From the perspective of my Super-conscious Soul, I am grounded. Grounded means that I have lost my freedom to fly as a free spirit. I have the power to walk the Earth but no authority to fly. My Spirit is free but my ego is grounded. Grounded means that I am able to pursue a physical human existence.

Ungrounded means that I am not earthing my power or my authority effectively. I have either too much power or too little authority to use it, which means that my energy is not sufficiently earthed.

Unless my Self is properly 'earthed' I will be 'grounded' by my Soul.

I can make choices whilst I am grounded, but I need to be correctly earthed in order to manifest them as my reality.

Open & Closed Questions

January 26, 2012

A **Closed Question** endorses a state of dual reality as it prompts a yes or no answer.

Yes or no is a statement of a personal perspective that either agrees or disagrees with a question.

Whether my view is positive or negative determines my yes or no answer, when I believe that something is either good or bad, right or wrong or acceptable or unacceptable.

A positive or negative polarity exists only within a duality of a dual reality existence.

To overcome the duality of a situation and expand my development, I am required to ask an open question.

An **Open Question** starts with the words: When; where; why; who; what; which; or how.

It opens the door to exploring the state of my existence and allows for me to shift into an alternative perspective and an improved state of being.

Who am I? Why am I here? & Where am I going? are three very powerful open questions.

Coaching with a Vision

January 25, 2012

There are 3 types of Coaches:

- 1.Coaches who have a vision for their own life and know their vision with clarity
- 2.Coaches who do not know that they have a vision for their life
- 3.Coaches who know they have a vision but as yet do not know what their vision is.

It is the discovery of the vision for my own life that allows me to coach another to discover their vision for their life.

The discovery of one's life vision allows one to explore the true purpose of one's life with clarity. In the absence of knowing their vision or knowing that they have a vision, a Coach usually states as their reason for coaching : "Helping other people" or "Making money".

When the client becomes the purpose of the coaching, the Coach's ability to discover their own true purpose and learn their own vision becomes greatly compromised.

The Coach becomes driven by their own need to coach and the client's need to be coached, with the

motivation to fulfil their own sub-conscious emotional needs rather than being empowered by the true value of coaching.

When the Coach's needs remain unmet, there is the possibility of an attachment forming that inevitably leads to a co-dependent relationship between the Coach and the Client.

Helping to develop others is an objective; never a vision.

The objective of coaching is to guide & support the client to meet their own needs; not to meet their needs for them.

Only when the Coach becomes consciously aware of their own emotional needs and their own true values are they able to know their own vision, mission & purpose in life; and only then does it become clear that they are able to **Coach with a Vision**.

Inner Balance

January 24, 2012

My Inner World contains the beliefs and the emotions that create my Outer World.

Harmony in my outer world depends on balance in my inner world.

My beliefs and emotions reside in the realm of my sub-conscious self or id.

My inner world is either in alignment or mis-alignment with my Super-conscious soul.

It is in balance when it is in alignment and when out of alignment it becomes unbalanced.

My conscious ego self will never find harmony with an unbalanced sub-conscious id.

My conscious ego Self attains Inner Balance when my sub-conscious id comes into alignment with my super-conscious entity.

When my sub-conscious & super-conscious, higher & lower selves, become united in alignment and agreement, I am able to express the True Id-Entity of my Conscious Ego Self.

Inner balance is attained when the gender of my emotions harmonises as one united wavelength and the polarity of my beliefs synchronises as one congruent frequency and creates a balanced intensity

of physical life that has one pure vibration of energy,
and is attractive to all aspects of life.

My inner balance allows my outer harmony to be
created by my inner peace.

With inner balance, outer balance is assured.

When no aspect of my inner being is in conflict then
no conflict can be expressed or experienced in the
outside world.

It is the Law.

Best, Better, Good

January 23, 2012

The current teaching paradigm is to take good students and make them better educated, until they become the best that they can be.

This process of educational development and training follows a path of being good, better & best.

Teachers are realising that when you try to make a bad student better, they just get worse, until they become the worst that they can be.

Coaching is successful because it works on a new and different paradigm that reverses the trend.

It takes the best that a person already is and supports their growth & development so that they improve and get better and better, until they become Good.

Coaches recognise that 'Good' is a measure of the best that we can be, because everyone has the potential to be Good.

A Good Coach knows that their client already is the best that they can be, under their present circumstances, and also recognises their potential for improvement and their ability to get better & better in order to realise their Goodness.

Coaching takes the positives and develops the potential of their best aspects.

Education looks at the negatives of what the student doesn't have and tries to change them for the better with a positive education.

The Trainer takes good potential, makes it better until it becomes the best it can be.

The Coach then takes the best you can be, makes it better & better until it is really Good.

Teaching & training tries to turn bad into good.

Coaching recognises everything that is Good.

Intentions & Visions

January 22, 2012

My Soul has a **Vision** for my life and intends for my Self to live it. My Self is intent on living my Vision. In the absence of a vision, my Self seeks to find its vision. In the realisation of my vision, my Self seeks to experience that realisation as a reality and realise that reality as an experience.

My Soul's sole **Intention** is for my Self to realise my vision through physical experience.

In the absence of seeking a vision, the Self is intent on finding sufficient emotional energy to remember that it has a vision. In the absence of sufficient emotional energy to remember, my Soul is intent on my Self gaining more and more energy in order to remember. My ego's sole intention is to find the motivation to gain more and more ability to achieve the power to do what it truly values, instead of doing what it needs to do to maintain its level of emotional power in order to remember its mission and purpose in life. The objective of my ego is to fulfil the tasks required to gain sufficient power to meet its real intentions, even though it has no idea what the Soul really intends for it to do, once it has the emotional power to do it. Unless that is I have a clear Intention to follow my Vision.

Objectives & Objections

January 21, 2012

Objectives are things that I would like to achieve. They are things outside of my present experience that I do not have.

Objectives are objective, not subjective.

They are the object of my desires, not the subject of who I really am.

My own objectives belong to my ego Self, they are not the subject of my eternal Soul.

I subject my Self to my intentions, not my objectives. The objectives of my Self are not always in alignment with the intentions of my Soul.

Objections are the resistance that my sub-conscious Self puts in the way of my conscious objectives.

My objections are my limiting beliefs manifesting in my conscious mind.

They are my reasons why my objectives cannot be achieved.

My Soul has no objections and never objects to my objectives.

When my Self has no objections to my objectives, I have a subjective view of my clear intention because my Self and my Soul are in total alignment.

Arrogance & Humbleness

January 20, 2012

Arrogance is a combination of pride, greed & wrath. When my wrath is filled with pride or greed, I am being arrogant.

My Pride is being better or more able than another.

My Greed is being superior or more powerful than another.

My wrath is the anger that I experience when following the authority of another.

Arrogance is born of the belief that I have the authority to be more able, more powerful, more correct and therefore better than another.

My arrogance lacks humility, patience, meekness and the ability to please another.

Humbleness is a combination of the modesty of humility, the appeasement of pleasing, and the patience of meekness.

When I please another with humility and meekness, I am being humble.

Humility is the modesty of pretending to be not as good or able as I actually am and being proud of not being proud.

Pleasing is giving one's energy for the benefit of another and appeasing their superior power.

Meekness is the patience of allowing someone else to be right and not being angered by their authority.

Humbleness is born of the belief that I am inferior to another in status, influence, authority, & ability and therefore less worthy.

My humbleness is without pride, greed or wrath.

It is fuelled by my lack of authority that is created by too much false confidence in my own limiting beliefs that belittle the power of my own ability.

My True Value

January 19, 2012

My True Value is an expression of my Soul's Power.
When I express my value emotionally, I emote power.
My emotive power is a measure of how I am feeling.
How I am feeling is determined by my emotional state of being.

My state of being is defined as an emotion.

My emotional state of being is an expression of what I do or do not value.

Doing what I truly value to do allows me to experience being who I truly value being.

I am a truly valuable Being.

My Beingness has true value when it is powerful.

The more full of power my state of being, the more value that it has for my Self.

When my Self emotes the Beingness of my Soul, it has True Value for me.

Who my Soul is, has true value for me because my Truth is very valuable to me.

My question is: "Is who I am presently being, worthy of my Self because it is an expression of the True Value of my Confidence in my Soul".

The Value of my Worth

January 18, 2012

A worthless life has no value.

Without perceived value, my life appears to be worthless.

My values are an expression of my self-worth.

Whatever my Self values, has worth for me.

My self-worth is a measure of how much I value my Self.

It is a measure of the value & worth that I have for my Self.

Whatever I value but do not have, becomes a need.

I am motivated to get what I need because it has great value to my Self.

Whatever has value for my Self, motivates me.

I am sub-consciously driven to experience whatever has value for my Self.

Getting my needs met has value, but it is not always in alignment with and worthy of my True Self.

My True Worth is an expression of my True Self.

A True Value is the power of my Soul expressed by my Self.

True Confidence

January 17, 2012

My Soul communicates with my Self in Confidence.

In confidence, I communicate with my True Self.

I hear my messages 'in confidence'.

My messages are confidential and for my ears only.

They are for my Self and my Self alone.

My True Confidence comes with hearing my messages.

What I intuitively 'see', I have confidence in.

What I intuitively 'know', I do with confidence.

What I intuitively 'feel', is being confident.

When I am feeling good, I am confident.

When I know what is right for me, I am confident.

When I see it my way, I am confident.

Intuitively in alignment with my Truth, I am Truly Confident.

Intuition allows my confidence to flow.

When my confidence flows, life flows effortlessly.

My effortless life is an expression of my True Confidence.

Confident Authority

January 16, 2012

The only confidence that I have in someone else's authority is the knowing that it is their authority and not mine. When following someone else's faith or beliefs, I will always lack confidence. A lack of confidence is the consequence of following someone else's authority. Under my own authority, I will have self-confidence. I have the self-confidence to follow my own authority because self-confidence comes from following my own authority. It is the consequence of self belief, belief in one's self, and the belief in one's own beliefs. It is my conviction in my belief that determines my confidence in my self. Confident beliefs and confidence in my beliefs allows my self-confidence, and allows my self to be confident. Arrogant beliefs create arrogance, not self-confidence. Humble beliefs create humbleness, not self-confidence. Confidence in my Authority comes with faith in my Self, not trusting others. With faith, I know that I am on my true path; I know that I am authorised; I know that I am in confidence with my Truth. Confident authority is an expression of my Truth.

My True Identity

January 15, 2012

My True Identity is determined by my Attributes and my Attainments, not my personality & character.

I am not the product of my beliefs and my emotional needs, which are personal to me and characteristic of me, but not the real me.

My personality & character are just aspects of the role that I am presently playing out in the drama of this life-time.

My personal attributes have been attained over the course of many life-times.

They are my states of being; the vibrations of emotion with which I resonate; the gifts that I am born with.

I have attained emotional attributes with which I can resonate as my natural state of being.

Children of the same family will have different personalities & characters because, even though they may share the same beliefs and similar emotional needs, they all have different attributes that are their unique gift that they have attained and present in this life-time as an expression of their true identity.

It is the true identity of my personal attributes & attainments that is attractive to other people, not my personality & character.

It is my true identity that attracts people with a similar true identity, so that we may share our attributes in the attainment of our mutual personal spiritual development & growth.

Personality & Character

January 14, 2012

My **Personality** is determined by my emotional energy needs.

My unique set of emotional needs determines my individual personality.

We all have a unique personality that is determined by our own personal set of emotional needs.

Each Individual has up to 10 different emotional needs arranged in a priority order that is determined by their current circumstances.

As my circumstances change, my emotional need for energy changes, how I sub-consciously meet that need changes and with it, my personality changes.

Personality often changes between home-life and work-life because the need for emotional energy changes and how the need is met changes.

My **Character** is determined by my belief system.

My belief system determines the character of the role that I am playing in life.

Different beliefs create different characters in different cultures, races, creeds and societies.

My beliefs about what I am doing determines the role that I am actioning and the character that I am adopting.

The belief that I am either a girl or a boy, or a man or a woman, creates my male or female characteristics. As I change my need for emotional power, my personality changes.

As I become aware of and change my sub-conscious beliefs, my actions change and my character changes. Neither my personality nor my character are my True Identity.

Being Effortlessly Happy

January 13, 2012

Being Effortlessly Happy requires:

- The Power to be pain-free
- The Joy of being free of pain
- The Wealth that is full of joy
- The Omnipotent feeling of being wealthy
- Love

Being Effortlessly Happy requires:

- The Authority to be fearless
- The Fulfilment of being free of fear
- The Wisdom of being fulfilled
- The Omniscient knowing that I am wise
- Light

Being Effortlessly Happy requires:

- The Ability to be problem-free
- The contentment of being free of problems
- The Health of being content
- The Omnipresent state of seeing that I am healthy
- Life

Being Effortlessly Happy requires:

The Power, Authority & Ability to be pain-free, fearless, & problem-free with the Attainment of my Wealth, Wisdom & Health and the intuitive sense of Feeling, Knowing & Seeing my Attributes of Joy, Fulfilment & Contentment that allow my experience of Love & Light in a Life of Effortless Happiness.

Seeking & Finding

January 12, 2012

I am Seeking that which I have lost.

I seek my path in life when I believe that I am lost.

I believe that I am lost when I do not know the way.

It is my vision for my life that illuminates my path and shows me the way.

With a clear vision, I am found and no longer lost or confused.

Finding the vision that is my path gives my life purpose.

My vision is my picture of the ideal life that I have come to create.

My purpose is who I am required to be in order to live my vision and to create my life with reason & purpose.

When I understand my purpose, I am no longer a seeker of my vision but a finder of my purpose.

My purpose is to find my True Self because it is as my True Self and only as my True Self that I can live my Vision.

Once I am a seeker of my vision and a finder of my purpose, I become a Leader of my own Life.

Being Emotionally Available

January 11, 2012

Being Emotionally Available is being there for someone and available and willing to meet their emotional needs.

I need to be emotionally available to another who I need to remain emotionally available to me.

I need someone to be emotionally available to me when I am unable to meet my emotional need without them.

The emotional intelligence to be aware of my own emotional needs and to met them consciously myself is a pre-requisite to me no longer needing anyone to be emotionally available for me.

When I no longer need anyone to be emotionally available for me, I no longer need to be emotionally available to anyone.

I no longer need a co-dependent relationship with another.

When I become emotionally intelligent enough to no longer need a co-dependent relationship, I am able to re-define the purpose of my relationship with another.

When I no longer need a relationship, I am able to consciously choose the purpose of my relationship with another.

Redefining the purpose of my relationship with another allows me to redefine who I am Being in relationship to another.

Redefining who I am being in relationship to another is the essence of my personal spiritual development & growth.

Being Care-free

January 10, 2012

Being Care-free is having no need to be cared for, and having no need to care for others. It is being free of the emotional need to care for others and the emotional need for others to care for me.

Not caring and not being bothered are generally seen as negative attributes by those who need to care for others or need to be cared for by others.

In my ideal world, would I choose to bother other people or be bothered by other people.

I only bother other people when I need them emotionally to take care of me and protect me.

It bothers me when others need my emotional energy and need me to protect and care for them.

Being bothered is a toleration and disallows my ability to be care-free.

Stop bothering me, means leave me alone and free of your care because I can look after my Self.

A truly caring person shares their joy of love with another in a compassionate and empathic way.

A needy person shares their need for sympathy, care and protection.

Only when I truly care for my Self can I experience being Care-free.

A Statement of Intent

January 9, 2012

A Statement of Intent is an affirmation of change.

I do not need to state my intention to do what I am already experiencing.

My current experience determines my current state of being.

Developing & growing requires changing my current state for the better.

It is a statement that I intend to be and become better.

Becoming better has nothing to do with what I am doing, only who I am being whilst I am doing it.

I am doing what I am currently doing because it already offers me the best opportunity to be who I want to become.

Stating my intent is the first step towards change.

It affirms the change that I choose to become and realise into my experience.

A statement of gratitude & appreciation is an affirmation of what I wish to stay the same.

My intention to change requires a new statement of intent or a renewed statement of intent.

My second step towards change is allowing my intention to be realised.

My intention can only become a real experience when I realise that it is my experience, which requires me to allow it into my experience.

When I can see, feel & know the possibility of it being my reality, I allow it into my experience.

With clarity of intention, my reality can change effortlessly.

The only statement that is necessary is my Intention to change for the better and become better.

It is a statement of my intent to develop & grow my Self.

Agape

January 8, 2012

Agape is pure undivided Love.

Pure undivided energy of Love has a harmonised gender, a congruent polarity, and a balanced intensity.

It is a pure vibration with a balanced wavelength & frequency.

It is Love in its purest form, without separation of division.

Agape is whole energy, often referred to as Holy Spirit.

The Holy Spirit is the experience of pure Agape.

It is my exclusive connection with my Soul.

It is a Holy Communion between my Self and my Soul.

Agape is the experience of pure Beingness, often called Bliss.

Bliss is experienced with the attainment of the pure vibration of a balanced wavelength & frequency of emotional energy.

It is the mental love of Philos combined with the emotional love of Eros, experienced in the physical as the spiritual love of Agape.

Agape is the nature of my Soul's power, that my Self seeks to experience in physical Life.

Philos

January 7, 2012

Philos is the love that exists between similar polarities of energy.

Like polarities of the same energy attract.

They flow together in the same direction.

A choice of direction allows love to flow together or to flow apart.

It allows the experience of being alike or unlike, and liking or disliking.

It allows the congruency of similar polarities or the conflict, interference and resistance of opposing polarities.

Energy that flows without resistance is experienced as being positive.

Energy that interferes and causes resistance is experienced as negative.

Balanced polarities of Philos energy have a pure frequency.

A pure frequency of energy is an expression of wisdom.

The wisdom of Sophia combined with the love of Philos is the philosophy that is sought by all expansive Souls.

Philosophy is the study of our Soul's expansive development & growth through the wealth of our love (Philo) and the wisdom of our light (Sophia). There is no greater expression of Philo than the Soul's love for its Self.

Eros

January 6, 2012

Eros is the love that exists between opposing genders. Opposing male & female genders of the same energy are subject to the Law of Attraction. Like energies of opposing genders attract. This attraction of opposing genders of the same energy is called Eros. Different wavelengths of energy create a different aspect of love. All wavelengths of energy have the potential to be divided by gender. A choice of gender is what gives love choice. It is a choice of gender that allows the force of sexual attraction. Without a choice of gender of energy, there is no choice to love another. It is the gender of the wavelength of the energy of another that we love. Eros allows the physical, mental & emotional experience of loving another with similar yet opposing energy. It allows Lovers to be in harmony and at one with each other. Eros allows the experience of male & female energy to combine in a climactic, orgasmic experience.

Three Types of Love

January 5, 2012

In Absolute Reality there is only Love.

In Relative Dual Reality Life there are **Three Types of Love**. They were referred to in Ancient Greek as: Eros, Philos, & Agape.

The pure vibration of Love is divided by frequency & wavelength.

The frequency of Love is divided into either positive or negative polarity. This type of Love that is attractive by polarity is called Philos.

The wavelength of Love is divided into either male or female gender. This type of Love that is attractive by gender is called Eros.

When the gender of Love is a harmonised wavelength, and the polarity of love is a congruent frequency, and the wavelength & frequency are in balance, then Love is experienced as Agape.

It is the existence of this Holy Trinity of Love that allows the experience of Attraction to Be, and the Golden Rule to apply.

There are many aspects of love that can be felt and experienced emotionally, which are all created by these Three Types of Love.

I Am

January 4, 2012

I Am is a state of Being.

It is a statement of the state of being that I am presently expressing.

It precedes an adjective expression of my Beingness.

My Beingness is an expression of who I Am.

Who I am Being is a description of the emotional energy that I am emanating.

It is a reflection of the emotional effect that I am having on another person.

I am my mood and my emotion.

My emotion discerns my mood and the atmosphere that I emanate.

My emotional state of being approves my emotional power.

My power to be is expressed through the emotion that I am experiencing.

My True Power is an expression of my True Identity, my Soul.

When I am being my Soul, I am being Divine, and my life is a divine experience.

I Am is the attainment of the attributes of being Approving, Allowing & Accepting of who I really Am.

I Will

January 3, 2012

I Will is a statement of intent.

It is a statement of an intention of my ego Self.

It is what my ego Self intends to do.

I Will is a plan of action.

My ego needs to plan the action that is required to achieve my intention.

I will do whatever I need to do to satisfy my will.

My will is my testament to how I want my life to be.

My life will manifest according to my will.

The power of my will is will power.

My will power motivates me to action.

My level of will power determines my determination.

With enough will power, I can overcome all resistance, obstacles and problems that are stopping my will from becoming manifest.

My last will and testament is how I want my life to be after my ego has died.

Achieving the intentions of my will, will require commitment, dedication, determination, conviction, and perseverance.

When following the desires of my will, I am being wilful.

Opus Dei

January 2, 2012

Opus Dei translates as “God’s Work”.

God’s Work is an oxymoron.

God’s work on Earth ended on the 6th Day of Creation.

On the 7th day, God rested; and Man assumed responsibility for creation.

Life on Earth is a reality created by all living beings that have chosen the experience.

Man’s continuous earthly reality is all Man’s work, not God’s.

Earth is a contextual field of relative dual reality three dimensional existence, solely (souly) created for the experience, exploration & discovery of choice.

It is Man’s work to choose and by Man’s Choice is the reality of Earth created.

God does not work, rest or play on Earth; Man does, without divine intervention.

God just Is in the Kingdom of Heaven, not on Earth.

‘Is’ is a state of ‘Being’.

There is no work to do for God, just the state of Being the Divine Beingness of all Men on Earth, as it is in Heaven.

Amen.

Leaders, Seekers & Followers

January 1, 2012

Followers follow a leader because it is more beneficial for them to follow than to lead. They seek only a leader to lead them, as it is the leader's path that they follow.

Seekers seek their own path to follow. They seek to lead others along their path to endorse their path as the one that they are seeking. Seekers, by definition, do not have a vision. Without a vision, I have no clear path to follow; just the search for my vision that illuminates my path. A path is the vision that every seeker seeks. Most followers follow seekers rather than leaders. They are following a seeker in their search for the Truth. They follow the seeker because the seeker needs followers as much as the followers need a leader. A seeker is one who has no need to follow a leader.

Leaders have a clear vision and follow their path knowing that they have found their path. A True Leader does not seek followers as they know that is the role of a Seeker not a Leader.