



The Inner Coach

Daily Life Lessons 2013

Keith Collins

Credit & Debit

January 31, 2013

Credit & Debit describe opposing directions of flow.

Credit flows in.

The more an energy flows in, the more in credit I am.

Debit flows out.

The more energy flows out, the less in credit I am.

The greater the debit, the larger my energy debt becomes.

The greater the credit, the better the potential to create an energy balance.

When I credit my account, I debit yours.

When I debit my account, I credit yours.

Interest is what I accrue on my credit.

It is also what I pay on my debts.

Accruing interest credits my account.

Paying interest debits my account.

It is not my credit balance that is important.

It is my ability to balance my credits & debits.

Debt & Credit

January 30, 2013

Debt & Credit are the same thing seen from opposing directions.

When I have more than enough, I am in credit.

When I have less than I need, I am in debt.

When I borrow with a positive perspective, I am receiving credit.

When I borrow with a negative perspective, I am arranging a debt.

When a lender sees me in a positive light, they extend me credit.

When a lender sees me in a negative light they for-close on my debt.

When I see myself as in credit, I perceive myself to have no debt.

When I see myself as in debt, I perceive myself as in need of credit.

I subjectively look at my debt to you, whilst I objectively see your credit.

I subjectively see my credit when I look at your debt to me.

My perception of whether I am in debt or credit is determined by my belief about having more or less than enough.

I overcome my credit debt whenever I have enough.

Enough is a perspective and a state of being, never an amount of money.

Five Spiritual Attainments

January 29, 2013

Having Enough Space

Knowing that there is always a convenient car park space awaiting my arrival and an available lift space travelling directly to my required floor.

Having Enough Time

Knowing that I will always arrive in divine time and on time.

Having Enough Truth

Knowing that there is always a Call-Centre Advisor to answer my questions efficiently, positively & joyfully.

Having Enough Money

Knowing that I will always have enough income to cover my expenditure.

Having Enough Fulfilment

Knowing that each day I will learn a new lesson and receive an inspired revelation that allows my expansive growth.

I am in praise, gratitude & appreciation of my 5 Spiritual Attainments.

The Gender & Polarity of Sin

January 28, 2013

Pride is neither good nor bad Hubris.

It has a gender opposite of Humility and a polar opposite of Shame.

Envy is neither positive nor negative Covetousness.

It has an opposing gender of Kindness and an opposing polarity of Jealousy.

Gluttony is neither good nor bad Avarice.

It has a gender opposite of Prudence and a polar opposite of Scarcity.

Lust is neither right nor wrong Cupidity.

It has an opposing gender of Love and an opposing polarity of Need, being an intense need for love.

Greed is neither good nor bad Rapacity.

It has a gender opposite of Pleasing and a polarity opposite of Appeasing, being intense displeasing.

Anger is neither right nor wrong Wrath.

It has a gender opposite of Meekness and a polar opposite of Patience, being intense impatience.

Sloth is neither positive nor negative Idolatry.

It has a gender opposite of Diligence and a polar opposite of Hard Work, being intense Laziness.

Being Strict

January 27, 2013

Being Strict is being a disciplinarian.

It is a role that I play and how I play that role.

It is neither an attribute nor a state of being.

When I am being strict, I am disciplining myself or disciplining others.

I am enforcing strict standards of behaviour on myself or enforcing strict boundaries onto others.

I am in the act of restricting myself or restricting another.

It allows little or no levels of tolerance.

Deviation from the strict routine of a Disciplinarian will result in their intolerance, their negative reaction and their disciplinary action.

Strict discipline is used to bring others under your control.

Being strict requires will power as it is never an inspired or empowered action.

My Soul is never strict and never disciplines me.

I only ever discipline my Self.

Four Levels of Physical Capability

January 26, 2013

There are 4 levels of physical capability that are determined by the level of my emotional competence and the level of my mental capacity.

1. Unconscious Incapability

I am unaware of my personal standards and I have no awareness of my boundaries.

I have no way of measuring the limits of my physical capability.

What I don't see, I don't get.

2. Conscious Incapability

I am aware of my conscious limitations, my comfort zone, and the boundaries of my physical incapability.

I know what I am capable of. I see what I don't get.

3. Conscious Capability

I own my own standards, I consistently expand my boundaries, and I know the limit of my present capability.

I have fully grounded my present potential.

I see what I see and I get what I see.

4. Unconscious Capability

I attest & approve my competence, affirm & allow my capacity and I accept & allow my capability.

Life unfolds effortlessly, magically & Ideally.

I see my Vision for my Life.

Four Levels of Mental Capacity

January 25, 2013

There are Four Levels of Mental Capacity:

1. Unconscious Incapacity

This is my unawareness of how my fears and limiting beliefs are disallowing my experience of an ideal life.

I don't know that I don't know.

2. Conscious Incapacity

This is becoming aware of what I don't know and aware that I am convicted by my beliefs and imprisoned by my fears. I know that I don't know.

3. Conscious Capacity

This is my willingness to challenge my beliefs and change the beliefs that challenge me until I own my own core beliefs. I know what I know to be true.

4. Unconscious Capacity

This is my capacity to hear my messages of inspired revelation and accept the guidance of my inner authority, in the knowing that whatever is occurring is beneficial to allowing my path to unfold effortlessly and miraculously. I know that I don't know that I do know.

Four Levels of Emotional Competence

January 24, 2013

There are Four Levels of Emotional Competence:

1. Unconscious Incompetence

This is being unaware of my emotional energy and my emotional need for power.

I am sub-consciously driven to get my emotional needs met.

I do not intuitively feel anything, I am insensitive & disconnected emotionally.

2. Conscious Incompetence

This is being aware that my emotional power is low without knowing who I need to be and what I need to do to consciously raise it.

I feel bad and I am oversensitive to my attachments

3. Conscious Competence

This is attained when I learn to meet my need for emotional energy quickly and effortlessly my Self.

I respond to my feelings instead of being the victim of my emotional reactions.

4. Unconscious Competence

This is attained when I orient my life in alignment with my True Values and my purpose for this life-time.

I allow my inspired revelations and my intuitive feelings to guide me and support me.

Comparative Choice

January 23, 2013

Choice is Comparative.

I can compare the polarity of my choice.

I do this by seeing the positive or the negative direction of my choice.

Not all opposing choices are comparative.

Most opposing choices are relative to each other.

Full or free, full or empty, and more or less are relative choices.

Good, better, & best and bad, worse & worst are comparative choices.

They are progressively positive or progressively negative.

Full, less or free are relative choices as either direction can be progressively positive or negative dependent on one's perspective.

Purpose, use & meaning are negatively free, negative when less, yet positive when full.

Pain, fear & problems are positively free, positive when less, yet negatively full.

This is because pain is relative to purpose, use is relative to problems and fear is relative to meaning.

It is the relative perspective of my polarity that allows my comparative choice.

Consciousness Explained

January 22, 2013

There are 3 levels of Consciousness:

1. The Sub-Conscious Id
2. The Conscious Ego
3. The Super-Conscious Entity

Each level of Consciousness has 3 potentials:

1. Its Power of Love
2. Its Authority of Light
3. Its Ability of Life

Each potential of Consciousness can be measured as:

1. The Competence or Clarity of its power
2. The Capacity or Direction of its authority
3. The Capability or Presence of its ability

Each measure of Consciousness is relative to its polar opposite:

1. Its Incompetence when confused
2. Its Incapacity when lost
3. Its Incapability when frustrated

All of which can be Individually experienced:

1. Emotionally
2. Mentally
3. Physically

This determines or explains the Spirituality or spiritual reality of the Consciousness.

An Unconsciously Competent Law

January 21, 2013

The Law of Attraction is used most effectively with unconscious competence.

When I am unconsciously using the Law of Attraction, it works in the background most effectively.

My super-conscious entity employs the Law of Attraction to provide my Self with everything that I need on my journey.

Like gravity, the Law of Attraction works in the background without exception.

For my conscious Self to effectively use the Law of Attraction beneficially, I am required to be in alignment with the attractive potential, the power & authority, of my higher Self.

Unless my unconscious competence is in evidence, the Law of Attraction may appear not to work.

When my sub-conscious competence is not aligned with my super-conscious competence, I am at the level of unconscious incompetence.

My unconscious incompetence has no power of attraction and no authority to manifest into my conscious reality.

Certainty & Uncertainty

January 20, 2013

Certainty & Uncertainty are a duality of polar opposites.

They are opposing directions on my journey through life.

When I am certain of my uncertainty, my uncertainty becomes certain.

When I am uncertain of my certainty, my certainty becomes uncertain.

Either way, I get lost, confused and very frustrated.

Whatever has both certainty & uncertainty in my life is divine for me.

Choosing between a duality is never a good idea.

My providence is certain to be provided but how, what & when is uncertain.

My authenticity is certainly in my Beingness, but who, why & where is uncertain.

My Vision is certain and clear even though its attainment is uncertain.

My True Values are certain even when my ability to experience them is uncertain.

The only thing that is truly certain is that my choice makes uncertainty certain.

Adding Value To The World

January 19, 2013

I cannot consciously add value to the world by helping other people. I have no way of knowing what other people have chosen for their path.

I can help another achieve the desires of their ego but this will not add value to an already ego driven world. I add value to the world by being of value in the world. I am of value in this world when I realise my worth and my purpose.

Enjoying my worth and fulfilling my purpose allows the value of this world to be expressed and experienced.

I can help others to see their own value in this world, which is how to be of greatest value to this world.

It is impossible for me to be of value in this world when I have forgotten my worth and my purpose.

When I see the value of the world to me, I know and feel the true value of this world.

This world is of great value to my Self.

It is the ideal environment for the growth and expansive development of my Soul.

I do not reduce the value of the world to me, I appreciate it.

When I appreciate the value of this world, I add value to the world and everyone and everything in it.

Unconscious Competence

January 18, 2013

I have two levels of unconsciousness.

Therefore I have two levels of unconscious competence.

Level 1: Sub-conscious Competence

My sub-conscious competence determines my level of abundance, well-being & happiness.

It determines my capacity for unlimited beliefs, my competence to get my emotional needs met and my capability to function well physically.

The competence of my sub-conscious mind to meet my emotional needs determines my power to own my own beliefs and to function positively in this physical world.

Level 2: Super-conscious Competence

My super-conscious competence is my ability to function intuitively & instinctively.

When I act intuitively to my empowered & inspired revelations, I acknowledge the unconscious competence of my super-conscious Self.

When I act instinctively, I am fault-free, pain-free, fear-free, problem-free, limit-free, blame-free, accident-free and life flows effortlessly as my super-conscious capacity allows.

The super-conscious competence of my Soul connects my clarity, direction & presence to enable my vision, mission & purpose that allows my destiny to unfold in this life-time.

My Unconscious Competence requires the co-operation of both my sub-conscious & my super-conscious levels of consciousness acting together in Oneness.

My Intentional Path

January 17, 2013

My intention is to follow my path.

When I feel good, I am on track.

Feeling good is my compass that shows my direction.

It is my signpost on my path.

When I feel good, there is nothing that I have to do.

When I feel that I am off track, all I have to do is feel good about where I already am.

I am never in the wrong place.

I am never following a false path.

It is only ever my perspective that is false or misaligned.

When I realign my perspective with my path, I immediately feel good.

Feeling good in as many ways as possible is my intentional path.

Feeling good intentionally is my path.

Being intent and being content defines my path.

Unauthorised & Disallowed

January 16, 2013

My choice is unauthorised when it is not in alignment with my Soul's choice for my Self.

My choice is disallowed when it is in alignment with a fear or a limiting belief.

My sub-conscious programmed beliefs will either allow or disallow my path to unfold.

My emotional power authorises my destiny to manifest.

My emotional needs disallow my power and allow my fate to appear.

Neither my emotional needs nor my limiting beliefs are authorised by my super-conscious Soul.

My True Values are within my vision, mission, and purpose that outlines my Authority.

My ego's will power disallows the effortless flow of providence to my Self.

I am required to allow my allowance to be delivered.

My Soul ever authorises me.

My sub-conscious allows me, or not.

Wishful Thinking

January 15, 2013

Wishful Thinking is driven by my belief that my present reality is not perfect.

My thinking is wishful when I believe that I do not have whatever I wish for.

It is a statement that I desire a different reality to the one that I am experiencing.

I wish that things would be other than they are appearing to be.

I wish for whatever I believe that I am incapable of providing for my Self.

Yet my Soul has no wish to interfere.

My present reality is a creation of my Soul.

It has no wish for it to be any other way right now.

It does not wish for a different reality.

It can choose a different reality as and when it chooses with the co-operation of my Self.

It chooses only for my Self to be in gratitude, appreciation and wonder for what already is.

It chooses wonderful thinking not wishful thinking.

Full & Free

January 14, 2013

My Choice is to Be:

1. Thoughtful & Fear-free
2. Purposeful & Accident-free
3. Meaningful & Blame-free
4. Graceful & Limit-free
5. Powerful & Need-free
6. Joyful & Pain-free
7. Grateful & Problem-free

When I am grateful for my power of grace & joy, my thought has purpose & meaning.

I am no longer limited by blaming the accidents that I fear because I choose to not need the pain of all my problems.

A Free Choice

January 13, 2013

My Choice is Free.

I have freedom of choice.

I am free to choose to be free or not.

To be free, I am required to choose what I choose to be free of and be free to have.

I am free to be full or empty.

I am free to be more or less.

I can choose to have more and be full.

I can choose to have less and be free.

I can be care-free and thoughtful.

I can be care-less and mindless.

I can be careful and thought free.

I choose to be care-free, thoughtful and have a free mind.

I choose effortless, wish-free & meaningful.

I choose less choice and free choice but not choice-free, which is choice-less.

It is so easy to give away my choice by not making the right choice for me.

Why The Law Of Attraction Appears Not To Work

January 12, 2013

1. I am listening to my ego's will, not my intuitive Self.

Or:

2. My willingness to learn is in question.

Or:

3. My willingness to change is compromised.

Or:

4. My action is not aligned with a balanced emotional thought. I see a problem not an opportunity.

Or:

5. My competence is not super-conscious.

Or:

6. I haven't mastered the above 5 basic requirements.

Because:

7. I don't feel good enough or worthy enough.

Because:

8. My intention is not in alignment with the essence of who I am being.

Because:

9. My emotional needs are not met.

Because:

10. My limiting beliefs have not been challenged and changed.

Because:

11. I am not orienting my life around my true values.

Because:

12. I am not following my vision, mission & purpose for this lifetime.

When I feel good enough, life flows effortlessly and synchronistically and I know that the Law of Attraction is seen to work.

Beliefs About Viruses

January 11, 2013

When I believe that viruses cause disease then I will suffer as their victim.

I will suffer from a cold or flu when I believe that I am being attacked by a virulent disease.

I do not have to suffer the discomfort or dis-ease of my own personal growth.

As I change my beliefs for less limiting truths, I change my DNA.
As I reprogramme my DNA, my old cells die and my new cells regenerate.

Viruses are vital to the process of old cell removal and new cell generation.

I do not have to suffer the process of personal development and regeneration even though this only occurs outside of my comfort zone.

Discomfort is inevitable, suffering is a choice.

I never suffer from the belief that my discomfort is allowing me to get better.

A virus is only the villain when I believe that I am its victim.

Beliefs About DNA

January 10, 2013

My Thoughts create my Reality.

Therefore my thinking programmes my beliefs.

My beliefs form the basis of my reality.

They also determine the form of my DNA.

My DNA determines my experience, which determines my beliefs, which determines my DNA.

When I consciously change my beliefs, I change my reality and my DNA changes accordingly.

I am not a victim of my DNA. My DNA Is the victim of my belief system.

When I no longer believe that I am a victim of my DNA, my DNA is no longer a victim of my belief system.

I did not inherit my DNA, I inherited the belief system that forms my DNA.

My DNA Is my 'cellular brain'.

It is a processor that is reprogrammable.

What I believe to be true becomes my reality.

Innersense & Innocence

January 9, 2013

Innocence is the gender opposite of guilt.

It is my female energy of naivety, modesty, humility, humbleness, pleasing, meekness & patience.

It is without my male energy that makes me guilty of being righteous, proud, arrogant, greedy, wrathful & angry.

I am judged to be guilty or innocent by virtue of the gender of my energy.

Innocence may be judged to be a virtue but it is far from being a divine attribute.

Innersense is a divine attainment.

The attainment of Innersense requires all three intuitive senses of seeing, feeling & knowing.

It requires three divine attributes of being Good, being Gentle & being Graceful.

When I feel the power of my grace, know the authority of my gentleness and see the ability of my goodness, I attain Innersense.

My Innocence is 'in no sense' divine. My Innersense is 'inner sent'.

Innersense is my power to be Happy & my authority to be Well.

Being guilty of my innocence disallows my Innersense.

A Universal Multiverse

January 8, 2013

A Universe is the collective name for the One Version of Everything.

It is All That Is – the All of Everything.

Everything that there is, is contained within the one version of everything that is our Universe.

A Multiverse is the name given to multiple versions of Reality existing together within the same Time-Space-Continuum.

This creates a paradox & a dilemma.

Therefore: Is our Universe a universe or a multiverse?

Is our Universe one of many or are there many versions of our Universe?

The answer to every question is Yes!

There is by definition only one Universe.

However, there can be a definite number of individual & unique perspectives of that one universe due to the infinite nature of Space and the eternal nature of Time.

Time-Space-Reality is Universal.

Our Universe is a Time-Space-Reality.

Individual perspectives of our time-space-reality are multi-versal.

Multiple perspectives create multiple versions of reality.

A Universal Multiverse is an oxymoron but a Multiversal Universe is a distinct probability.

The Three Principles

January 7, 2013

A Principle is a personal belief.

I have three levels of belief, therefore, I have three principle levels:

The level of my Sub-conscious Mind, I call my Id.

The level of my Conscious Consciousness, I call my Ego.

The level of my Super-conscious Thought, I call my Entity.

My sub-conscious mind runs programmes.

My conscious consciousness acts on my beliefs.

My super-conscious thought expresses my truth.

My sub-conscious mind has options.

My conscious consciousness has choice.

My super-conscious thought is chosen.

My sub-conscious mind has emotional needs.

My conscious consciousness has a passion.

My super-conscious thought has true values.

My three levels of consciousness allow my three principle perspectives.

They connect Me, My Self & I.

Four Types of Selfishness

January 6, 2013

Old Fashioned Selfishness is the bigotry of my avarice, hubris & wrath.

Selfishness is the arrogance of my pride, greed & anger.

Unselfishness is the humbleness of my humility, meekness & patience.

True Selfishness is the Providence of my Acceptance, Allowance & Approval.

I cannot accept my hubris, pride or humility as my providence because it is a problem.

I cannot approve my wrath, anger or patience as providential because it is a pain.

I cannot allow my avarice, greed or pleasing as being provided because it is a fear.

Tolerating pain, fear & problems is never on my Truly Selfish path.

Approving, Allowing & Accepting my path is the Destiny of my True Self.

The Greatest Gift

January 5, 2013

The Greatest Gift that I can give to another is: “To need me for nothing”.

When someone has nothing that they need, they are connected to Love.

When they are connected to Love, I can share my Love with them.

When another needs me for something, they have an emotional attachment to me.

With an emotional connection to my Soul, I have no need of an emotional attachment to another.

An inclusive attachment is my attestment of what I need from another, which disconnects my Self from my Source.

The greatest gift that I can receive is the love of my Soul for my Self.

The value that I receive from another person meeting my emotional needs is a consolation prize, never a great gift.

When I am connected to Source, there is nothing that I need and I am able to share this greatest gift with another when there is nothing that they need.

A Gift Of Love

January 4, 2013

Love is a Gift.

Love is always present.

Love is a gift from my Soul to my Self in each present moment.

I just have to allow my Self to receive my gift.

When I am connected to my Soul, I receive a gift of Love.

My Soul loves my Self being connected.

Disconnecting disallows my gift.

I cannot give a gift of love unless I am able to receive a gift of love.

Whenever I need a gift of love, I am disconnected from its source.

My need for love disconnects me from the source of love – my Soul.

Only when my emotional needs are met and I no longer need love can I connect to the source of my love.

I cannot receive that which I believe that I do not have.

I require emotional power to connect to my source of emotional power.

When my emotional power is present, my gift of love is presented.

Growing Pains

January 3, 2013

Personal Growth occurs beyond the boundaries of my comfort zone.

Pain, or discomfort, is therefore an inevitable constituent of personal development.

When I see the value of my personal development & growth, there is no suffering.

I suffer only from being stuck, not growing and not seeing the value of my development.

Growing never pains me.

I am never a victim of my own development.

Releasing my pain allows my growth.

Suppressing my pain leads to more suffering.

The more that I suppress my pain, the more that my pain grows.

My pain endures when I fail to endure my pain and release it.

I cannot release my pain without feeling it being released.

When I face my pain, I confront my growth opportunity and take one more step to becoming pain-free.

Painful experiences are required to become painless before they can be pain-free.

I Don't Give A Damn

January 2, 2013

I Don't Give A Damn!

A Damn is something of no value.

Why would I choose to give anything of no value?

I do not choose to receive a damn.

It has no value to me.

A damn is not a blessing, but a curse.

I do not damn another, nor do I curse another by giving them a damn.

When I don't give a damn, I am unconcerned and I am not bothered.

When I am unconcerned, I am problem-free and fear-free.

When I am not bothered, I am accepting of life and I am toleration-free.

I allow all others to walk their own path without damnation or judgment.

I simply observe their fate and their victimhood as not being mine.

I approve their path as theirs with sensitive detachment.

I'll be damned if I don't!

Empathy

January 1, 2013

Empathy is sharing the same path as another.

Empathology is the study of one's path through the experience of another, who is following a similar path.

I follow my path with emotional awareness.

My emotional path is my 'empath'.

I follow it with empathy when I share it with another.

Being empathetic is an emotional state of being, which is not rational and never irrational.

My empathetic path is followed with an awareness of my emotional intelligence.

Being pathetic is being unaware & unemotional, disconnected, lost & confused.

When I am following my path with awareness, I allow others to follow their path with empathy & understanding.

I am empathetic to the familiar path of another.

Empathy is inherent in spiritual families.

The Alpha Female

February 28, 2013

The Alpha Female is an oxymoron.

Alpha Male energy is superior, arrogant & assertive.

When a female is asserting her superiority, arrogance & assertiveness, she is expressing the characteristics of her male energy. She is acting the role of an alpha male.

Displaying the characteristics of an alpha male makes you an alpha male, irrespective of your masculine or feminine sex.

Male or female gender of energy is not masculine or feminine sex specific.

Alpha female describes the gender of the energy not the sex of the person. Physical human beings have a masculine or feminine sex determined at their birth.

Emotional Energy has a male or female gender determined by its physical expression.

Female human beings are as able to express male emotional energy characteristics as well as male human beings can.

Alpha Male is a description of one's character based on one's beliefs and one's personality based on one's emotional needs.

Personal beliefs and emotional needs are not gender specific.

The only belief that is sex specific is whether I believe that I am a girl or a boy.

The Gateway to Singularity

February 27, 2013

The Gateway to Singularity is a black hole.

I cannot enter the singularity as a physical human being, nor would I want to.

The Singularity is where relative duality ends and absolute reality begins.

From the opposite perspective, it is where absolute reality is divided and relative duality begins.

Relative dual reality starts & ends at the gateway to singularity.

It is where matter is formed from energy and where matter returns to energy.

A black hole creates the formation of a galaxy.

There is only one singularity, yet there are many black holes.

Black holes are a portal in the fabric of space-time-reality.

They are points of infinite energy that connect us to the ether.

They are positive points of attraction around which matter forms and galaxies formulate.

A black hole appears to have infinite mass. This is because Singularity has infinite mass. Singularity has the potential to create infinite mass.

Is this Oneness of All that Is, with the infinite potential to create form, the gateway to God?

Is God A Black Hole?

February 26, 2013

The Singularity at the centre of our Milky Way Galaxy is a Black Hole. It is where the laws of science and the physical world cease to exist. It is where infinity & eternity becomes evident and relativity is no longer apparent.

A Black Hole does not destroy matter, it allows matter to be created. Without the existence of a Black Hole no matter could form, no galaxy could exist.

Our galaxy formed around the black hole at its centre.

This black hole is the energy source of our material galaxy.

It gives life to the galaxy in the same way that our Sun gives life to our planet Earth.

Galaxies do not disappear down black holes, they rotate around them.

At the centre of a black hole is the singularity of Oneness.

The singularity is the Source of the Galaxy.

The continuous reality of Oneness is infinite space & eternal time.

It is omniscient, omnipotent & omnipresent.

It allows infinite possibilities to manifest from its infinite potential.

Is this the pure Energy that is called God? The Creator of our Physical world.

Taking Advantage

February 25, 2013

Taking Advantage is the belief that 'giving & receiving' can be out of balance.

When I take or receive more than I give, I create an advantage for my Self.

People who need to be superior or better than others always seek to take any advantage that they can.

Taking an advantage can be seen as being greedy or arrogant.

This belief may stop me taking advantage of my allowance.

Not taking advantage of my allowance disallows my providence.

The Universe through the Law of Attraction is forever self-balancing.

Whatever I give will be received.

Whatever I do unto others will be returned to my Self.

I just have to take advantage of every opportunity to give as well as to receive.

Taking advantage is always to my advantage as long as it is never to the disadvantage of another. When I disadvantage another, I am being selfish.

When I allow another to disadvantage myself, I am being unselfish.

When I take advantage of every opportunity in my life, I am being truly selfish.

Do Great Minds Think Alike?

February 24, 2013

Great Minds have unique thoughts.

Great Minds share thoughts.

Great Minds are intuitive.

Great Minds communicate mentally.

Great Minds follow an exclusive path through life.

Great Minds define an Individual as a Great Mind.

Great Minds know their own Identity.

Great Minds have different personalities & characters.

Great Minds are never stereo-typical or type-cast.

Great Minds have their own vision, mission & purpose.

Great Minds are required to fulfil their own Destiny.

Great Minds have no blue-print to follow.

Great Minds know their source of power & authority.

Great Minds think differently!

The Problem with Personal Development

February 23, 2013

The biggest problem with Personal Development is problems – personal problems.

Problems inhibit my personal development.

Problems explain why I am not developing personally.

Tolerating problems depletes emotional energy, which hinders personal growth.

When I am flowing with emotional energy there is no problem.

Problems highlight my resistance & my stuckness and define my reasons for not developing.

The next biggest problem with personal development is problems – other people's problems.

All the time that I am trying to solve other people's problems, I am missing my opportunities for my own personal development.

Coaching is not about solving problems nor is it about finding solutions.

Coaching is the Art of Personal Development and the opportunity to experience flow, balance & beauty in life.

The Problem With Solutions

February 22, 2013

The Problem with Solutions is that the problem is dissolved within the solution.

The problem is that when the solution evaporates, the problem reappears.

Solutions do not make problems go away, they just make them disappear temporarily.

A problem is my negative perspective of whatever is occurring.

Seeking a solution crystallises whatever is occurring as a problem.

Problems crystallise from solutions in the same way that salt crystals form in brine.

Crystal clear thought sees only opportunities, never a problem.

Impure thinking creates clouds of problems seeking solutions in which to be dissolved.

Pure thoughts flow like a mountain stream not a Dead Sea.

Raising My Vibration

February 21, 2013

Raising my Vibration means raising the quality of my energy vibration. It requires emanating a purer vibration or vibrating at a higher state of being. The quality of my energy is determined by my personal attributes & attainments.

Wavelengths of attributable energy are relative to the frequency of states of being attained. The purer the wavelength & frequency of my energy, the higher the quality of my vibration.

Raising the intensity of my energy lowers the quality of my vibration. Intensity is relative to gender & polarity, not frequency & wavelength. When frequency is divided by polarity and wavelength is divided by gender, my vibration is divided and therefore depleted by its intensity.

It is the attainment of a neutral balance that raises the quality of my vibration, not the intensity of the dramas that I am experiencing.

My life dramas allow my lessons to unfold.

A lesson is always an opportunity to balance the frequency of my thought with the wavelength of my emotion and take the opportunity to raise my Vibration to a purer level, by choosing a better state of being to be.

Being In The Zone

February 20, 2013

Being in the Zone is not being in my comfort zone.

It is being in my Zone of Opportunity.

The only opportunity present in my comfort zone is the opportunity to be comfortable.

Comfort being an opportunity requires the experience of discomfort.

When opportunity flows effortlessly in my reality, I am in the zone.

An effortless flow of reality requires my being in the present time of now and the emotional gap of space.

In the gap of space, I connect to the magnitude of my emotional power.

In the now of time, I connect to the force of my mental authority.

In the flow of reality, I connect to the potential of my physical ability.

When my personal space-time-reality is in balance, I am Being in the Zone of Opportunity.

A Shift

February 19, 2013

In Personal Development terms, a Shift is a permanent change of perspective.

When I make a shift in my perspective, I see life in a different way.

When I see life in a different way, my reality changes accordingly.

My perspective creates my reality.

Changing my reality requires a shift in my perspective.

My perspective is the creation of my beliefs. What I see to be true, I believe to be true.

What I believe to be true becomes my perspective of life.

Shifting my perspective requires me to challenge and change my beliefs.

I cannot shift a belief by believing it to be untrue.

What I focus on forms the basis of my belief whether I believe it to be positive or not.

I make a shift by changing a current belief for a new belief, an old truth for a new truth, my present reality for a new reality and my past perspective for my future perspective.

How I see my future is directly relative to what I believe to be true in each present moment of my reality.

I can only change my future by making a shift in my present perspective of my past experiences.

A Pleasant Peasant

February 18, 2013

A Peasant is an appeasing & humble person.

They historically appease the arrogance of their ruling nobility.

They please the greed of their lords & masters.

A peasant is inferior to the superiority of the court of a monarch.

A Pleasant person pleases others.

An unpleasant person displeases others.

Pleasant people are humble & pleasing.

Arrogant, greedy, superior people do not need to be pleasant.

Nor do they consider themselves unpleasant.

Nor do they consider themselves peasants.

It is the peasant who considers the ruling classes to be greedy, arrogant, superior & unpleasant.

Yet still the peasant pleases & appeases like a good humble servant.

Revellers

February 17, 2013

A Reveller is one who Reveals.

One who reveals a revelation revels in the revealing of that revelation.

The elation of the reveller is revealed by the revelation.

A New Age Reveller revels in the revelations revealed in the new Age of Aquarius.

A New Year Reveller celebrates the birth of a new year and the death of a past year.

A New Age Reveller revels at the opportunities that a new year offers.

To the unawakened, unaware & disconnected revellers, the new year is a good excuse to party and imbibe alcohol & drugs, which further dull their sense of being lost, confused & frustrated.

They awaken only to a new day, with a hang-over from the previous year without any elation or revelation.

To the awakened, aware & connected Reveller, every new year, new month or new day reveals an opportunity for the further expansive development & growth of their Soul.

Daily revelations allow a New Age Reveller to orient their life along an effortless path of valuable opportunity, on the personal journey of their own unique destiny in these new enlightened & revealing times.

Super-Vision & Supervision

February 16, 2013

Super-Vision is my ability to see intuitively.

My super-conscious intuitive imagination is able to see the bigger picture of my life.

When I super-vise my life, I oversee my life from a higher perspective.

As the overseer of my life, my super-vision is focused directly on my path and my provision.

Supervision is the task of ensuring that other people perform to a preset standard.

I supervise others to ensure that they are following the path that has been laid down for them to follow.

A Supervisor oversees the tasks of others to ensure that they perform to an appropriate standard.

With super-vision, I allow my own path to flow to my Self.

With supervision, I disallow my own path in favour of the path of another.

Regulation

February 15, 2013

Regulation is standardisation.

It is regulating action to conform to one standard.

It is a standard of performance defined within one standard operating procedure.

A regulation ensures the same regular consequence or result.

To ensure conformity, regulations become rules that are enforced by laws.

Individuals are made to conform to the laws, rules & regulations of their governors, teachers & principles.

Regulation is a society or community standard, or a standard of one individual, imposed on all others.

When a moral, a principle, an ethic or any other organisation's standards are regularly enforced, they become a regulation.

Regulations restrict my freedom of experience and my freedom of expression.

Regulation inhibits flow, creates entropy and is resistant to expansive change & growth.

The Two Prime Motivators

February 14, 2013

There are Two Prime Motivators:

1. Fear

2. Need

The carrot is a symbol of what I need and the stick symbolises what I fear.

I am either motivated by fear or I am motivated by need.

I am motivated to avoid whatever I fear and to get whatever I believe that I need.

I am never motivated by love, only my need for love.

When I have enough love, I am empowered to do what I truly value.

I do not need motivation to do what I truly value because I am already empowered.

I am motivated primarily to do what I sub-consciously believe that I need to do to get my emotional needs met.

I am also motivated to avoid doing whatever I sub-consciously believe is not good for me.

I am motivated to either do or not do whatever I fear or need by either a carrot or a stick.

Being Rude

February 13, 2013

Being Rude is not a state of being.

It is not a personal attribute.

It is an objective criticism & judgment of another.

I never judge myself to be rude.

Rudeness is an alleged lack of manners, which conflicts with another's boundaries.

It is behaving in a manner that another finds unacceptable.

My manners are my standards of behaviour that have been given to me by other people.

I learn to behave in a manner that is acceptable to the people in my class of society.

I have been taught the principles of my family, the morals of my church, the ethics of my teachers, and the laws of my governors.

These constitute the rules of my society and determine the manners with which I behave and the manner in which I misbehave.

When I renounce the standards & boundaries, which have been given to me by others, in favour of my own core beliefs, I overcome the judgement and the conviction of others that I am being rude.

Head & Heart

February 12, 2013

Choosing between my Head & my Heart will always get me lost.

When head & heart are a duality, I will get confused.

When heads & tails are a duality, the chances are that I will lose.

When I chase my tail, I will go around in circles.

When I follow my head, I will meet resistance and problems that require solutions.

Following my heart is the third way between choosing heads or tails.

I can only follow my heart when my head is in alignment.

I cannot follow my heart without my head's agreement.

The power of my heart requires the authority of my head to be in alignment with the Mind of my Soul.

Only my head knows when my heart feels good.

The Heart of my Soul always has a Mind to be Good.

Thy Will Be Done

February 11, 2013

Thy Will is Soul's Choice.

Thy is the Lord, my Soul.

My Soul's Choice is followed when I choose it.

Choosing my Soul's Choice allows Thy Will to be done.

Thy Will is empowered.

The will of my ego needs will power.

When I need will power to overcome resistance, it is not Thy Will being done but my ego's will.

My Soul will not empower the will of my ego Self.

My divine power is aligned only with my divine authority.

Choosing the authority & choice of my Soul is divine.

The choice of my ego is only authorised when it is inspired & empowered by Thy Will.

Thy Will be Done when I choose it my Self.

Soul'll Fix It

February 10, 2013

My Soul'll Fix It for me when I allow it.

When I am stuck, lost, confused or frustrated, I can allow my Soul to fix it for me.

The reason that I am stuck is that my ego believes it will fix it.

The will of my ego self is not always flowing with the choice of my Soul.

When my will is out of alignment, I will get stuck because life is not flowing and I am using will power to overcome the resistance that I am experiencing.

I get stuck when I run out of will power.

Soul'll fix it for me whenever I ask.

If I don't ask, Soul can't reply.

When I don't ask, I don't allow.

Asking allows my path to effortlessly unfold.

My Soul's choice always manifests effortlessly when I allow it to.

When at first I don't succeed, I stop trying and I ask my Soul for a better perspective and a better way.

The Gap in Space

February 9, 2013

The Gap in Space is the source of my creative power.

My creative power requires the attainment of:

Gratitude

Appreciation

Praise

When I am praiseworthy of all my past experiences, I know that I have taken all my opportunities in life.

When I am in gratitude for whatever is occurring in my present moment, I know that it is a present and a gift.

When I am in appreciation of my expansive growth opportunities, I know that my growth will continue to develop in the future.

I always have the potential to consciously expand & grow.

Gratitude, Appreciation & Praise allow my power to fulfil my potential.

The Gap in Space is there for my Soul to expand into.

I am required to fulfil that gap my Self.

Praise

February 8, 2013

Praise is my gratitude & appreciation for my past experiences and learning opportunities.

I praise that which has given me an opportunity for growth in my past.

I praise my parents for the path that they followed.

I praise my teachers for the lessons that they offered.

I praise my employers for the opportunities they presented to me.

I praise my partners for the growth opportunities they showed me.

I praise my Soul for my providence and my allowance.

Praise be to the Lord!

I praise my Self for being here right now and in each present moment that has passed.

I am in gratitude for this moment and the presence that I have attained.

I am in appreciation on my path of future development & spiritual growth.

I am in praise of my wonderful perspective of life.

The Player

February 7, 2013

The Player is an active Observer of Life.

The Observer is a passive Player who sees the bigger picture of Life.

The Spectator is a passive non-participant who watches the little pictures in life.

The Participator takes a part in the action and acts out the dramas.

The Competitor is a participant who takes part in order to be better than their opponents.

Competitors play to win.

Participants play to take part and share the action.

Spectators watch the action.

Observers choose to stay out of the drama so that they can better see whatever is occurring.

Players actively enjoy playing the Game of Life.

Assertiveness

February 6, 2013

Assertiveness is the ability to assert one's authority over another.

It is also the ability to assert another's authority over another.

It is how I successfully influence another to do what I want them to do.

Assertiveness has become a recognised and trainable management skill.

It is authorised manipulation and bullying.

Assertiveness is professional arrogance.

The more assertive I am, the more arrogant I am.

Successful leaders do not have to assert their authority.

Followers follow successful leaders because of their apparent authority.

When authority is apparent and evident, it does not have to be asserted.

Managers need to assert their authority when it is neither recognised nor respected because it is neither apparent nor evident.

The presence of clarity & direction allows authority to evidently appear and be recognised & acknowledged by its followers.

Expressing Gratitude

February 5, 2013

Expressing Gratitude and saying thank you are not the same thing.

I can express my gratitude without saying thank you and I can say thank you without expressing any gratitude.

Even though I am taught to say thank you, I have to learn to express my gratitude.

A thank you is a statement of receipt.

Gratitude is the emotional state of being Accepting.

A thank you, that is a have to, is a toleration that expresses disdain not gratitude.

Learning to express gratitude is essential to my personal development.

Expressing gratitude for what I have puts more of what I have into my future.

I may say thank you for what I receive.

I express gratitude for what I have accepted.

When I express gratitude for my life, I recognise and accept the miracle that is my life.

My life always offers my Self the opportunity to express my gratitude.

A Mission

February 4, 2013

A Mission is a journey to Planet Earth for an individual life-time.

My mission starts at birth and ends when I die.

If I am still alive, I am still on my mission.

My mission allows me to fulfil my purpose of living my vision.

Without the clarity of my purpose and the direction of my vision, my mission becomes lost, confused and very frustrating.

When I am 'on a mission', my opportunities flow effortlessly to me.

My mission is to live in this world in full conscious-awareness of my power, and my authority to use my power to its fullest ability.

The authority to use my potential power enables the effortless attainment of my mission.

I am still exploring, discovering & experiencing the personal attributes that allow my journey to proceed without resistance.

My mission is not my physical development, which happens whether I choose it or not, but my spiritual growth.

My Spiritual Growth is the expansive realisation of the infinite potential of my eternal Soul.

A Purpose

February 3, 2013

My Purpose is the reason I am here in physical existence.

The reason I am physically here is to experience who I really am.

Who I am being is my Beingness.

My purpose is to experience my Beingness.

Without the opportunity to be my Beingness experientially, I am unable to expand my Consciousness.

My life's purpose is to experience the particular states of being that I have particularly chosen for this lifetime.

There are so many possible different roles and states of being to experience that I can fulfil many lifetimes in the pursuit of who I choose to be.

Physical Life fits the purpose of allowing my Self to experience any state of being that I choose.

It allows me to experience the reason for my purpose and the meaning of my purpose all at the same time.

My purpose is to experience my meaning with reason by being purposeful, meaningful & reasonable in all my chosen states of being.

A Vision

February 2, 2013

My Vision illuminates the life path of my destiny.

With no clear vision, I will follow the path of my fate.

My Vision is the covenant that my Soul has made with my Self.

It is the reason that I am manifest in this physical world.

My covenant is the expansive growth of my Soul.

My vision is how I will co-operate in that covenant, my Self.

A Vision allows an awakened Self to navigate their chosen path effortlessly.

It is my authority to flow without resistance along the path of my Soul's choice.

With the clarity & direction of a Vision, my path is authorised, my needs are answered and my path is never in question.

Attaining Approval

February 1, 2013

Attaining Approval is overcoming the need for approval.

Overcoming the need for approval means always having approval.

Always having approval requires being approving of one's Self.

I cannot disapprove of another and approve of my Self.

I just get lost in duality.

I cannot approve of another and disapprove of my Self.

I get just as lost in duality.

Overcoming the duality of approval & disapproval requires my forgiveness of no longer being judgmental.

When I approve of another's authority to follow their own path without judgment, I attain the state of being approving.

When I approve of my own authority to follow my own forgiven path, I attain the approval of my Soul.

Only when I share the approval of my Soul can I be truly approving of my Self.

Receiving

I Receive whatever I am given.

Unless that is, I refuse it.

I refuse what I believe is of no value to me when I consider it to be rubbish.

Everything that is given is not always gratefully received.

Many things that I receive are a toleration.

Tolerations are a problem.

In my unawareness of my opportunities in life, I receive many problems & challenges.

Life is a continuous stream of opportunities

March 31, 2013

Owing

Owing is a state of being in debt.

I owe a debt when I am given what I believe that I do not have.

When I owe a debt, I believe that I have to repay what has been received.

I cannot fulfil my potential from a perspective of being in debt.

There is nothing that I owe to anyone.

I am never in debt to my Soul.

When my Soul is my sole provider, I am never in debt to another.

There is nothing that I owe my Soul.

When I owe a debt of gratitude to my Soul, I am expressing my gratitude and there is no debt that I owe.

I cannot be in gratitude and owe a debt of gratitude.

My Soul is 'all owing' of my credit for my Self.

March 30, 2013

Accepting

Accepting is a state of being in gratitude and appreciation for what ever is occurring in my life. It is a knowing that whatever is unfolding in life is an opportunity for my development & growth. Unless I am developing & growing spiritually, I may decline whatever is on offer.

I can be accepting only when I accept my opportunities for spiritual development. Being accepting is seeing whatever turns up as an opportunity for spiritual growth.

I can accept what is occurring as an opportunity for growth or I can choose to receive it for a different reason.

I do not always receive everything in life as a gift. I do not always accept life as a gift.

I always accept the gifts that I am given in life.

What I cannot see, I cannot accept with gratitude.

I may choose to reject it or receive it and tolerate it and choose not to be accepting of it.

To be truly accepting of life requires my Self to be both approving & allowing at all times.

March 29, 2013

Allowing

When I am Allowing of my Soul's allowance for my Self, I allow everything to flow effortlessly into my life.

My Soul provides everything that I need for my journey of a life-time.

There is nothing that I owe and no debt to pay as everything is provided by providence.

Providence provides when I allow providence to provide my allowance.

When nothing is provided there is nothing that I need, so that is what providence provides – nothing. Providence provides nothing when I disallow my provision.

I have free choice to accept or deny my allowance.

When I disallow my allowance, I allow nothing to appear.

There are times in my life when nothing is very beneficial.

Learning to receive nothing with gratitude can be a great challenge.

When there is nothing that I want then I have everything that I need and my gratitude allows that state of being to continue.

March 28, 2013

Approving

Approving is a state of being content with my state of being.

I am approving when I am Happy with who I am.

When I am joyful & fulfilled, I am content with my state of being and approving of who I am.

I approve of my emotional power when I am being approving.

I have nothing to prove, there is nothing to improve and I have no need to improvise, when I am being approving.

Who I am is an expression of my emotional state of being.

When I approve of my emotional state of being, I am being approving of the state of my emotions.

When I state my emotions in an approving way, I am being approving.

When I can state my emotions, I can choose my emotional state and I can express my emotion of choice in an approving way.

I approve of my power to state my emotions at choice and to express my emotions with awareness.

March 27, 2013

Proving, Improving & Approving

Proving is a process of discovering the truth and becoming good. We are born into an imperfect world where we learn to improve.

Improving is a process of getting better on my way to becoming good.

I am an imperfect Being experiencing an improvised life trying to prove who I really am.

I am continually trying to prove that I am better than I am.

All the time, I am being the best that I can be given the present circumstances.

The belief that I am not good enough creates my need to improve and my need to be better.

In a world where all possibilities exist, I am confronted daily by my potential to be better than I am currently being.

My challenge is not to prove how good I can be but to approve how good I already am.

In my disconnection from my Soul's approval of my Self, I seek to prove myself and improve myself to gain the approval of others.

From my Soul's perspective, I do not need to prove my Self, nor do I need to improve my Self, I just need to be approving of who I really am.

March 26, 2013

Acting

Acting is the art of expressing one's emotions.

It is the art of connecting to the action through an emotional attachment.

It is experiencing the reality of a drama.

It is a dramatic re-enactment of life.

It is expressing the personality of a character.

Emotional expression has become a dramatic art in our rational scientific world.

Real life is defined logically with rational science, whereas artistic emotion is seen as the role of an actor.

Overly emotional people are seen as drama queens.

Our society has separated acting from real life action.

However, life is not real without the drama of emotional reaction. We are all actors on the stage of life.

We are all acting out the role of our individual character, with our own personality and our own particular attachments to life that create varying degrees of drama.

We are all realising the reality of our actions. We are all acting out our actions with varying degrees of emotion.

March 25, 2013.

A Gene

A Gene is a fundamental unit of personal character.

My genes determine my character.

My beliefs determine the character of my genes.

My genes hold the blueprint of my reality.

My reality is what I experience to be true.

When I change my beliefs, I change my truth, I change my experience, I change my reality and I change my genes.

My genes change as I alter the blueprint of my reality, which are my beliefs.

My genes are personal to me.

I have a unique and exclusive set of genes that determine my individual character.

Many genes are common to all humans and many genes are common to other organic forms.

The differences in my genetic make-up not only make me a human being but also define my personality & my character.

I inherit my genes, I inherit my beliefs and I inherit free choice, which allows me to change both.

March 24, 2013

A Personal Meme

A Personal Meme is an oxymoron.

Memes are not personal to an Individual.

They are common to a society.

A society is a collection of Individuals.

When a collection of Individuals holds the same belief, it becomes a meme.

A meme is not a collection of beliefs. A collection of memes is called a culture.

Memes determine how a culture grows. They are the blueprint for the growth of an Individual that is determined by a society. People do not have an individual culture. They adopt the culture of their adopted society.

I can be born into a society and adopt their culture as mine, or I can abandon my inherited culture and adopt a new society.

I adopt a new society by adapting to their culture, beliefs & memes.

Having adopted my cultural memes, I may own them but they are never unique and exclusively mine.

March 23, 2013

A Meme

A Meme is a fundamental unit of cultural meaning.

It is a cultural belief that defines that particular culture.

It may be a generally held belief, a matter of public opinion, or a hard and fast conviction.

I define the meaning of a culture with a meme.

Without meaning or purpose, a culture has no culture and no foundation for truth.

Memes evolve with time.

As a culture matures and grows, it changes its standards and the beliefs that underpin those standards.

The beliefs that form the foundation of a society's culture are the memes on which it is founded.

The foundation of any society is based on the memes that form its cultural belief system.

A meme is created when a society as a whole shares the same belief.

A meme is a belief that a society believes to be true.

March 22, 2013

The Void & The Gap

The Void is my absence of emotional power.

When my emotional energy is depleted, I experience the void, an empty pit in my solar plexus.

The void is a place to avoid. It is a descending vortex of negative emotion that sucks you in and holds you under its influence. It is a black hole from which no light can emerge.

The void is a creation of my sub-conscious fears that create my emotional needs and my experience of scarcity & disconnection.

The void is my emptiness. The Gap is my Fullness. The Gap is my source of emotional power.

When my emotional energy is inspired, I am in the Gap.

A gap of e-motion is experienced as the Greek 'Agape' or Abundant Love.

It is the 'Space' that contains infinite potential in its magnitude of omnipotent power.

It is my allowance & my providence that allows my spiritual growth. The Gap is the energy that holds all matter in form.

Whether I am disconnected from source and falling in a void, or connected to my power and ascending in the gap is a matter of my own perspective & choice.

March 21, 2013

Having Enough Love

Having Enough Love requires having enough emotional power.

When I seek the source of my emotional power outside of my Self, I will either have too little or too much.

When the intensity of my emotional vibration is either too high or too low, I am disconnected from my true source of emotional power.

The true power of Love is in its purity.

Power & intensity are not the same thing.

The intensity of love is the product of its gender & polarity.

When Love is divided by either gender or polarity, it is neither abundant nor enough.

When I connect to the source of emotional power within my Self, I always have enough Love.

True Love comes from within not without.

When I go without for love, I go without Love.

Love is abundant and when I connect to my abundance, I always have enough. Having enough love is the secret of Happiness & Well-being.

March 20, 2013

My Come-Uppance

Whatever occurs in my life is my Come-Uppance.

Whatever comes up in my life allows my choice of perspective.

I can see whatever turns up as a problem or can see it as an opportunity.

I attract whatever turns up in my life.

My come-uppance is aligned with the Golden Rule and delivered by the Law of Attraction.

I can see my come-uppance as attractive or unattractive, as positive or negative, or as good or bad for me.

I can choose whether I want it or not.

I can choose to accept it or reject it.

My come-uppance is always a gift.

Although, I may perceive it to be a punishment.

Whether I am being punished by my come-uppance or whether I see it as a gift is purely a matter of my own perception and perspective of what is unfolding is my present experience.

March 19, 2013

Spiritually Open

By the age of 5 years most children have closed down their awareness of spirit.

They have forgotten their spiritual origins and lost their spiritual awareness.

They have learned a physical perspective of life and experience their life through 5 physical senses only.

Their intuitive senses have become lost.

A few children do choose to remain spiritually open.

They remain aware of their spiritual origins and connected to their intuitive spiritual senses.

They see the world from a spiritual, energetic perspective rather than a physical, material perspective.

Keeping one's spiritual awareness of energy open makes it very difficult to ground this energy in the physical world.

It is for this reason that mostly children choose a purely grounded existence and forget their spiritual nature in favour of their physical nature.

At school, the education system discourages intuition in favour of rational logical thinking.

Intuitively open spirituality is not acceptable in rational learning institutions of main stream education.

Religious theology is in no way comparable to intuitive personal spirituality.

March 18, 2013

Quixotic

Quixotic is being like the fictional character Don Quixote. Don Quixote is a fictional Spiritual Warrior from Spanish Literature.

By allowing his horse to guide him on his journey, he connected to his intuitive inner guidance.

By accepting whatever turned up each day, he learned to follow his own unique destiny.

Quixotic means following one's own intuitive path through life.

It is accepting the spiritual quest of one's Soul.

It is confronting and slaying the dragon, or the windmill, of one's own ancestral programming.

It is flowing instinctively with one's own effortless path through life.

Quixotic is breaking the fateful attachments of a traditionally inclusive path in favour of our own exclusive destiny.

The chaotic character of a Quixotic Traveler always displays divine order to a Spiritual Observer.

March 17, 2013

Babylon

Babylon is the Biblical Garden of Eden.

Between the Tigris & Euphrates rivers, that flow through a barren desert, sprung the seed of human civilisation.

The rivers of Babylon provide water for the earth.

Human life provides the fire that springs from the water of earth.

To complete the Garden of Eden as a heavenly existence requires the air of Spirit. With water, fire & air, earth is complete heaven.

Air is the spirit of Man that creates an oasis in the desert.

It is the evolution of Man's spirit that survived the desert and found safety & comfort in the Oasis of Babylon.

Safety & security provide a comfort zone that is a boundary to further spiritual development.

The evolution of the spirit requires a journey, beyond the safety & comfort of Babylon, that returns to the desert.

Our human origins are in Babylon the cradle of civilisation.

Our spiritual origins are to be found in the desert.

In the desert I will find Avalon.

March 16, 2013

My Journey through the Desert

The Desert is an essential part of my journey to enlightenment.

It is where my attachment to physical life becomes sensitively detached.

It is where my connection to spiritual awareness occurs.

The desert symbolises my journey beyond the safety & security of physical life.

It is not a journey back into an age of survival.

It is the gateway to a new age of awareness.

The awareness of a personal creative potential requires a blank canvas on which to display my artistry.

The Desert is that blank canvas in which I create my personal oasis.

It is the 'earth' to which I add the 'fire, water & air' of elementary creativity.

It is where I find clarity, direction & presence in a lost, confused & frustrated world.

It provides the outer peace that allows the discovery of my Inner Peace.

March 15, 2013

Sleeplessness

I do not consciously choose to go to sleep.

Sleep is an unconscious choice. It is the experience of losing consciousness. I can consciously choose to stay awake, for a limited period, but I cannot choose to go to sleep. Sleep is an unconscious choice that has my conscious agreement. Sleeplessness is also an unconscious choice. Sleep requires the agreement of all the unconscious aspects of my Self.

My sub-conscious Self chooses sleeplessness when it is too busy processing a problem. When I am challenged by my problems, I may sleep less than I consciously choose to.

My super-conscious Self chooses sleeplessness when it has important revelations for me. Whilst either my sub-conscious or super-conscious mind remains active, sleep is not a conscious option. All three aspects of my mind are required to be in agreement for sleep to effortlessly occur.

A sleepless night is not an option when all three minds are in balance, equanimity and inner peace.

March 14, 2013

Mental Fatigue

Mental fatigue is due to frustrated thinking.

Mental frustration is my inability to process my thinking satisfactorily.

It is the experience of an unsuccessful mental process.

When my mental processing is frustrated, I get mentally fatigued due to my inability to formulate a clear direction.

My frustration & fatigue is caused by the resistance that my processor experiences due to a fear or limiting belief.

Pure thoughts experience no resistance as they are empowered with inspiration.

Impure thinking is the consequence of false beliefs, which will always cause resistance, entropy & frustration.

I get tired of following the same inconclusive beliefs and failing to achieve my true objectives.

My fatigue is mental, yet my tiredness is emotional.

I use will power to overcome resistance and I become emotionally tired when I lose the will to continue. It is my ego's will that powers my frustrated authority and causes mental fatigue. My Soul is never tired, fatigued or frustrated.

March 13, 2013

Being Tired

As a Physical Human Being, I experience being tired as a physical experience. Yet all states of being are an emotional experience. Being tired is an emotional experience.

It is experiencing an emotional lack of power.

When my emotional energy needs recharging, I become tired. I get tired chasing my need for emotional energy.

I am not tired when I have enough emotional energy.

I am never tired when I am doing what has true value for me. I sleep in order to recharge my emotional energy.

My physical energy comes from my muscles.

Like any physical 'engine', my muscles run continuously until I run out of fuel.

When I run out of fuel, my muscles stop working.

It is only in a state of complete exhaustion that all my muscles run out of energy together.

My heart is a muscle that never gets tired because to work it to exhaustion would be fatal.

It is my muscles that become physically exhausted, it is my emotional energy that is being tired.

March 12, 2013

Affluence & Influence

Affluence is the power of money.

The more money that I have the more affluent I am.

Affluence is the ability to purchase what I need emotionally.

Affluent people believe that they are able to buy whatever they need to keep them happy.

Affluence is a measure of riches not a measure of wealth.

Money can't buy happiness, it can only stop you being miserable for a while. Influence is the authority of status.

The more status that I have, the more influence I have.

Status is my authority to assert my influence over other people.

People in authority influence others with their status.

Influential people realise that their authority doesn't come from their status and what really influences other people is their affluence.

Those who have no true authority need the power of money to maintain their influence over other people.

Those who express their true power have the greatest influence on other people.

March 11, 2013

The Game of Chance

The Game of Chance is about winning & losing.

In the game of chance, I win or lose my fortune.

When I win, I am fortunate & lucky. When I lose, I am unfortunately unlucky.

I play when I believe my luck to be good and I have a good chance of winning my fortune.

I play the game of chance when I believe that my fortune depends upon my winning.

This belief gives me a need to win.

My need to win motivates my will to win. I have a need to win only when I am losing.

By the Law of Attraction, needing to win disallows my chance of winning.

Winning & losing are determined by the Law of Attraction not by the law of chance.

The law of chance states that the chances are that I will lose.

The Law of Attraction allows winners to win and losers to lose.

The winners are those that believe that their fortune does need to be won.

Chance is an Opportunity for my fortune to unfold. When I take every opportunity in life, fortunately I cannot lose.

March 10, 2013

Peace Games

Peace Games are passive war games.

A game of peace is also called a cold war.

A cold war is opposed to a hot war or a war game.

We play war games to compete for land, territory & assets.

We play peace games to compete to retain the land, territory & assets accumulated during a war.

Peace games are played in the theatre of war. War & peace are a duality. They are both a game played between opposing sides to enforce their will on each other.

When the will of two people or two nations is in agreement, there is no game to play. Where no conflict exists, peace games cease to exist and the cold war is over.

Living 'In Peace' is not a game. Living in peace requires Inner Peace.

A nation cannot be at peace unless its people have individually attained inner peace.

Inner peace is not a game.

I do not compete for inner peace. It is a personal journey.

March 9, 2013

The Dimension of Reality

The reality of a space-time-reality is determined by the dimension of the perspective of a particular time & space. It is determined by an individual's particular perspective of here & now.

Every reality has four dimensions that allow a particular physical perspective.

Dimension one is: Linear

This is measured in Length in a direction that is forward/backward, north/south, or longitudinal.

Dimension two is: Lateral

This is measured as Width or Breadth in a direction that is right/left, east/west or latitudinal.

Dimension three is: Vertical

This is measured as Height or Depth in a direction that is up/down, as a peak/trough or as a zenith or nadir.

Dimension four is: Holonic

This is measured in a hierarchy of holons or a holarchy. The direction of a holarchy is in/out, internal/external or micro/macro.

Even though my focus is directed one dimensionally, the dimension/direction of my perspective, my perception is always four dimensional.

March 8, 2013

The Dimension of Space

Space is a dimension of space-time-reality.

From the perspective of space-time-reality, space has four dimensions each of which is a holon.

Dimension one is Atomic: The Atomic holon has a proton-neutron nucleus surrounded by electrons that allow space between, which attract other atomic holons to create molecules that allow space between them.

Atoms have space on the inside and space on the outside.

Dimension two is Cellular: The Cellular holon has a molecular nucleus surrounded by a cell membrane with space between, and space between each cell within an organism.

Cells have space on the inside and space on the outside.

Dimension three is Organic: Organic organisms are cell co-operatives.

They have a nucleus or heart with space between the heart and the body of the organism, and space between each organism.

The Animal Kingdom, the Plant Kingdom, the Mineral Kingdom and Man are all organisms within the organic holon.

Dimension four is Cosmic: The Cosmic holon has a sun at its nucleus surrounded by planets and moons with space in between.

There are collections of stars with space in between that co-operatively form galaxies with space in between.

Wherever we look we see space yet it is only obvious in the holon above that in which our consciousness resides.

March 7, 2013

The Dimension of Time

Time is a dimension of space-time-reality.

From the perspective of a 3 dimensional space-time-reality, time has 4 dimensions of reality in space:

Dimension one is Spin: Spin is measured in earth days.

It takes our planet Earth one day to complete one spin on its polar axis.

It takes 24 hours from one sun-rise until the next apparent sun-rise.

However it is the spin of the earth relative to a stationary sun that causes the sun to rise at the same time each day.

Dimension two is Orbit: Orbit is measured in earth years.

It takes our planet earth one year to complete one orbit of our sun.

It is the tilt of the earth on its axis that allows the experience of 4 different seasons during each orbit.

Dimension three is Rotation: Rotation is measured in celestial ages.

It takes the solar system 12 ages or 26,000 years to complete one rotation on its solar axis.

The solar system is currently rotating out of the Age of Pisces and into the Age of Aquarius.

Dimension four is Revolution: It takes our solar system million of earth years to complete one revolution of our Milky Way galaxy.

A journey so vast it can be measured in light years.

Each dimension of time is relative to its own dimension of space.

March 6, 2013

Expect The Unexpected

Expecting the Unexpected is a paradox.

Life does not always turn up as expected.

Therefore the unexpected often turns up.

When the unexpected turns up frequently, it becomes expected.

However, the unexpected never turns up regularly, only when it is not expected.

That is until I always expect the unexpected to turn up.

When I move beyond expectation, I avoid disappointment.

I also avoid the unexpected.

When I am accepting of whatever turns up, there is no expectation and no disappointment, just acceptance & gratitude.

Without expectation, the unexpected cannot occur.

I just expect life to turn up in the most unexpected and miraculous way, which I accept as a gift to my Self.

March 5, 2013

The Truth, The Whole Truth, & Nothing But The Truth

The Truth, the Whole Truth, & Nothing but the Truth is the Absolute Truth.

The Absolute Truth does not exist in a world of relative dual reality.

In a world of relative duality, truth is relative to untruth.

In a world of duality & choice, there is no absolute truth.

We all get to choose our own truth. What I choose to be true becomes my belief.

We all have different beliefs and we all share the same beliefs. We can share the same perspective of what we believe to be true or our perspectives may differ.

My experience creates my belief that allows my choice that becomes my perspective of what is my truth.

Life has infinite possibilities and definite realities.

Only my definite reality of now ever appears to be true.

All future possibilities of truth remain a potential for my personal manifestation as a matter of my choice in every present moment of now.

March 4, 2013

Discomfort & Disease

Discomfort is experienced on a physical level.

Disease is experienced on a cellular level.

The physical body seeks to live in comfort.

The cellular body seeks to live in ease.

When my cells operate easily, my body lives comfortably.

When my cells cease to operate with ease, my body experiences discomfort.

The disease of my cellular operation is usually blamed on viruses or bacteria.

This belief can lead to great discomfort.

I cannot be comfortable being the victim of a disease.

Discomfort on the physical level is often the result of disease on the cellular level.

Treating the symptoms on a physical level will not treat the cause at a cellular level.

March 3, 2013

Pain & Discomfort

Pain & Discomfort are relative intensities of my lack of emotional energy.

Being disconnected from my emotional power is uncomfortable and can be very painful.

The greater my disconnection the greater my potential to experience pain.

Life offers a great potential and many opportunities for the experience of pain.

My ability to choose a disconnected path allows the painful experience of being disconnected from my emotional power.

Discomfort is created by resistance and is a sign that I am travelling in the wrong direction.

It can be seen as a sign to change the inclination of my perspective and the direction of my path.

Why would I choose to travel in a painful direction?

When I am on track and flowing with emotional energy, there is neither pain nor discomfort.

Pain is a natural way of stopping me in my tracks and making me reflect upon my present path.

Discomfort only occurs outside of my comfort zone.

It is essential to growth, whereas pain is not.

I am required to experience my lack of emotional power in order to appreciate its full potential.

Extending my comfort zone is my way to become pain-free and more powerful.

March 2, 2013

The Alpha Male

The Alpha Male has the belief that being, superior, arrogant & assertive is a characteristic of the dominant males of a species.

It is actually a characteristic of male energy.

The male & female gender of emotional energy has become confused with masculine & feminine physical characteristics. Just because a Man has a big ego doesn't mean that he has to assert his arrogant superiority.

Women are just as capable of asserting their arrogant superiority, which they invariably do when raising & protecting their young.

Assertive, superior arrogance is seen as a positive trait of any person, male or female, playing the role of Provider or Protector.

Inferior, meek & humble individuals fail miserably to provide for or protect either themselves or their families.

Alpha male energy is particularly pertinent in a society that believes that only the fittest survive and only the best evolve in a process of natural selection.

Alpha male leaders are dependent on their followers and their ability to assert their arrogant superior authority over their followers.

Corporate Coaches

Corporate Coaches train coaching skills & leadership qualities in a consultative way. They facilitate the successful achievement of management objectives.

Corporate Coaches promote the achievement of results through team work. They employ a consultative and less directive style of managing a business.

Adding coaching skills & leadership qualities to a manager's repertoire of abilities can considerably enhance the manager's ability to manage better.

Corporate Coaches coach Managers. Executive Coaches coach business Owners & Directors. Corporate Coaches coach team leaders. Executive Coaches coach business leaders. Managers require skills, leaders require qualities. Leading a management team requires qualities & skills.

This is particularly relevant in small businesses where the business owners or directors are also managing the business and employing the staff.

Corporate Coaches specialise in coaching the qualities that allow managers to use their skills effectively.

April 30, 2013

Executive Life Coaching

Executive Life Coaching is Life Coaching for Executives and executive coaching for life.

Business Executives do not clock on and off.

Their business is their life.

The qualities of personal attributes & attainments required to be a leader in business are the same as those required to lead a great life.

Successful executives are living their dream. Failed executives forgot their dream because they forgot to dream.

Everyone dreams of an ideal life, yet very few get around to focusing on the detail.

Executive Life Coaching facilitates the learning of a better quality of life.

My quality of life is determined by the personal qualities with which I live my life.

Inferior life qualities cannot attract a superior quality of life.

The better the personal qualities that I attain and can attribute to my Self, the better my ability to lead a better life and be a better leader.

April 29, 2013.

Integrity

Integrity is not only a personal quality but also a personal standard.

It is the standard measure of all personal qualities.

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

Integrity means Oneness.

Oneness means undivided by duality.

Personal qualities that are in opposition to each other do not have integrity. Integrity is the balanced state of being that unites opposing genders & polarities of emotion.

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

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

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

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

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

April 28, 2013.

Being Just Fine

Being Just Fine is no. 7 on the scale of emotional energy.

It is halfway between just managing to keep my head above water and everything being just dandy.

Managing my emotional energy level is always a fine balance.

It is a fine balance between feeling good & feeling bad.

The battle between good & evil is always finely balanced.

When I find the balance, I overcome the duality and everything is just fine.

Finding the balance requires fine tuning.

When I appear to be out of balance, I am just fine tuning my vibration.

I raise & lower the intensity of my vibration to finely tune into the purest frequency & wavelength of my emotional thought.

Whatever turns up in my reality is just fine.

It is an opportunity to fine tune my experience of life and that is just fine.

April 27, 2013

Propagate My Genes

The need to Propagate my Genes comes from the belief that this is the purpose of life.

When the purpose of life is to propagate one's genes, we get very lost in the task of providing & protecting our offspring.

Raising our children to the best of our ability becomes the focus of our life.

Our attachment to our children becomes so strong that we would even kill another to ensure their survival.

It is only after successfully bringing up our young, and they have flown the nest, that we realise there must be more to life than this.

I now know that bringing up my children was a privilege, but not my purpose in life.

It was a privilege for which I am eternally grateful to them for the opportunity.

I now appreciate the bond that exists between my children and my Self that is without either need or attachment.

My children have been, and continue to be, essential to my vision of fulfilling my true purpose in life and the expansive growth that I am attaining from that experience.

April 26, 2013

Authority & Choice

My Authority is my choice.

My choice is not always authorised.

Actually, my choice is always authorised, but what I choose is not.

I always have choice, but I don't always make the right choice for my Self.

The right choice for my Self is authorised.

It is my authority.

I have the authority to be the Author of my own life.

I have the ability to be the Hero of my own story.

I don't always choose to be both at the same time.

When the hero tries to write the story without the author's authority, he can become the victim or the villain of the piece.

When I am in alignment with my authority to choose my own path, no choice is necessary because I realise that I have already chosen.

My ego is only authorised to choose my Soul's choice. Only my authorised choice is empowered.

April 25, 2013 .

Personal Qualities

My Personal Qualities determine the quality of my life experience. What I give out, I experience in return.

The emotional attribute that I have attained and I express determines the quality of my life experience in that moment of time.

This is the Golden Rule and the Law of Attraction in action. Personal qualities are the product of personal attributes & attainments.

The mental beliefs that I have attained are carried on a wave of emotion that is attributable to who I am being in that moment of thought.

Mental attainments are the beliefs that I have, relative to the emotional state of being that I am expressing.

Together they determine my personal qualities and my personal quality of life being experienced.

The frequency of my thought conveyed on the wavelength of my emotion determines the quality of my energy vibration.

Quality of life is a subjective personal experience that I subject my Self to and is relative to my personal energy vibration.

Raising my vibration increases the quality of my life by improving my personal qualities.

April 24, 2013

Personal Attainments

A Personal Attainment is an emotional state of being that I can consciously choose at will.

Actually, I do not consciously choose a state of being.

I consciously choose a belief about whatever is occurring and that belief vibrates with a wavelength of emotion that determines my state of being.

My state of being is a direct representation of my emotional power.

My beliefs allow my thoughts that are either empowering or disempowering relative to their purity or the polarity of their frequency.

A false or limiting belief resonates at a low vibration because of its low emotional power.

It is the low emotional power of a belief that limits its creativity and makes it fearful.

A fear is a limiting belief that resonates at a very low frequency with a very high intensity.

It is a personal attainment of a very low quality.

I do not consciously choose fearful beliefs.

I choose high quality mental attainments that allow attributes of high quality emotional energy.

I am empowered by my personal attributes and inspired with my personal attainments.

April 23, 2013

Personal Attributes

A Personal Attribute is an emotional state of being that is attributable to my Self. An emotional state of being is the wavelength of my energy that conveys the frequency of my thought. The higher the quality of my thoughts the better the quality of my emotional state of being and the lower my resistance to physical life.

Impure thoughts are expressed with impure emotions that conflict with other's impure emotional thoughts and cause turbulence in my quality of life.

The purer the thought, the purer the emotion that is attributable to the thought, the less turbulence results, the more effortlessly it flows and the more creative it is.

Free flowing thoughtful emotions allow the experience of an effortless life. The purer the quality of the attribute expressed, the higher the quality of flow and the better the quality of the life experience. I attribute a high quality of life to the high quality of my emotional attributes.

Who I am being, my emotional state of being, determines the quality of the experience in my life.

April 22, 2013

The Purpose Of Personal Development

The Purpose of Personal Development is quality of life.

The quality of my life is relative to my attainment of personal qualities.

The personal qualities that I attain are attributable to my Self.

The personal qualities that I attribute to my Self are emotional states of being.

When I consciously attribute an emotional state of being to my Self, I have attained an awareness of that emotion.

Attaining a conscious awareness of my emotional state of being that I attribute to my Self allows the development of my awareness and an awareness of my attainments.

Personal development occurs as I attain and choose a better state of being to attribute to my Self.

The better the attributes that I attain the more preferable the quality of life experienced.

The better the quality of life, the greater the personal development of attributes & attainments achieved.

April 21, 2013

Beauty, Flow & Balance

Beauty is determined by its true value.

Whatever has beauty has a value that is true.

I experience beauty when I am doing what I truly value.

The value of beauty is always true.

Truth has a value that is beautiful.

Flow is created by the Law of Attraction.

Flow happens whenever like energy is drawn unto itself.

Non-attraction allows matter to stop flowing and be stationary.

Pure energy flows eternally.

Life is attractive whenever it flows. Flow is effortlessly attractive.

Balance is a product of the Golden Rule.

The Golden Rule promotes balance.

It brings me whatever I give out in equal measure.

The Universe is always self balancing in alignment with the Golden Rule. The Golden Rule & the Law of Attraction work in alignment with my True Values to ensure Beauty, Balance & Flow are always in my Life.

April 20, 2013

The Prime Qualities Of A Coach

The Qualities of a Coach are essential to the quality of the coaching experience for the client.

The Three Prime Qualities of a Coach are the ability to be Accepting, be Approving & be Allowing. A Quality Coach is approving of who the client is being in each moment.

The Coach identifies where the client is right now in the knowledge that this is the perfect place to offer the client their opportunity for development.

A Quality Coach is allowing of the opportunity that is currently presenting itself.

The Coach identifies the opportunity the client has to shift to a new & better perspective of whatever is occurring. It is about seeing where the client is allowing their self to go.

A Quality Coach is accepting of the path the client feels is the best opportunity for their development and represents their perspective of what is best for them.

The Coach identifies clearly & directly who, why & what is occurring and when, where & how it will unfold in alignment with the client's available power, authority & ability.

April 19, 2013

The Prime Attainments Of A Coach

I cannot coach another on their personal path of development unless I am myself on a personal path of development.

A Life Coach knows that they have a personal path of development and that all clients also have a path of development that is individually unique to each person.

I cannot give to another or share with another that which I do not have myself.

I cannot guide & support another on their development path unless, in turn, I am supported & guided myself.

Following a path of development requires emotional power, mental authority & physical ability.

Flowing effortlessly along that path requires all three to be in mental, physical & emotional balance.

With enough mental authority, I remember my Vision.

With enough emotional power, I perceive my Purpose.

With enough physical ability, I realise my Mission.

When I see my mission, feel my purpose and know my vision, I attain the clarity, direction & presence to flow along

my development path and I truly value the opportunities that my journey has to offer me.

Attaining a clear purpose and a direct vision of my present mission is essential for the Coach and why the Coach is essential to the client.

April 18, 2013

The Prime Attributes Of A Coach

The Prime Attributes of a Coach are Sensitivity & Detachment.

Supporting a client on their development path requires the attribute of Sensitivity.

Sensitivity, also known as empathy & compassion, is the understanding of where someone is emotionally.

It is knowing, feeling & seeing that the level of the client's emotional energy is sufficient to allow them the power to follow their own development path.

Without sufficient emotional power their development will become restricted & limited.

Detachment, also known as non-attachment, is the ability of the Coach to remain un-involved in the drama that is creating the client's resistance or limitation.

Guiding a client along their path of personal development requires the attribute of detachment, which allows the Coach to get out of the way.

Without detachment, the Coach will get lost within the drama that is disallowing the client's path from unfolding effortlessly.

To be sufficiently empowered with sensitivity, the Coach is required to know and consciously meet their own emotional needs. Only then are they sufficiently empowered to support their client.

To be sufficiently detached and inspired to guide their client, the Coach is first challenged to overcome their own fears & limiting beliefs, which will attach them negatively to the client's situation.

April 17, 2013

The Art Of Coaching

The Art of Coaching is the experience of balance, beauty & flow.

Science rationally determines the skills required to navigate a physical process and education trains those skills effectively.

The Art of Life is to master its emotional experiences.

When life flows effortlessly, I feel the balance that allows the beauty of life to be experienced.

The purpose of art is pure enjoyment, whilst the enjoyment of art is pure emotion.

The pure emotion of enjoyment comes with the flow, balance & beauty in my appreciation of my art.

Guiding & supporting another to flow in balance and appreciate that beauty is the enjoyment of coaching.

It is sharing one's art and sharing one's enjoyment by flowing harmoniously together in the purity & beauty of a balanced experience.

This world is truly an artistic masterpiece, once we share that beauty of living in a flowing & balanced way.

April 16, 2013

What Does A Coach Do?

The purpose of a Coach is to clarify the direction of a client's personal development path to facilitate their growth as a person.

A path of development is evident by any evidence of their resistance to their development.

Life ideally is designed to flow effortlessly and with harmony & balance.

Wherever life experiences resistance to this natural flow there is an opportunity for personal development and growth.

Whilst Managers find solutions to problems, Coaches clarify opportunities for development.

An opportunity for development is called a 'shift', which is always a change in personal perspective.

A negative perspective is always confusing, frustrating or disempowering and will hinder personal ability & potential.

A Coach supports the client to alter their perspective to a more empowering outlook.

The better the outlook, the better the outcome because a more empowered perspective is always an opportunity to realise personal potential.

Only the client really knows which perspectives are more empowering for them, so only the client really knows the best direction to take.

A more empowered direction always feels better, best or good.

April 15, 2013

What Is A Coach?

A Coach is a person who guides and supports another on their path of personal or professional development.

A Personal Development Coach or Life Coach guides & supports someone on their path of development in life.

A Professional Development Coach, Corporate Coach or Business Coach guides & supports someone on their path to develop their business or their role in their business or chosen professional occupation.

What defines a Coach as distinct from a Teacher, Trainer, Consultant or Therapist is that the process is always client driven and not practitioner driven.

A Coach focuses on hearing and clarifying the development path of the client not the Coach.

The primary skills of a Coach are the ability to listen and to empower.

Listening facilitates the connection of the client to the direction of their development path.

Empowering supports the client to follow their direction with clarity.

A client's potential is realised through the awareness of the authority that they hear and the magnitude of the emotional power that they feel.

April 14, 2013

A Three Way Perspective

A Three Way Perspective has three ways of seeing life.

In a dual reality world there is always a perspective of two choices.

When I have three choices of perspective, I overcome the limitations of relative duality.

I have a choice of now & then & always.

A choice of here & there & everywhere.

A three way perspective always sees the whole picture everywhere.

When I look this way or that way, I see only a little picture of reality.

To see reality as a whole requires a three way perspective.

The third perspective completes the whole.

A whole perspective is always pure & divine.

When my perspective is infinite & eternal, I see a continuous reality.

Seeing reality as ideal requires a 3 way perspective that allows my ideal choice.

April 13, 2013

Fate & Destiny

Fate is an unconscious choice.

It is the choice of my sub-conscious 'id' and my super-conscious 'entity'.

It is my opportunity to unconsciously experience my true identity.

The super-conscious entity that is my Soul, delivers each day my choice of experience for my Self to accept as a gift and an opportunity for growth.

My conscious ego Self always has a choice as to whether to accept and experience the opportunity or decline it as a problem.

In this way, I am continually challenged by my fate.

I either see the opportunity, and accept my fate, or I see a problem and decline the opportunity.

When I see my fate as a problem, I tolerate my life.

When I see my fate as an opportunity, I align with my destiny.

My destiny is always seen an opportunity, whereas my fate can also be seen as a problem or a challenge.

It is my destiny to align with the path of my Soul.

It is my fate to get lost and confused with the fears and false limiting beliefs that drive my sub-conscious programming.

It is my destiny to overcome my fate and accept that it is my destiny.

April 12, 2013

What Is A Life Coach?

The purpose of any journey is to get from one situation to another. The purpose of a Coach is to facilitate that journey. The most important journey in my life is the one that takes me along my own unique & individual life path towards my destiny. An exclusive path through life requires an exclusive means of transport to reach that destination.

The destination of my life path is called my destiny.

Whatever happens on my journey can be my unconscious fate or my conscious choice. Using a Coach is a choice.

The role of a Coach is to ensure that the journey is enjoyable & effortless, whilst holding the vision of the destination.

Life journeys are a mystery tour.

An effective Coach allows the mystery tour to unfold so that the miracle of the experience can be fully experienced and appreciated.

Few would attempt the journey without a competent Coach as their guide.

April 11, 2013

Perception

Perception is how I feel about my reality.

It determines the intensity of my experience. Unless that is, the intensity of an experience determines my perception.

Intensity is the product of the polarity & gender of an energy vibration. The polarity & gender of my perception is caused by my own judgment of whatever is occurring.

It is my belief about what is occurring that determines how I perceive it. I can perceive it with either positive or negative frequencies of emotion or I can feel only the male or female wavelengths of emotion.

When I challenge and change my perspective of an experience, I immediately change my perception and how I feel about it. Perception is relative to perspective because how I feel about anything is relative to what I believe to be true about it.

I perceive the reality of my own perspective.

Whatever I perceive to be true will manifest as the reality of my perspective.

April 10, 2013

Perspective

Perspective is my view of reality.

Reality is determined by the perspective from which I view it.

Perspective determines reality.

Unless that is, I believe that reality determines my perspective.

I am free to choose my own perspective.

Alternatively, I can see life the way that other people see it.

Sharing someone else's perspective means sharing their reality.

When I know that I am free to choose my own perspective, I know that I am free to choose my own reality.

When I know that I am free to choose my own reality, I know that I can keep it or change it as I choose.

Changing my reality is as simple as changing my perspective of reality, but its not easy.

I have to challenge my present beliefs and change to a new perspective the one's that do not serve me.

That's my perspective and my reality.

April 9, 2013

An Issue

An Issue is the current learning opportunity that is present in my reality.

When something is not an issue, I have no attachment and no growth opportunity.

An issue is the next step on my life journey.

It is the next chapter in my Book of Life.

Issues are issued by my Soul.

Soul issues define my life path.

All issues are issued in alignment with my vision & purpose for this life-time.

They clarify my action in alignment with my mission.

I pursue an issue until there is no longer an issue to pursue.

Other people are never the issue.

When I make other people an issue, I am lost and confused with a problem and no learning opportunity.

Issues are only issued to my Self by my Soul.

My current issue is defining 'an issue'.

April 8, 2013

Being Congruent

Being Congruent is the state of being in alignment with one's chosen path.

When following my chosen path, my power is congruent with my authority.

My clarity is also congruent with my direction.

My thoughts are congruent with my emotions.

My vision is congruent with my purpose.

My true values are congruent with what is occurring in my life.

My providence is congruent with my allowance.

My experience is congruent with my intention.

Being congruent with other people is not a state of being but a determined action.

I cannot attain Congruency by aligning with the path of another.

I am being congruent when my Soul is aligned with its Self.

April 7, 2013

You Never Know Your Luck

You never know your luck is a counter-intuitive belief.

It is a rational belief that luck is not logical, but random.

It is the belief that luck is a matter of fortune or misfortune and cannot be known, and therefore cannot be managed.

My intuitive belief is that I know my fortune.

My fortune lies on my spiritual path.

On my spiritual path, I will encounter everything that I need to fulfil my spiritual quest.

My spiritual adventure is never a matter of luck, it is my fortune.

I do not know the extent of my fortune, only that I am fortunate to be on the journey.

The problem with luck is that, unfortunately, I can be unlucky as well.

Luck involves taking chances & risks.

Fortune involves seeing chances as opportunities.

I am fortunate to intuitively know that my fortune is my destiny.

April 6, 2013

Soulful Intent

I am the experience of my Soul's Intent.

My Soul's intention is to experience life through its Self.

My sole intention is to fulfil my Soul's Intention.

When my intention is in alignment with my Soul, I am in soulful intent. Soulful intent is inspired with authority & empowered with love. It is never intense, it is always balanced. My Soul intends for my Self to flow effortlessly along my life-path. I flow effortlessly with soulful intent.

My Soul never intends for my Self anything that cannot be achieved simply & effortlessly.

It is my ego self that makes my life difficult and places resistance upon my path.

Connected to my soulful intent, I am without difficulty; but it is not always easy to see that from the perspective of my ego Self.

Soulful intent is my Soul's chosen intention.

I choose soulful intent when I align my choice with my Soul's intention and I align my intention with my Soul's choice.

April 5, 2013

A Bond & A Bind

A Bond is a Spiritual Connection.

A Bind is an emotional attachment.

My spiritual connection empowers my Self with a True Value.

My emotional attachment motivates me to get my needs met.

I am bonded by the sensitivity of my spiritual connection.

I am bound by the inclusivity of my emotional attachments.

Sharing a bond is an inter-developmental relationship.

Sharing a co-dependent need can be a bind.

I am bound to a binding marital contract.

My spiritual partnership is a personal bond.

Being bound by my word is a limitation and creates my boundaries, which are a bind.

Being bonded by my truth is inspiring, revealing & empowering in its expansiveness.

April 4, 2013

Changing my Vibration

My beliefs are an energy vibration.

The energy of my vibration is relative to the sum total my beliefs.

My belief system determines the vibration of my energy.

When I change a belief, I alter my energy vibration.

When I alter my energy vibration, my atoms spin at a different rate.

When my atoms spin at a different rate, I alter my molecular make-up.

When I alter my molecular make-up, I change my genetic structure.

When I change my genetic structure, my cell environment alters.

When my cell environment alters, my physical condition changes.

My physical condition changes through a process of releasing the past and delivering the present in order to cleanse the future.

Detoxification is a natural process of change and growth.

Detoxifying my long held beliefs has a knock-on effect through every holon of my existence.

Changing my vibration starts with a limiting belief and consequentially changes my physical, mental & emotional reality.

April 3, 2013

Biotics

Biotics is the study of the Cellular Holon.

The cellular holon is the world of the single cell organism.

Bacteria & Viruses are the largest & smallest inhabitants of this environment.

Human cells also inhabit this holon of existence.

There is no such thing as a good or a bad virus or bacteria.

There is just a biological system that is in balance or out of balance.

A biological system of human cells, bacteria & viruses, is either in balance or not.

In balance the system is benign, whereas out of balance it can be experienced as malignant.

When viruses & bacteria destroy dead human cells, they are beneficial and in balance with the system.

When they destroy living human cells, it is because of an imbalance in the system. Anti-biotics will never bring a cellular environment back into balance.

The system is naturally self-balancing, once we remove the cause of any imbalance.

April 2, 2013

Prevention Is Better Than A Cure

With the belief that prevention is better than a cure, I am giving my Self a choice between prevention & a cure.

I am choosing prevention as a preference to a cure.

When I know that prevention is the only cure, then the cure becomes prevention.

The cure to a problem is not a solution. The cure for a headache is not an aspirin.

An aspirin just dulls the pain until the headache goes away.

When I prevent the headache from occurring, I find the only cure.

When I prevent the problem happening, I do not need a solution.

Solutions do not cure problems.

They solve a problem until the problem re-appears.

Aspirin dissolve the pain until the headache re-occurs.

The only way to cure problems permanently is to not have them.

Seeing all opportunities prevents problems from occurring and cures all headaches..

April 1, 2013

Caring & Uncaring

Just because I do not care doesn't mean that I am uncaring.

Just because I am not patient doesn't mean that I am impatient.

Just because I am not kind doesn't mean that I am unkind.

A dual reality world can be seen as uncaring, impatient & unkind by those who need kind & patient care.

I am neither caring nor uncaring when I am being accepting of the opportunity being presented to another.

I am neither patient nor impatient when I am being allowing of another's choice to follow their own path of experience.

I am neither kind nor unkind when I am being approving of who another is choosing to be.

With compassion & empathy, I am sensitively detached from their drama and able to let others receive their allowance as a gift to them.

With gratitude & appreciation, I can see the blessing of where they are and the gift that is being presented in each moment. There is from my perspective but one spiritual need – the need to grow spiritually.

May 31, 2013

Caring & Bothing

Can I be bothered to care?

When I have the patience, I care.

When I am impatient, I am bothered.

A patient carer tends my needs.

A bothered carer tolerates my needs.

My needs are a bother and a toleration to an impatient carer.

A carer who can't be bothered, doesn't apparently care.

A carer who isn't bothered, apparently doesn't care.

A carer who is bothered, is apparently not patient enough.

Bothing the patient is not a caring thing to do.

A villain bothers a victim.

A hero cares for a victim and bothers a villain.

Heroes need patience, villains are angry, victims need care.

May 30, 2013

Caring & Patience

Caring for others means waiting for them to get better.

Waiting requires patience.

Patiently waiting for someone to get better is an opportunity to develop more patience but it will never make someone else better.

Patience allows a patient to feel cared for but remain unwell.

When I am well, I no longer need to be cared for.

I need patient care when I need it, not when I don't need it.

It is easy to become dependent on patient care and attached to those who supply it.

Patient carers need to be needed by their patients as much as patients need their care.

Patients need the caring patience of patient carers as much as carers need both patients and patience.

Without patients, carers are not needed; and without patience, carers are not needed.

Patient & Carer is a co-dependent relationship.

It explores the extremes of patience & impatience, tolerance & intolerance, and caring & bothering.

May 29, 2013

Patience & Patients

Patients require patient care.

Care requires patience and patients. Impatience expresses a lack of care. Caring professionals require lots of patience to attract lots of patients. Caring for other people's problems requires much patience & tolerance. A lack of patience is a big problem and is not tolerated in caring professions.

Caring for patients is an ideal opportunity to experience and overcome the duality of patience & impatience.

Patience & tolerance are learned by suppressing one's anger & intolerance.

Managing one's impatience & intolerance is essential for a caring professional.

Suppressed impatience & intolerance will eventually make me a patient of my own lack of patience.

Is it better to care for someone's illness or to share someone's wellness?

Do I choose to help others be ill, or help them to be well?

May 28, 2013

Shame-free

I become shame-free by having no shame.

There is no shame in following my own path.

There is always the risk of shame when I follow the path of another.

I follow the path of another when I adopt their beliefs as being right for me.

My Soul is shame-free.

My Soul is beyond the duality of pride & shame.

To be free of shame, I am also required to be free of pride & free of modesty.

When I follow the path of my Soul's Inner Guidance there can be no shame.

Shame is the pain of being bad.

It is a problem that I am tolerating.

It is my fear of being wrong.

When I become pain-free, problem-free & fear-free, I also become shame-free.

May 27, 2013

Shameless

Being Shameless is having the confidence to choose one's own behaviour. The less shame that I have, the easier it is to make my own choices. I shamelessly follow my own ego's desires with the power of my will. I will follow my own wants, needs & desires with a shameless passion.

My passion for what I want fills any negative emotional void that may contain any shame.

Being shameless can be seen as a negative attribute in others when they are believed to be arrogant.

Arrogant behaviour is often seen as shameless.

The belief in the righteousness of humbleness will lead others to believe that more shame is preferable to less shame. Shame is seen as virtuous when it is the act of a conscience that keeps one moral.

Being shameless is judged to be only slightly better than being shameful by the righteous, who believe that to be shame-free, all are required to follow their righteous path and be like them.

May 26, 2013

Shameful

Shameful is a judgment of my behaviour by other people.

I am full of shame, in their opinion, when I do something very bad or very wrong.

Shameful behaviour directly conflicts with the moral beliefs of a society.

Stoning someone to death may be seen as a shameful act through the eyes of one society or as the proud executioner of justice by another society.

Intolerant or intolerable acts are seen as shameful.

It is shameful not to do whatever society believes that I should, I ought to, I must, or I have to do in order to be morally good & right.

Tolerating the beliefs of others creates an intolerably negative energy that is experienced as the emotion of shame.

I am shameful when I am full of negative beliefs about what society believes that I should or shouldn't, ought or ought not to, must or mustn't, have to or have not to do.

When I become toleration free, I also become shame-free.

May 25, 2013

Shame

Shame is the failure to follow someone else's authority.

I follow someone else's authority with pride.

When I do so, they are proud of me.

When others are proud of me, there is no shame.

To avoid shame, I believe that there is something that I have to do, I must do, I ought to do, or I should do.

There is no shame in following my own path, my own authority and my own choice.

It is only a shame when I do not.

I can only fail to follow someone else's path when I try to.

Shame is the disapproval of another for not doing it their way.

When I follow another's path and rebel against it, I am either shameful or shameless.

When I follow my own path and make my own choices, there is no shame.

I become shame-free.

May 24, 2013

Opportunity

Life is an Opportunity.

Life is an Oppo-Tunity.

There is always an opposing tune to play in life.

Always an opposing perspective to tune into.

A negative perspective is called a problem.

The opposing perspective is always a positive opportunity.

There is no such thing as a positive problem or a negative opportunity.

Solving a problem is not an opportunity, but a solution.

Having a solution to a problem disallows any opportunity for growth.

Life is a challenge when I cannot see the opportunity.

When I can see an opportunity, I am not challenged.

When I fail the challenge, I see the problem.

When I meet the challenge, I see the opportunity.

May 23, 2013

Abundance Is Enough

The Universe is Abundant. There is no scarcity in the universe as all possibilities exist.

The universe is infinite & eternal, it never runs out.

There is provision for everything, even scarcity.

Whatever can be imagined can be manifested.

There is no shortage of matter, even though there may be a shortage of imagination.

The only scarcity is in the mind of the experienter.

The experience of scarcity exists as a duality of the experience of gluttony.

Both are perspectives of a divided mind.

I cannot have abundance and not have enough. I cannot have too much abundance.

I cannot have enough and be without something that I need.

An Abundant Universe always provides enough, never too little and never too much, although I may perceive my provision any way that I choose.

I can choose scarcity, gluttony or an abundance of enough.

May 22, 2013

Adjective Power

Adjective Power is the power of my emotion.

I access my emotional power adjectively.

My adjective emotional power is an expression of my state of being.

My state of being expresses my emotional power, or my lack of emotional power.

I define my state of being with an adjective.

An adjective is a word that states my Beingness.

It describes my state of being.

When I adjectively choose my state of being, I express an awareness of my measure of emotional power.

My adjective power is relative to my state of being.

My emotional state of being determines the magnitude of my emotional power.

The amount of emotional power that I can adjectively access determines my state of being.

I can choose my power adjectively, or I can let my relative state of being determine my emotional power.

May 21, 2013

Attaining Humility

Humility is the quality of attaining outstanding balance in my personal attributes. When I attain a balanced state of being that is attributable to my Self, I express humility.

Humility is an expression of the congruency of my emotional energy. When I express my pride, I express only the male gender of my energy. When I express my modesty, I express only the female gender of my energy.

Attaining humility requires the female aspects of my emotional energy to be in alignment with the male aspects of my emotional energy.

When the yin & yang of my energy vibration are in alignment, I attain humility.

Humility means earthly ability.

It is the ability of my Self to live in physical existence as my Soul.

It is therefore, the ability of the Soul to live on Earth as its Self.

When my ego Self has no ego sense of Self, only the essence of my Soul, I attain humility.

May 20, 2013

Being Modest

Being Modest means not standing out.

Modesty hides my true expression.

It prevents me from appearing better than other people.

It is driven by a need to be liked and a need to be included by others.

Appearing to be the same or on the same level as other people is how we attempt to be like other people and liked by other people.

It is believed that modesty is a good quality because other people like our modesty.

Modesty is the quality of a follower.

Leaders are required to stand out and be proud, whereas followers are not.

Modesty is best way that is appropriate for me to fit in with other people.

It allows me to be proud of not being proud.

It means that I can be outstandingly unapparent & ineffectual in a modest way.

I can disappear into the background without being noticed.

May 19, 2013

Being Proud

Being Proud means standing out.

I stand out when I achieve. I am proud of my achievements.

The more outstanding my achievement, the prouder I become.

My pride is relative to my successful achievement.

I am proud of my success and I am proud of my succession.

I am proud of those who succeed me.

Parents take pride in the achievement and success of their children.

Children do not make their parents proud.

Pride is driven by the need to succeed, the need to achieve and the need to be acknowledged for it.

Being proud of our children's achievement is our false sense of acknowledging how well we have raised our children, how accomplished we have made them and how well they succeed us. It is only my ego that is proud of what my ego believes that it has accomplished.

Being Proud is not an outstanding achievement from my Soul's perspective.

May 18, 2013

The Emotional Brain

My Emotional Brain processes my feelings.

My emotional feelings are my communication with my Soul.

My Soul communicates with its Self with pure feeling.

Disconnected Individuals are disconnected from their feeling centre. The feeling centre, or the emotional brain, is called the Solar Plexus. It is the 'place' where my 'sun' shines.

In their disconnected perception, men & women have different perspectives as to where their emotional brain is located. The general male perspective is that the emotional brain is in the head. The general female perception is that a woman's emotional centre is in her heart, whereas a man's emotional brain is often located in his genitals.

As the solar plexus is not a physical organ but an emotional centre, it can be located wherever it becomes apparent.

It may even be located as a stabbing pain in the kidneys in times of intense emotional lack of communication.

It really depends on how well connected my Self is in communication with my Soul.

May 17, 2013

Guise & Disguise

A Guise is a false manner or behaviour.

I adopt a guise or a different manner to gain advantage for my Self.

A guise is designed to make myself better than I am.

It is designed to make my appearance better than it is.

It is based on a belief that by adopting a better persona, I become a better person.

A Disguise is a false appearance.

I adopt a disguise to hide the fact of my presence.

A disguise is designed to hide me from being recognised as my Self.

A guise is designed to increase my fame or infamy, whereas a disguise is designed to hide it.

The Interrogator adopts a guise to appear more important.

The Aloof adopts a disguise to become unapparent.

Neither a guise nor a disguise is a true representation of who I really am.

May 16, 2013

Just Enough

When there is Just Enough, there just is enough.

There just is the present moment of now.

There is only ever enough right now.

Right now, just enough is enough.

Just enough is not enough for the future.

When I live in the future, there just isn't enough for now & then.

When I live in the duality of now & then, the present & the future, I will have too much or too little but never enough.

There is only ever just enough for now. There is never just enough for the future.

There is never enough to plan the future.

There is always enough to experience the present.

Enough is a present delivered daily. Having enough is just.

There just is enough when I know that there is.

May 15, 2013

Morale & Morality

Morale is the emotional power of a team or an army.

Morality is a standard of behaviour believed to be right by a religion or a religious organisation.

A body of religious people is called a church.

A church decides on the morality of its congregation.

Armies are driven by their devotion to a cause.

Religious belief has been the driving force of armies for many centuries.

Armies fight with the religious conviction of their nation or society.

All armies defend their right to the freedom of their own beliefs.

Religious conviction to their moral beliefs dictates the morale of an army.

The more a person is convicted in their belief that they are morally right, the greater their emotional need to defend that right and that belief.

Being wrong is never good for morale.

May 14, 2013

The Gift Of Non-Attachment

The greatest gift that I can, as a Coach, give to a client is the Gift of Non-Attachment. I give that gift by not needing my client for anything. When a Coach needs their client for any reason at all, they form an attachment to their client.

Any attachment to a client disallows the Coach allowing the client to follow their own path. The Coach's ability to get out of the way requires their non-attachment to the client.

I cannot give the gift of non-attachment unless I have myself gained the attribute of detachment.

When a new client comes to coaching, it is often because they need a coach.

When a client needs a coach they form an attachment to the coach. They will remain attached to the coach until they are able to receive the gift of non-attachment.

It is the responsibility of a coach to sensitively detach the client from their need to be coached.

By sensitively modelling the attribute of detachment, I offer the gift of non-attachment to my client.

May 13, 2013

Intelligence

Intelligence is both rational & emotional.

Rational Intelligence (IQ) requires a sense of intuitive knowing. Intuitive knowing is inherent, not learned.

Education is not measured with IQ. Education uses IQ as a measure of ability to learn, not as a measure of how much has been learned. My IQ is tested when I start school but not when I finish. Education completely disregards emotional intelligence. Emotional Intelligence (EQ) requires a sense of intuitive feeling.

As with intuitive knowing, intuitive feeling or intuitive sensing is inherent not learned. Intuition is inherent. I do not need to learn it, though I may need to learn how to reconnect to it.

Rational intelligence is processed through the mental processor that is my brain.

Emotional intelligence is processed through the emotional processor that is my solar plexus.

With both EQ & IQ, I intuitively see the world intelligently with a bigger & a higher perspective of life.

May 12, 2013

An Intelligent Idiot

An Intelligent Idiot is an oxymoron.

An idiot lacks either rational or emotional intelligence, or both.

A knowledgeable idiot is possible because knowledge does not make me intelligent.

IQ & EQ are not a measure of knowledge but a measure of rational & emotional intelligence.

A lack of knowledge does not make me an idiot.

I can be highly intelligent yet lack knowledge of many things in many areas of existence.

I can have recall to lots of knowledge yet have no intelligent idea of how to use it.

Using my knowledge to compete in a general knowledge quiz is not particularly intelligent, although it may be fun.

An idiot is limited by their sub-conscious mental programming.

Intelligence is always expansive, never limiting.

My sub-conscious id is not intelligent, yet it holds all my knowledge.

It has the intelligence of a tape recorder.

Garbage in creates garbage out and the actions of an idiot.
Knowledge in equals knowledge out like a reference
manual.

Only an idiot chooses knowledge over intelligence.

May 11, 2013

Knowledge & Intelligence

Knowledge & Intelligence are not the same. Knowledge is an accumulation of facts about the physical world.

It is taught by people who have knowledge to people who do not. Knowledge is not relative to intelligence.

Having more knowledge never made anyone more intelligent. Intelligent idiots are knowledgeable, but not intelligent. I do not have knowledge of a spiritual existence, it is an intuitive sense.

A sense of knowing requires emotional intelligence.

Emotional intelligence, how I feel, requires rational intelligence to understand it logically.

Understanding how I feel requires a logical sense of emotional feeling to see it intuitively.

Physical Intelligence is a measure of how well I use my physical senses to interpret the world around me.

Spiritual Intelligence is a measure of how well I use my intuitive senses to interpret the world within me.

I can have no knowledge of anything yet still be very intelligent, as any intelligent baby will tell you.

May 10, 2013

Transition Coaching

Transition Coaching guides & supports a transition in personal development & growth. A transition in personal development involves a shift from one state of being to a better state of being. It is a transition to the better experience of a higher state of being.

A higher state of being expresses a purer emotion that is attributable to my Self.

To attribute a purer wavelength of emotion, I am required to attain a purer frequency of thought.

A pure frequency of thought has a pure vibration and is conveyed as a pure wavelength of emotion.

I develop & grow, as an individual person, as I shift my perspective of who I am and why I am here.

As I challenge my limiting beliefs with pure thoughtful truths, I shift my perspective and grow my vibrational authority.

As I consciously meet my emotional needs, I increase my perception and expand my vibrational power.

As my vibrational ability expands & grows, my emotional experiences appreciate and my quality of life improves.

May 9, 2013

Boredom

Boredom is an intuitive lack of interest.

I intuitively know when something is of no interest to me, or the development of my path, because I am bored.

I am bored when I know that there are preferable things that I could be doing.

When I am bored and uninterested, I have no appreciation of what is occurring and no appreciation of my own appreciation & growth.

Boredom is my Soul's lack of interest.

When my Soul has no interest in my current pursuit, I am disempowered and I become bored.

Boredom is a lack of emotional energy due to a lack achievement.

When my sub-conscious Id is not achieving the emotional power that it needs, I experience boredom.

My Soul is never bored.

My Soul sees infinite possibilities for development & growth.

My sub-conscious id is never bored, it is too busy trying to meet my emotional energy needs.

I am conscious of my boredom when I am without an awareness of the wonderful opportunities for growth being present to me in every present moment of time.

May 8, 2013

Three Levels Of Coaching

Level One Coaching realises objectives & intentions.

Level Two Coaching realises ability.

Level Three Coaching realises potential.

Objectives Coaching is objective.

Ability Coaching is subjective.

Potential Coaching is adjective.

Objective intentions require where I am and where I want to be.

Subjective ability requires emotional power & mental authority.

Adjective potential requires a pure frequency of thought and a pure wavelength of emotion.

Level one focuses on clarity & direction of conscious desires.

It transitions from unconscious to conscious incompetence.

It is mentoring based.

Level two focuses on the needs & beliefs of sub-conscious limitations.

It transitions from conscious incompetence to competence.

It is therapy based.

Level three focuses on the force & magnitude of super-conscious potential.

It transitions from conscious to unconscious competence.

It is inner guidance based.

May 7, 2013

Quality Of Life

Quality of Life is personal to each individual person.

It is my individual qualities in life that determine my quality of life.

The quality of my life is relative to my own experience.

How well I experience my life is relative to the state of my Beingness.

My state of being determines the quality of my experience of life.

It is not my experience of life that determines my state of being but my state of being that determines my experience of life.

States of being that are attributable to my Self are called attributes.

States of being that I can choose with conscious-awareness because I have attained them are called attainments.

Attaining better quality attributes allows a better quality of life.

Consciously choosing who I am able to be in relationship to what is occurring in my life makes me a creator of my experience instead of a victim of my experience.

My quality of life is relative to my personal qualities in life.

My personal attributes & attainments determine my personal qualities and my Quality of Life.

May 6, 2013

A Quality Coach

What makes a coach a Quality Coach is the quality of their coaching.

What gives coaching quality is the qualities of the coach.

The qualities of a coach are determined by their personal attributes that they have attained.

The personal development & growth of a coach is essential to the quality of a coaches ability.

Whereas attributes & attainments determine qualities, personal power & authority determines the coaches ability.

My personal attributes define my power.

My personal attainments allow my authority to use my power effectively.

My valuable personal attributes determine my self-worth.

My confident personal attainments determine my self-confidence.

My esteem as a quality coach is an expression of my confidence & self-worth that is of value to my client.

A quality coach is empowered, authorised & enabled to develop the qualities of other coaches.

May 5, 2013

Coaching Coaches

I Coach Coaches. I do not train coaches. Coaches are trained in the skills of coaching.

I do not supervise coaches. Coaches are supervised to develop their skills.

I do not teach coaches. I facilitate their learning.

I facilitate their learning how to grow & develop their qualities as a coach and the quality of their coaching ability.

The quality of my coaching ability is relative to my personal qualities as a coach.

My qualities as a coach are the qualities of my personal Beingness.

My Beingness is a matter of my personal attributes & attainments.

My attributes & attainments are the measure of my personal power & authority.

My personal power & authority determine the quality of my ability to coach.

My ability to coach effectively is relative to my confidence in my own authority and the power of my self-worth.

How much value I attribute to my Self and the confidence that I have attained is a measure of my ability to coach other coaches.

May 4, 2013

Can't See The Wood For The Trees

When I can't see the wood for the trees, I am lost in duality.

I am confused with a wood full of trees & trees full of wood.

I see trees made of wood & woods made of trees.

I need a third way out of the forest.

When I see a forest full of trees full of wood, I clarify my perspective and overcome the duality.

My lower forest floor perspective sees wood & trees in a forest.

My higher aerial perspective sees a forest full of trees made of wood and a path in & out of the woods.

Unless I am able to maintain my higher perspective, I can easily become lost in the forest.

The woods & trees of the forest are synonymous with the duality of physical life.

When I venture into the relative world of dual reality, I am liable to get lost & confused unless I maintain a higher perspective of my life that allows my clarity & direction.

May 3, 2013

Business & Laziness

Business & Laziness are a duality.

Business is driven by the belief that laziness is a sin.

Busy people believe laziness to be a sin and busy-ness to be a virtue.

The traditional deadly sin is sloth, not laziness. Laziness is being still or idle.

Sloth is the state of not following one's personal path of development & growth.

Business for most people means following someone else's business development path.

Busy business people are busy making sure that their followers are following their direction and not being idle or following their own direction.

Business people use/employ employees in useful employment to produce & improve profit.

Business loves profit and abhors laziness.

It does not tolerate its employees following their own path and doing their own thing.

Sloth is the sin of all diligent business people who wish to keep their business on track and in alignment with their own personal vision for its success.

Business, the state of being busy ensures that neither sloth nor laziness are ever tolerated.

I do not need to be busy following my own path.

In reality, I am usually too busy to follow my own path.

I cannot follow my own path by being lazy.

I can flow effortlessly along my own path of personal development when I am still and hear my inspired revelations and messages of direction.

May 2, 2013

Making It Up

Making it up is the first step to making it real.

I cannot bring anything into my reality, that is new, unless I first make it up in my imagination.

Without imagination, there is no creative ability.

Before I can create something for real, I first have to create it in my imagination. It is the power of imagination that develops reality and allows it to evolve.

Imagination is natural evolution.

Evolution is the nature of imagination.

Nature is the evolution of imagination.

When making it up and making it for real become part of the same process, I overcome the duality of my imagination.

My imagination is no longer compromised by my belief that it is not real.

When I realise that my imagination is real, I can start making life up for real. Real life, after all, is what I make it to be.

May 1, 2013.

The Nurturer

The Nurturer facilitates the growth of others.

When I facilitate the growth of others, others facilitate my growth.

When I nurture others, others nurture me.

I nurture others with my guidance & my support.

I guide others along their own path of development with insights and revelations.

I support others to get their emotional needs met and to empower their own actions.

Nurturing others allows their own inspiration to authorise their own aspirations.

The Nurturer allows development & growth to occur naturally.

It occurs with the effortless expansive flow that is the nature of the universe.

Nurture & nature are not a duality, they are not in opposition.

They work perfectly in balance & harmony and are never in conflict.

Being the Nurturer is the nature of a Coach.

June 30, 2013.

An Acuity

An Acuity defines the level of my mental & emotional intelligence.

Awareness is an emotional acuity. Consciousness is a rational acuity.

Conscious-awareness requires my exclusive-connection to both my rational & my emotional intelligence.

I aspire to attain the level of my mental acuity.

Acuity is the level of my mental aspirations.

I cannot think beyond the limits of the acuity of my mind.

My acuity defines my mental capacity to experience emotional thoughts.

My mental acuity and my emotional qualities allow the expansiveness of my physical standards.

An acuity is a mental standard or the standard to which I use my mind, or my mind uses my Self.

I aspire to the acuity of my mental capacity.

I am authorised by my mental capacity.

The acuity of my Mind is potentially omniscient.

June 29, 2013.

A Quality

A Quality is a personal attribute that has true value for me.

A quality emotional attribute has the attainment of a true value.

I am empowered by the quality of my emotional attributes.

An emotional state of being that empowers me has an emotional quality because it *is* a quality.

A quality defines the level of my emotional power.

The quality of my emotional power is determined by the state of being that I am attributing to my Self.

The quality of my awareness determines the awareness of my qualities.

A state of being that raises my emotional power has quality, whereas one that lowers my emotional power does not.

Emotional qualities are the product of my personal attributes & attainments and determine the quality of my life.

I am empowered by the quality of my emotional competence.

The quality of my heart is omnipotent.

June 28, 2013.

A Standard

A Standard is the level to which I perform a physical task.

It is the measure of my physical behaviour.

A standard of performance is the level to which a task is carried out.

When a task is accomplished to the required level, it meets an agreed standard.

My standard is the level of behaviour that I accept of my Self.

My acceptable level of behaviour becomes my standard.

I measure other people's standards relative to my boundaries.

A boundary is the level of behaviour that I find acceptable from other people.

My standard is that I respect other people's boundaries.

My boundary is that other people respect my standards.

When I respect other people's boundaries, I act within the boundaries of what they consider to be an acceptable standard.

When I cross another's boundaries, I automatically invite them to cross mine.

When my boundaries are aligned with my standards, I am in integrity.

I am enabled by the standard of my physical capability.

My strength is the standard of my omnipresent ability.

June 27, 2013.

Answerability

Answerability is my ability to give an account of my actions.

It is my ability to be answerable.

As a coach, I am required to ask clear questions and also to give clear answers.

Answering a question with clarity is being answerable.

I am answerable for my client understanding with clarity.

I am accountable for my client's development & growth.

When I am unhappy with my own answers, I cannot be answerable to others.

When I can account for my own development & growth, I am able to account for my client's.

I am accountable for my client, but never answerable for my client.

I am answerable to my client, never for my client.

When I am happy knowing my own answers, I am answerable to my client because I am able to answer my client with clarity.

When I cannot see my client's path, I have no idea what questions to ask.

June 26, 2013.

Accountability

Accountability is a coaching standard.

It is not a coaching skill.

It is what, as a coach, I offer to the client; not what I expect from them.

I do not make my client accountable for whatever they choose to be, do or have.

Accountability requires the ability to measure development & growth.

As a coach, I am accountable for measuring the development & growth of my client.

I measure a client's progress by comparing where they are now with where they were before.

As a coach, I model the quality of being accountable.

My client is only ever accountable for doing exactly what they feel is right & good for them.

June 25, 2013.

Excellence

Excellence is the attainment of be excelling.

I am being excelling when I am being my true Self.

My true Self is not just a collection of organised cells.

I am more than just a physical entity. I cannot excel as just a physical being.

As well as being physical, I am required to be emotional.

Excellence requires an emotional state of being excelling.

I cannot excel within the limitations of a physical brain in a physical body.

When I expand my mind beyond the confines of my human brain, I am being excelling.

I am not out of my mind, I am out of my cells.

Being excelling requires an intuitive mind.

I excel when I intuitively see, feel & know the expansiveness of my excellence.

I excel in the expansiveness of my attributes & attainments.

My excellence, my emotional state of being excelling, is a personal quality of my Self.

June 24, 2013.

Striving

Striving means working hard to achieve an objective.

I am forced to work hard to overcome a duality.

Any extreme of a duality creates a resistance to the natural flow of life.

I strive to move against the flow. Striving against the flow is hard work.

When I flow effortlessly with life, no striving is needed.

I strive for perfection, when I see only the imperfections of life.

I strive to make a living, when I believe that nothing comes without hard work.

I strive for success, when I see only failure in life.

I strive to move forward, when I am facing in the wrong direction.

On my appointed path in life, there is balance & flow.

I do not strive for balance & flow, I attain them.

When I strive to attain balance & flow, I achieve only resistance. When I attribute balance & flow to my Self, there is no need for striving.

June 23, 2013.

Co-operating

Co-operating is who I am being when I am working together with others.

Collaborating is what I am doing when I am planning to be co-operating with others.

Co-operation is successful when all participants or collaborators are working harmoniously.

Whenever I believe that someone is not co-operating, it is because I am not co-operating with them.

To work in co-operation requires a mutually agreed vision.

To co-operate in the completion of a task requires a commonly agreed standard of performance to be achieved by all. Co-operating harnesses the emotional potential of all team members. An inability by any party to be co-operating will diminish the potential power of the team to achieve its objective. To be truly co-operating requires my alignment with my Soul. That means to be co-operating, I am required to feel good about whatever I am doing.

When I am not co-operating with my Inner Self, I cannot co-operate with others effectively or successfully.

June 22, 2013.

Love & Kindness

When Love & Kindness are the same thing, they are both emotional needs.

When I need love because my emotional energy is low, I turn to my kind for their attention to my need.

This is the basis of relationship & friendship.

Friendships & co-dependent relationships are there specifically to mutually meet emotional needs.

My own kind are kind to me and offer their kindness in the form of the love that I need.

I need the love of kind people, my kith & kin, and I need their kindness because I love it and I value it when I need it.

Kindness is a virtue, although it is not a pure wavelength of emotional energy. It has a gender opposite of envy and may be perceived from opposing perspectives as either a positive or a negative virtue.

Pure love is an undivided wavelength of emotional energy that is without any duality of gender or polarity.

I emanate a vibration of pure love by overcoming the need for love and the need to give or receive kindness.

June 21, 2013.

I Wish

A Wish is a statement of wanting something better than I have.

When a wish is a statement of what I do not have, it has no power of attraction.

When I know that wishful thinking has no power of attraction, I allow the power of a wishful thought.

When my wish is a statement of my vision & purpose, it is empowered and attractive.

My only wish is for a new & better perspective.

I am the only one who can grant my wish.

I wish for a wishful thought.

A wishful thought is an inspired & empowered new perspective that grants my only wish.

It has the power & authority to manifest what wishful thinking can never achieve.

I do not need three wishes.

My only wish is most attractive.

June 20, 2013.

Credence

My Credence is my level of acceptability by others.

My ability to be accepted is relative to my authenticity and my credibility.

The authority of my authenticity and the power of my credibility enables my credence by others.

My credentials are my authenticity and my credibility.

My authenticity may be endorsed through the testimonials of others by reference.

My credibility may be examined through my qualifications, certifications & accreditations.

Certificates, qualifications, accreditations, testimonials, references & endorsements are all given to my Self by others based on their subjective view of my credence and what they find acceptable to them.

My authenticity & credibility is not limited by the boundaries of what other people deem to be acceptable to them.

It is only limited by the extent of my own boundaries and my ability to be accepting of my Self.

There is no limit to my authenticity or my credibility other than what I define it to be.

Other people intuitively know & feel the credence of how authentic & credible I am.

June 19, 2013.

Collaborating

When a group of people work together as a team, in unity for the common good, they are seen to be Collaborating.

Co-operating people collaborate.

When a group of people work together as a team, in unity *against* the common good, they are seen to conspire, collude, connive or contrive.

I conspire when I plan an illegal action with another.

I collude when I actively participate in an illegal action with another.

I connive when I passively participate in an illegal action with another.

I contrive when I invent an illegal action with another.

Whether others are working together for the common good, or *against* the common good, is a matter of opinion based on a subjective consensus view of what is good for common people.

It depends on whether one is working for the good of common people or just for the benefit of a minority group.

June 18, 2013.

Influence

Influence is a signpost on my personal path of development.

I am influenced by whatever I believe will enhance my attainment of my objectives.

In-fluence means in the flow.

A beneficial influence effortlessly places me in the flow.

A detrimental influence is one that I believe will cause entropy & resistance.

Influence is never detrimental to my journey.

I am only influenced by what I feel is an opportunity for my Self.

A bad influence is just my personal judgment of someone else's advice.

There is no such thing as a bad influence.

I am either in the flow or I am not.

It is my choice of perspective that allows others to influence my choice or not.

There is no such thing as a bad signpost, just a wrong or misinformed direction based on the belief of the person reading the sign-post.

When I am in the flow, no influence is needed.

It is when I am disconnected from the flow that influence is required.

Influence requires both my authenticity & my credibility to be acceptable.

June 17, 2013.

Authenticity & Credibility

Authenticity is a measure of believability and trustworthiness.

What I believe to be authentic, I believe to be genuine and I trust it.

I mistrust whatever I believe to be false or ingenuous.

My authenticity is a measure of my authority.

Authentic authority is believable and able to be trusted.

Other people have confidence in my authenticity.

Credibility is a measure of my power to elicit trust & believability.

What I believe to be credible does not disempower me in any way.

I am empowered by my own credibility and the credibility of others.

My credibility is a measure of my emotional power.

Credible emotional power has great value & worth.

My ability to be authentic & credible determines my authority & power to beneficially influence others.

June 16, 2013.

Gravity & Levity

Gravity & Levity are a duality of relative physical existence.

Gravity is heavy. Levity is light.

Gravitas is serious. Levitas is fun.

People with gravitas see levity as frivolous.

People with levity see gravitas as grave.

Levity is a quality of the Levites, who were a tribe of Israel who believed they were Beings of Light.

Gravity is a force of nature discovered by Isaac Newton, a man of great gravitas. Gravity apparently pulls me down to Earth and grounds me.

Levity apparently allows me to levitate and fly metaphorically.

A Medium allows a balance between the opposing forces of gravity & levity.

Physical life is just such a medium. The medium of life is finely balanced between gravity & levity. It is seriously fun, and either frivolous or grave depending on the force of my own nature. When Newton discovered gravity, mediums were being burnt at the metaphorical stake.

June 15, 2013.

Psychology

In the recent past, Psychology became the study of the Mind.

Previously, in Ancient Greece, Psychology was the study of the Soul.

Psyche meant Soul to Greek Philosophers.

To those who are unaware of their Soul, the psyche is now known as the mind.

Today, psychology is being enhanced by the study of the brain, which is called neurology.

Psychiatry, the study of a mal-functioning brain has given way to neurology and psychology is heading in the same direction.

It is endorsed by a belief that our behaviour is determined by our genetic make-up.

It is driven by a belief that our mind is the result of the genetic make-up of our brain, which is a completely Soul-less version of reality.

My psychology is the study of how my Soul is my True Mind and how my brain processes the conscious and sub-conscious aspects of my mind.

With no distinction between the conscious, sub-conscious & super-conscious aspects of my supra-conscious Mind, I have no idea what aspect of my psyche I am studying.

The relationship between my conscious ego, my sub-conscious id and my super-conscious entity that make up my supra-conscious Psyche is very worthy of study, and is the true purpose of my Psychology.

That study requires a super-conscious awareness of my psyche as I will not find the answers in my genes or in the neurones of my brain.

June 14, 2013.

Three Beliefs That Will Change The World

Belief 1: My Power is emotional and relative to my state of Being.

I have no power over other people, other than the authority that they give to me.

Belief 2: My Authority is intuitive and relative to my emotional intelligence.

I have no authority to follow any other path but my own.

Belief 3: My Ability is relative to my emotional power and my mental authority.

It is only limited by my emotional needs and my fears or untrue beliefs. I become the change that I wish to see in the world when I change my perspective of what I see in this world.

My perspective of what I see in this world creates my reality and this endorses and perpetuates my belief about what is real in this world.

When I change my belief, I change my perspective, I change my reality and I change my experience of reality.

Just by what I feel and I know to be true, you see!

June 13, 2013.

Three Systems In Crisis

In our modern society, there are three systems in crisis.

The Financial System

The financial system is in crisis due to the belief that power comes from money. Money is a measure of my dependency on other people. My emotional power comes from who I am being, not money.

The Education System

The education system is in crisis due to the belief that knowledge gives us the ability to earn the money that supplies our emotional power and gives us influence and status over others. Education is a measure of the ability to logically process rational information. My authority is intuitive and comes from the revelations of my inspired thoughts. Our education system does not recognise the existence of emotional intelligence or intuition.

The Health System

The health system is in crisis due to the belief that we need other people to cure us of our ills & ailments. Our health system only treats the symptoms of our un-wellness. My health is innate. It is the physical ability of my emotional

power aligned with my intellectual authority. Our society believes that with enough money we can buy the knowledge and ability to be healthy. Unfortunately, it is our financial system and our education system that creates our system of ill health.

In the absence of educated emotional intelligence, we use money as a substitute for emotional power. It is money, or the lack of it, that has become the root cause of all our ills and woes.

June 12, 2013.

Nature & Character

My Character is driven by my needs, values & beliefs.

It determines the role that I play, what I do and how I do it.

The more quirky my beliefs, the more eccentric my behaviour and the more unique my character.

The more I conform to other people's beliefs and follow the status quo, the less character that I appear to have.

My Nature is to express my True Values.

My True Values express my natural way of being.

My nature is to be who I really am.

It is the quality of attributes that my Soul has attained on its journey through many life-times.

I have not learned my natural way of being just on this one life journey.

It is an accumulation of many opportunities for learning in many life-times of experience.

My character is the creation of my sub-conscious programming.

My nature is the expression of a super-conscious creative Soul.

June 11, 2013.

An Inter-developmental Relationship

The purpose of an Inter-developmental Relationship is personal development & growth. It is to facilitate the development of each partner in a relationship.

It is mutually beneficial for each party in that relationship.

Partnerships are particularly beneficial for personal development.

My personal development partner is ideal when they are expressing the lessons that I need to learn.

They act as a mirror for me to see what I cannot see in my self.

They are a role model for my chosen path of change.

By the Law of Attraction I always choose an ideal inter-developmental partner.

My ideal partner always offers me unlimited opportunities for growth.

Inter-developmental partnerships have no need of a contract.

They are aligned with the Soul's Covenant to facilitate expansive self-development & spiritual growth.

June 10, 2013.

An Interdependent Relationship

When a co-dependent relationship is no longer providing everything that is needed, it often evolves to become interdependent.

Interdependent Relationships often have a group dynamic. Groups relate in an interdependent way. This is why adults join clubs & associations. They need a sense of belonging to a group that provides what they need physically, mentally or emotionally. It may be the physical activity of a Sports Club, the mental activity of a Bridge Club or the emotional activity of a Darby & Joan Club.

This is why Companies promote team-work. Teams of people work better when they co-operate with individual talents & skills uniting with a common objective for the mutual benefit of all of the team's members.

This is why people join Churches.

A church is a body of people who share the same beliefs that meet each others physical & emotional needs as well as endorsing a common dogma, doctrine and set of moral values.

June 9, 2013.

A Co-dependent Relationship

During adolescence, mixing with 'independent' people, we soon find that friends are very fickle.

My ability to get others to meet my emotional needs is dependent on my ability to meet their needs emotionally.

It is also dependent on my ability to get them to agree with my decisions and choices, or my ability to agree with theirs.

Agreeably meeting each others needs is the basis of a co-dependent relationship.

I meet your needs in return for you meeting mine.

It soon becomes apparent that what we all really need is that one special person who unconditionally meets all our needs.

The more needy that we are, the more difficult it becomes to meet that person.

Some eventually give up looking in the belief that Man's best friend is a Dog.

Humans & Dogs, or Cats, develop co-dependent relationships that are often more reliable, more dependable, than human friendships.

Marriage has been designed to make our special co-dependent relationship a bond for life.

A marriage contract is there to ensure that the relationship remains long after our needs are no longer being satisfied and we realise that the relationship is far from being unconditional.

June 8, 2013.

An Independent Relationship

I relate to other people in an Independent way when I am able to meet my needs myself.

As I grow into adolescence, I learn to provide whatever I need for myself and make my own decisions and choices.

Once I have learnt to independently meet my own physical needs, I am ready and able to leave home.

Becoming emotionally independent of my family does not make me emotionally independent.

By adolescence most people have sub-consciously learnt to get their emotional needs met by their friends.

Reliable friends & acquaintances can be depended upon to endorse my choice & decision making.

Conforming to peer pressure socially and at work is a form of mental security that many people depend on for their emotional competence.

A truly Independent Relationship is at one with my Inner Guidance System.

Being independent of my Soul will never allow my personal independence.

Consciously meeting my own emotional needs and owning my own beliefs is the pathway to allowing my mental & emotional independence to become realised.

A truly Inner-dependent Relationship is a partnership between my Self and my Soul, which gives purpose to my vision for my life.

June 7, 2013.

A Dependent Relationship

I am in a Dependent Relationship when I am dependent on someone else for what I need.

My needs may be physical, mental or emotional.

I am dependent on another due to my physical incapability, my emotional incompetence or my mental incapacity.

When I rely on another for my emotional energy or my mental ability to choose for myself, I am in a dependent relationship.

We are all born into a dependent relationship with our parent or guardian.

As a baby, my parents attended to all my physical needs, met my emotional needs and made all my choices for me.

Dependent relationships continue until a level of independence is attained mentally, emotionally & physically.

June 6, 2013.

Three Coaching Perspectives

Perspective One: This is the view of my sub-conscious mind.

“Where am I now?”

A perspective of where I am now is formed from my past experiences.

Experiences that have passed by in my reality form the basis of where I am right now.

It is my experiences & choices in the past that have brought me to where I am right now.

Perspective Two: This is the view of my super-conscious mind.

“Where do I choose to be?”

A perspective of where I want to be is formed in my imaginary future.

I create a view, of where I want to be, in my imagination.

It is my intuitive creative ability that drives my expansive future.

Perspective Three: This is the view of my conscious mind.

“How am I going to get there?”

This is my conscious strategy of how I will change my present circumstances in order to create what I choose to have.

It is who I choose to be and what I choose to do in order to fulfil my dream of an ideal life.

By bringing all three perspectives into alignment, I allow the future to unfold in each present moment of now.

June 5, 2013.

Adherent & Coherent

I am Adherent when I follow my own path.

Following my own path, I attain adherence.

I am Coherent when I align with my Soul's authority.

Following my own path, I attain coherence.

Coherence means hearing my messages.

Adherence means following the direction of those messages of direction.

It is sticking to my covenant with my Soul.

I cannot follow what I cannot hear.

My adherence requires my coherence.

My coherence allows me to understand my Self as my Soul overseeing my Self.

I understand my Soul with coherence.

My Soul oversees my Self with coherence.

My Self follows my Soul with adherence.

My Soul always adheres to my path.

Adherence with my Soul allows my co-hearance of my path.

Adhere means 'to hear' by being present 'at here'.

Cohere means to 'hear together' by being 'here together'.

June 4, 2013.

A Trialist

A Trialist is an adherent to the trialities of life.

A Trialist always chooses the third way.

A Trialist believes that the 3rd Way is divine.

A Trialist has overcome the relative choices of a dual reality world.

A Trialist is aware that there are always three choices.

A Trialist knows that the 3rd choice is always at the fulcrum of the other two.

A Trialist is aware that the third choice always brings the other two choices into balance.

A Trialist seeks a life of balance & harmony, with inner peace.

A Trialist knows that life is not a trial, there is no judgment, no blame, no conviction and no punishment.

A Trialist only sees life as a trial or a lesson when an opportunity has been missed.

A Trialist knows that Oneness is not a singularity but a triality of relative experiences in a dual reality world.

June 3, 2013.

Who Am I Here For?

Who am I here for?

Am I here for another?

Am I here for my Self?

Am I here for my Soul?

When I am here for another, it is often detrimental to my Self.

When I am here for my Self, it is often detrimental to others.

When I am here for my Soul, it is beneficial for everyone.

I am here for others in ways that are only apparent to my Soul.

I am here for my Self when I am being my Soul.

When I am being my Soul, I am here, I am present, and I am apparent.

When I represent my Soul, I am present, I have presence, and I present opportunities for growth for my Self and all others.

My Soul does unto others as it would have all others do unto its Self.

June 2, 2013.

Coaching Transitions

From an Ugly Duckling to a Swan

From Half Empty to Half Full

From Half Full to Abundantly Full

From a Sow's Ear to a Silk Purse

From a Commoner to a King

From a Competitor to a Winner

From Achievement to Fulfilment

From a Beggar to a Chooser

From being Unlucky to

Accepting my Fortune

From Working Hard to

Allowing my Providence

From Getting Old to Growing with Age

From a Wild Goose Chase to a Walk in the Park

June 1, 2013.

From Being Asleep to Smelling the Coffee

From Overcast to Singing in the Rain

From a Silver Lining to a Golden Filling

From a Golden Oldie to a Platinum Album

From Only Human to a Super Human

From Conscious

Incompetence to Unconscious Competence

From Solving Problems to

Seeing Opportunities

From Nervous Anxiety to

Blissful Excitement

From Chaotic Uncertainty to Effortless Flow

Being Resilient

Being Resilient is adhering to my path.

It is the inner strength that is required to stay on track.

It is the flexibility required to accept whatever turns up in life.

It is the strong outer shell that allows my inner gentleness.

It allows my ability to flow effortlessly under all circumstances.

Being resilient requires the attainment of extensive boundaries.

With resilience, I am able to expand my comfort zone to extensive limits.

The extent of my resilience is defined by the expansiveness of my boundaries.

Being resilient allows my journey through life to flow gracefully.

It allows my opportunities in life to be unconditionally acceptable.

July 31, 2013

Energy, Matter & Motion

First is the dimension of Motion.

The Motion of matter in energy or the Motion of energy in matter. It is the spin of electrons in space. It allows the Atomic Holon.

Second is the dimension of Energy.

The Energy of matter in motion or the Energy of motion in matter. The e-motion of cells matters. It allows the Cellular Holon.

Third is the dimension of Matter.

It is the Matter of energy in motion or the Matter of motion in energy. It allows the Organic Holon. It allows the experience of Human Life.

Life experience is a matter of emotion. Energy in motion matters.

Matter is lifeless without energy.

Energy without motion doesn't matter because it is immaterial.

Without matter, energy in motion cannot be experienced.

July 30, 2013

A Four Dimensional Reality

A Four Dimensional Reality has multiple versions of reality.

It has a perspective of length, breadth, height & depth.

Depth is the spiritual dimension of awareness.

It is measured in holons of existence.

A perspective of cosmic proportions is required to perceive a four dimensional reality.

The Cosmic Holon is four dimensional.

I see the cosmic proportions of our universe when I perceive it from a galactic perspective rather than a planetary perspective that is trapped within a solar orbit.

It requires a three dimensional physical consciousness to allow the addition of a fourth dimension of spiritual awareness.

I cannot see a fourth dimension with my physical eyes.

I can only intuit it with my spiritual insight and my super-conscious imagination.

July 29, 2013

A Three Dimensional Reality

A Three Dimensional Reality has infinite space & eternal time.

The continuous reality of time & space allows reality to change and to be different, relative to its time & space.

From the perspective of a three dimensional consciousness, there is only reality with changing time & space.

The Organic Holon is three dimensional.

It has *here, there & everywhere*.

It has *now, then & always*.

A three dimensional reality is always everywhere.

Its reality changes and evolves as it moves in space-time.

It allows time & space to change reality.

A three dimensional consciousness sees space & time as universal and therefore sees reality as universal.

A universal reality appears to have only one version of reality.

July 28, 2013

A Two Dimensional Reality

A Two Dimensional existence has no perception of a changing reality.

Here & There are the same.

Now & Then are the same.

A two dimensional state never changes its reality.

It is always *here* and always *now* with no distinction between *you & me* or *them & us*.

The Cellular Holon is two dimensional.

There is just the cell that is *here & now*.

There is no concept of a multi-cellular organism.

There is only a perception of a two dimensional organism that is a cell.

From the perspective of the cell, it is all there is.

It has no perception of its co-operation with other cells and other cellular organisms.

Its consciousness, that experiences *here & there* in space and *now & then* in time, is the one reality of a two dimensional cell.

July 27, 2013

A One Dimensional Reality

A One Dimensional Reality has no perception of time or space.

There is no *there*, only *here*.

There is no *then*, only *now*.

The Atomic Holon is one dimensional.

An electron that is *here* has no perception of a proton that is over *there*.

It has no perception of its rotation, spin or orbit.

No perspective of its length, breadth or height.

No awareness of being a part of an atom within an atomic universe.

The one version of an electron is its own universe.

It has no concept or realisation of a multiverse of atoms with infinite space and eternal time.

It is not conscious of its eternal journey around its atomic nucleus.

Its consciousness is just *here & now*

Now-here – Nowhere!

July 26, 2013

Some Coaching Transitions

From an Ugly Duckling to a Swan.

From Half Empty to Full.

From a Sow's Ear to a Silk Purse.

From a Commoner to a King.

From an Also Ran to a Winner.

From a Beggar to a Chooser.

From Being Unlucky to Accepting my Fortune.

From Getting Old to Growing with Age.

From a Wild Goose Chase to a Walk in the Park.

From Being Asleep to Smelling the Coffee.

From a Silver Lining to a Golden Filling.

From Only Human to Super Human.

From Conscious Incompetence to Unconscious Competence.

From Problem Solving to Opportunity Taking.

From Nervous Anxiety to Blissful Excitement.

From Confused Uncertainty to Effortless Flow.

July 25, 2013

Disapproval

Disapproval is the emotional energy drain that I experience when someone crosses my boundaries.

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

I disapprove of unacceptable behaviour. I cannot disapprove and be approving.

Unacceptable behaviour disallows my being accepting.

My boundaries ensure that other people's behaviour is acceptable.

Extending my boundaries allows me to be more accepting and more approving.

The more resolute my boundaries, the more disapproval that I will encounter.

Non-approval is the emotional energy drain that I experience when someone else disapproves of my behaviour.

I invite their non-approval when I cross their boundaries and my behaviour is unacceptable to them.

When I unconditionally accept the behaviour of all others,
and approve of who they are being, all others are allowed to
be unconditionally approving of my Self.

It also allows my Self to be unconditionally approving of my
Self, as is my Soul.

July 24, 2013

Needing Approval

Needing Approval can take two different forms. It can be either subjective or objective.

Subjective approval is my need for the approval of others for my behaviour.

Objective approval is my need to approve of the behaviour of others.

I need subjective approval to endorse my approval of my Self.

I need to objectively approve of the behaviour of others to ensure that my boundaries are not crossed.

Subjective disapproval of myself creates the need for approval from others.

It is my lack of self worth caused by my inability to see my own true value.

Objective disapproval of others causes my need to approve of others.

It is my lack of self confidence caused by my inability to allow others to follow their own, path because of my own insecurity.

My approval of my Self and others is relative to my sense of self esteem.

With enough self-confidence & self-worth, I have no need of approval either subjectively from others or objectively for others.

July 23, 2013

Disgust

Disgust is my lack of approval. When I strongly disapprove, I am disgusted by what I am disapproving of.

The need for approval can be either subjective or objective; never adjective. I cannot be disgust. I can be objectively disgusted by others bad behaviour. I can be subjectively disgusted by my own bad behaviour. I subjectively disapprove of myself and I objectively disapprove of others.

Disgusting behaviour is my judgment of myself or other people.

It is behaviour that strongly conflicts with my standards or my boundaries because I believe it to be morally, ethically or socially wrong.

Disgust is a principle.

I react to disgustingly bad behaviour on the principle of not tolerating bad manners.

With no need for approval, I have no need to approve, no need to disapprove and no need to be disgusted by the behaviour or manners of myself or other people.

July 22, 2013

Being Resolute

Being Resolute is being determined in my actions.

It is my conviction in my solution to a problem.

It is trying to solve the same old problem with the same old solution.

It is a fixed perspective that is unable to change.

Being resolute lacks flexibility.

A resolute determination disallows effortless flow.

Resolutely 'sticking to my guns' will hold me in my inner conflict.

It is my ego that determines my resolution.

It is my ego self that is determined & resolute.

Being resolute requires a great deal of will power.

The power of my will is resolute.

Will power is my ego's solution when I am not empowered by my Soul's vision for my Self.

Being resolute is problematic, not opportunistic.

July 21, 2013

Inner Conflict

Inner Conflict is believed to be a battle between the head & the heart.

But my intuitive knowing is never in conflict with my emotional feelings.

My emotional feelings are created by my mental beliefs, they do not oppose each other.

My mind is never in conflict with my Soul.

My Soul never opposes whatever my Self chooses.

My Soul is never in conflict.

My Self is only ever in conflict with itself.

Any outer conflict that I experience is a reflection of the inner conflict that I am experiencing.

The only things that are ever in conflict are the opposing polarities of my thoughts and the opposing genders of my emotions.

It is a relative dual reality world that allows frequencies of thought to be divided by polarity and wavelengths of emotion to be divided by gender.

Without division there can be no opposition and no conflict.

The wavelength of my emotion always aligns with the frequency of my thought.

It is the gender and polarity of my energy that creates the inner conflict of opposing energy vibrations.

Without opposing energy vibrations there is no conflict, but without divided energy vibrations there is no choice either.

July 20, 2013

Self-Conflict

I am never in conflict with my Self.

Yet my Self is often in conflict with my Soul.

When my Self has an opposing view or a perspective that is out of alignment with my Soul's vision for its Self, I am in self-conflict.

Because I have forgotten my Soul's vision for my Self at birth, conflict in my life is an everyday occurrence.

Self-conflict is a sure indication of my mis-alignment with my path.

It is caused by the will power of my ego's desires being out of alignment with my Soul's vision for my Self.

Whenever I see life from an opposing perspective to my Soul, I am in self-conflict.

Without the insight of my intuitive revelations, conflict will remain present within my Self.

Without inner guidance, my self-conflict will hinder my effortless flow on my journey through life.

July 19, 2013

Conflict Resolution

Peace is never the answer to conflict.

Conflict is never resolved through peace talks.

Peace is not the solution to the problem of war.

When peace is the solution, war is still a problem.

Peace is a cold war or a passive conflict.

Seeking conflict resolution is seeking a peaceful end to war but the conflict always remains with the potential to start a new war. All through history, the problem of war has never been resolved through peace.

Peace is just a gap between active conflicts.

Conflict always offers the opportunity to see an opposing perspective.

Once I have a clear perspective of an opposing view opinion or belief, I can seek a third way.

A third way is a balanced perspective that is agreeable to both parties.

Being free of conflict requires my Self to be free of the conflicting ideals & ideologies that other people hold.

I do not seek to resolve conflict but to be free of it.

July 18, 2013

Conflict & Confrontation

To Conflict means to be in opposition to.

To Confront means to face up to an issue.

Confrontation & conflict are often seen as the same thing.

Non-confrontation is not facing up to an issue.

Facing up to an issue in a non-confrontational way is an oxymoron.

Confronting an issue in a non-conflicting way is called mediation.

I cannot overcome conflict by avoiding the issue.

Neither can I overcome conflict by confronting an issue in a conflicting way.

When two parties confront an issue with conflicting views beliefs or convictions, they are in conflict.

When two parties confront an issue with openness and a genuine desire for clarity and a common direction, they are keen to moderate their perspective. Choosing between two opposing choices is judgment not mediation. Mediation is finding the median, the balance, and the agreement of a mutually acceptable third way.

July 17, 2013

Mental Disorders

Mental Disorders are recognised as behaviour disorders.

Where no behavioural disorder is recognised, no mental disorder is apparent. It is believed that a mental disorder is the result of a malfunctioning brain. This is itself a belief disorder that creates a behaviour disorder of looking for the cause of a mental disorder in the brain.

Behaviour always follows belief. My beliefs determine my behaviour. Orderly beliefs, beliefs that are normal, create normal behaviour that is orderly. Disorderly beliefs create abnormal behaviour that is disorderly.

Mental disorders are belief disorders.

Believing that all mental beliefs should have the same order is a disorder.

Believing that mental beliefs are created by the brain is a belief of normal, orderly, brainy people.

Knowing that my mind uses my brain to process orders is a different belief entirely.

Forcing our beliefs onto other people is not a sane thing to do.

July 16, 2013

Being Morbid

Being Morbid means being diseased.

My physical experience of being emotionally morbid is created mentally by my beliefs.

The emotional state of being morbid is caused by a mental disease or dis-ease. Mental dis-ease is not pathogenic, it is a disease of my belief system.

My belief system determines the ease & dis-ease in my life. Diseased beliefs create emotional morbidity.

When my behaviour is limited by my beliefs, my emotional power becomes ill at ease.

A morbid perspective creates a morbid perception of my experience of life.

A morbid perception & experience of life is a diseased view of reality.

How I see my reality is relative to my emotional power that determines my emotional state of being.

Being morbid is the consequence of behaving with a diseased set of limiting beliefs that are taking me along a pathway to death rather than a journey through life.

July 15, 2013

Being Mortal

Being Mortal means being alive as a Human Being.

Mortality is the human condition of being alive.

Whatever is subjected to life is also subjected to death.

Life & death are the beginning and the end of a dual reality existence.

This is the paradox of mortality: there is no life without death. Life & death define human mortality.

The condition of being alive is always subject to the possibility of being dead. The human condition of mortality is a temporary experience. It is the human condition of mortality that is subject to death or to life.

I am not a human condition. The human condition of mortality is a temporary experience for the purpose of fulfilling one's purpose for being alive.

Without a fulfilling purpose, I can be mortal; but am I really alive?

I am mortal, but am I living my life or slowly accepting my death?

Am I living my destiny or surviving my fate?

July 14, 2013

A Mindset

A Mindset is a particular personal perspective.

My particular perspective sets my mind.

My fixed perspective is my mindset and determines my attitude.

My attitude determines my emotional state of being.

An extremely fixed mindset is a conviction.

In my opinion, the more fixed my mindset the more I am convicted by my beliefs.

The less fixed my mindset the more I am able to be influenced by other opinions.

My mind is ever changing and evolving.

My mind does not choose to be set or fixed.

An ever changing mindset allows a developing mentality to grow and evolve its perspective.

My mind is only set in any moment of time by my perspective of what is occurring.

My mindset can be settled, unsettled or expansive.

July 13, 2013

We Are All Equal, Yet:

We are all equal, yet:

Some are more *equal* than others

Some are more *balanced* than others

Some are more *still* than others

Some are more *connected* than others

Some are more *guided* than others

Some are more *authentic* than others

Some are more *expansive* than others

Some have more *equanimity* than others

Some have more *confidence* than others

Some have more *credence* than others

Some have more *credibility* than others

Some have more *clarity* than others

Some have more *direction* than others

Some have more *presence* than others

Some are more aligned to their path than others.

July 12, 2013

We Are All Equal

We are all Equal, yet we are all different.

This is because we all have choice.

Equal is not the same unless I choose it to be.

I can be different and still be equal through choice.

Some are more equal than others through choice.

When equality equates to balance, some are more balanced than others.

Being in balance is a choice.

Choice allows the exploration & experience of extremes.

Extreme experience takes me out of balance energetically.

Intense experience is not in balance.

Some choose to live an extremely intense life.

Some choose balance, calm & equanimity.

We all have equal opportunity to choose our differences.

July 11, 2013

Taking A Liberty

Taking a Liberty means crossing someone's boundary.

It is unacceptable behaviour by other people.

When someone acts intolerably, they are taking a liberty.

In actuality, I cannot take a liberty but I can give away my liberty.

My liberty is a choice.

It is my freedom of choice.

I can choose my liberty or I can choose to give it away.

I cannot take a liberty from another but they can concede their liberty to my choice.

Expecting someone to cede to my choice, is taking a liberty.

I am not free to choose for other people.

I am not free to give or take freedom from others.

That would be taking a liberty.

I am only ever free to take my own liberty.

July 10, 2013

A Motive

A Motive is a reason that motivates me. Motives are what drive me.

They are my beliefs that drive my behaviour.

I am driven by my emotional needs.

My emotional needs are created by my limiting beliefs.

My lack of emotional power is caused by my limiting beliefs.

I am limited or unmotivated by any belief that limits my emotional power.

Limiting beliefs disempower me.

My disempowerment creates my need to motivate myself.

I am motivated by whatever has sufficient value to meet my emotional needs.

A motive is a sub-conscious choice that has a perceived value.

It is without true value.

A true value is a conscious choice that empowers my action, not a motive that meets my needs.

I do not need a motive to do what I truly value.

July 9, 2013

An Agenda

An Agenda is a to-do list.

It is a list of what I need to do to achieve what I want to achieve.

What I want to achieve is my agenda.

What others want to achieve is their agenda.

Meetings meet with a common agenda to achieve common objectives.

My Soul has no agenda.

There is nothing that I have to do.

There is only what I choose to do.

My Soul cannot have an agenda and give its Self choice.

An agenda determines the path of a planning meeting, not the path of my Soul.

My Soul does not plan. Planning determines the future not the present. My Soul has a vision of the present, not a plan.

It is my vision to undertake the journey, not to plan the journey.

An agenda will disallow my provision and my allowance.

My meeting with my Soul has no agenda.

July 8, 2013

Compromise

Compromise is a joint promise.

It is a promise between two minds to work together to share one journey.

Without compromise, my journey expresses the desires of my Self alone.

I cannot compromise my selfishness by being unselfish.

A truly selfish path is a joint promise that never compromises the journey.

My journey is compromised when I follow the path of another.

My com-promise is with my Soul, never another.

My Soul knows my promise for my Self.

My promise with my Self is to fulfil my journey.

I never compromise my journey, I compromise with my Self in following my journey.

I never compromise the path of another, lest they compromise mine.

My compromise is between my conscious & super-conscious minds.

July 7, 2013

Atonement & Forgiveness

There is a general belief that Atonement is what I do and Forgiveness is what I give & receive, to & from others.

I am led to believe that in order to attain forgiveness, I need to atone for my actions.

Forgiveness is not a pardon given by another to my Self or given by my Self to another.

Forgiveness is the attainment of being accepting of what is. I forgive my Self everything that I require on my journey through life.

When I am accepting of what is, I see that everything is always fore given as my allowance.

I have everything that I need in every moment of time because it has been fore-given.

Atonement is not something that I do but my state of being At One with my Self.

I cannot do being at one, I am either being at One or I appear to be separate from my Soul.

Seeking forgiveness will disallow my being at oneness as it is a statement of my separation.

Knowing that I already have forgiveness requires my Self & my Soul to be at one.

At-one-ment & fore-give-ness allow my allowance when I allow my Self to be at one & forgiven.

July 6, 2013

Insignificant

Insignificant thoughts, words & deeds often have inner significance. Insignificant messages can have inner significance. Inner signs can appear to be insignificant.

What appears to be insignificant to my conscious mind may have super-conscious significance.

Insignificant little phrases form the foundation of my belief system.

Apparently insignificant beliefs may be very significant when I am programmed to sub-consciously believe them.

Insignificant little phrases are an inner sign to challenge and change them for the opportunity of a more beneficial belief.

Limiting beliefs are not insignificant, neither are they beneficial. They have a significant affect on my behaviour and what I am attracting into my reality.

All beliefs have significant emotional power to disallow or allow my ideal reality to manifest significantly.

My Soul is always significant and always showing me the way.

The inner significance of my Soul is never insignificant.

July 5, 2013

Transparency

Transparency allows others to see me with clarity.

It has no hidden agendas.

It means that what I say, who I am being, and what I am doing, are freely expressed.

Transparency has no deceit and no dishonesty.

With transparency, I claim to be who I am and I am who I claim to be.

Everyone can see where I am now, where I am coming from, and where I am going to.

I cannot be lost & transparent, neither can I be confused & accountable.

Transparency allows me to see my vision clearly.

Without a clear vision, my vision is not transparent.

When I carry out my mission with transparency, I am no longer living an illusion.

July 4, 2013

Self Regulation

Self Regulation is regulation of my Self by my Self.

It is the process by which I bring my Self back into balance with my Soul.

In balance, I am no longer in conflict with either my Self or others.

I cannot be in conflict with others and in balance with my Self.

I seek balance within my Self as I cannot regulate other people.

Self regulation cannot bring other people into balance.

A body of people cannot be self-regulating.

An organisation or an association of people can become independent of external regulation.

Independent Regulation is independent of external regulation but that does not mean it is self regulating.

It is not the association that requires regulation it is the individual members of the association.

Self regulation is dependent on Coaches regulating their Self, bringing their Self back into balance.

A Coach does not look to an organisation to regulate their Self.

Some may look to an organisation to regulate other coaches, preferring this to external regulation by an external regulating body, but this is only when they do not see the opportunity for individuals to be coached into becoming self-regulated and brought back into balance through their own choice.

Being self-regulating is a choice that all coaches choose irrespective of whether they belong to an association or not. A Coach that does not choose to be in harmony & balance with their self and their clients is not a Coach.

July 3, 2013

Equanimity

Equanimity is the state of being in a pure emotional state of being.

It is an emotional wavelength of energy that is undivided by gender.

It has a calm intensity.

Equanimity requires a frequency of thought that is not polarised in one direction or another.

Undivided by polarity, it has a still intensity.

Undivided by either gender or polarity, my energy vibration is balanced.

Equanimity is at the balance between yin & yang, between my anima & my animus.

It is a state of being where all opposing aspects of my energy vibration are equalised.

Equanimity is the attainment of calm, still, balance.

It allows me the power & the authority to respond with ability.

Responsibility for my actions requires the attainment of equanimity.

July 2, 2013

Courtesy

Courtesy is the required manner or standard of behaviour expected in a Court of the Crown.

It is the expression of humbleness & deference to a higher authority by people with status.

Common courtesy is the manner expected of common people when in the presence of nobility or royalty.

Courtesy is hierarchical and one directional.

Nobility expects the presence of courtesy to each other in deference to their monarch.

They do not expect the Nobility to extend common courtesy to those of a lower status or rank.

The Common Man is rarely offered common courtesy by uncommon people. Courtesy has never been a measure of authority, more an expression of status.

In reality, the higher the authority a person believes that they have, the less courteous they believe that they have to be.

Unless that is they are in the presence of Royalty or in a Royal Court.

July 1, 2013

Independent – From & With

Being Independent is being detached from or not being attached to. I am independent *from* someone when I do not need them for anything. I am independent *with* someone when I share my independence with them.

Sharing my independence with another has true value.

Independence has true value when it is without attachment or emotional need.

When I value the true power & authority of my independence it has true value for me.

When my independence is an 'inner dependence', I am dependent only on my true self – my Soul.

I am independent *from* needing others when I am independent *with* my True Self.

Being independent *from* my Soul is disempowering & unauthorised.

Being independent *with* my Soul is a connection that has no attachment.

Only when I am independent *from* all other people can I be independent *with* all others.

August 31, 2013

Enough To Get By

Enough to get by is sufficient but not enough.

Enough to live well is abundance.

When abundance is enough, sufficient is not enough.

Insufficient is not enough to get by.

Sufficient is enough to get by.

Abundance is enough to live well.

Enough is a statement of my contentment.

When I am fully content, I have enough.

I am not content to get by.

Sufficient is not enough.

It is not enough to live well.

It provides a living but not an ideal life.

In my ideal life, I have enough not sufficient.

Sufficient for my needs is not enough true value in my life.

Abundance is a true value.

Being sufficient, with enough to get by, only meets my needs.

Until my needs are met, I cannot live my true values.

I must first be self-sufficient before I have enough.

August 30, 2013

Vital

Vital means necessary for life.

When the necessary components of life are present, I am vital and I have vitality.

Vitality allows the ability to be vital.

I am vital to life.

Life does not exist without the presence of my Self to experience it.

My Soul presents an opportunity for life to my Self.

My Self accepts, or rejects, the opportunity to be vital.

Accepting the opportunity for life is being vital, and it is vital.

It allows my vitality to flow effortlessly.

The ability to live life well is vital.

This vital ability is called vitality.

Vitality is the ability to live life well.

My connection to my emotional power & my mental authority are vital.

They ensure my level of vitality.

Vitality is vital to life.

August 29, 2013

Powerful Attributes

Powerful Attributes have emotional power.

Emotional attributes are full of power.

Irrational attributes are not.

There is no such thing as an unemotional attribute.

Attributes are emotional states of being.

Being rational is an emotional state of being.

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

Being unemotionally disconnected is not powerful at all.

Being rational relies on the power of the will, which has very limited power even with great will power. Being emotional allows my power to flow.

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

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

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

August 28, 2013

An Original Thought

An Original Thought does not originate from physical experience.

Thinking is never original, it's just a new way of looking at an old problem.

Original thought originates from my origin.

My origin is my super-conscious entity that is my Soul.

My super-conscious thought is original.

Original thought is new to my Self.

It is a present perspective of my Soul.

It is a super-conscious perspective presented to my Self in the present moment as an inspired gift.

I am inspired when I receive the gift of original thought.

An original thought is always empowered with inspiration.

It is an insight that comes with an intuitive sense of seeing a new perspective of life.

Without original thought, nothing would change, nothing would develop, and nothing would grow.

August 27, 2013

The Need to be Valid

Being Valid is being well grounded.

I validate my life by being well grounded in my experience of life.

Unless I ground my self in physical life, my experience is not truly valid.

My experience of life is valid when I am fully participating in the physical experience.

I need to be valid when I believe that I am not fully participating in my life.

When I do not feel valid, I am not grounded in my experience of what is presently occurring.

I will need someone else to ground me and validate my experience.

When a partner or friend grounds my ungrounded emotional energy, I feel validated and valid.

Unless I can validate my own emotional energy, my life will depend on another for my validation.

I validate my emotional energy with my awareness of who I am presently being.

When I immerse my Self into the physicality of 3 dimensional life, my purpose in life becomes valid.

When I ground my emotional energy by consciously becoming aware of who I am, my force of authority becomes valid.

August 26, 2013

Three Laws of Dual Reality Life

1st Law of Duality

“Resistance experienced is relative to the degree that an emotional state of being is out of balance”

The more that an emotional state of being has a balanced wavelength of gender with a balanced frequency of polarity, the less intense the resistance that is experienced.

2nd Law of Duality

“Where resistance is caused by the opposing aspects of the same energy vibration, there is always a third way that cancels out any dramatic effect”

Dual reality allows choice, which always allows a third option to be available. Whenever opposing forces of the same energy vibration are experienced, there is always a balance between the extremes of the two experiences.

3rd Law of Duality

“The intensity and the extent of a dramatic effect is caused by the degree of conviction with which a particular belief is held and the emotional need that is created by it”

Duality allows choice that allows a belief to be true or false, good or bad, right or wrong, positive or negative with male or female characteristics. False convictions are called fears or limiting beliefs that disconnect our emotional energy supply and create our emotional needs and our negative reactions to dramatic experiences.

August 25, 2013

Achieve, Attain & Accomplish

I Achieve an objective.

An achievement is the completion of an aim or an objective.

An objective is what I aim to have.

When I have obtained my objective, I have achieved my aim.

I Accomplish a task.

An accomplishment is the completion of a task or the ability to use a skill or skill-set.

A task is what I need to accomplish skilfully.

When I accomplish a task or accomplish the skill or ability to do a task, I become accomplished in that skill or task.

I Attain a state of being.

An attainment is a state of being that I can consciously choose at will.

It is who I choose to be and the state of being that I attribute to my Self.

It is often confused with attaining a level of authority in my role, which is an objective; or attaining a level of skill in that role, which is an accomplishment.

I succeed in successfully gaining success when I attain the emotional power, achieve the mental authority and accomplish the physical ability to live my life happily & well.

August 24, 2013

Success

When I need to attain success, I will fail.

When I need to achieve success, I will fail.

When I need to accomplish success, I will fail.

When I know that my success is assured, I cannot fail.

When my success is a duality of failure, I am not succeeding.

I am trying to accomplish, achieve or attain whatever it is that I believe will ensure my success.

There is nothing that I need to do to succeed.

There is nothing that I need to have to succeed.

There is no-one I need to be to succeed.

When I believe that there is, I am focusing on my present lack of success; which is my failure.

My life will forever continue to present opportunities for my Self to attain more emotional power, achieve more mental authority and accomplish more ably whatever I am physically doing.

My success is ensured.

My only failure is to fail to see how successful I already am.

August 23, 2013

Being Successful

Money is rarely a measure of success.

Few people ever succeed in having enough money.

Having too much money will not ensure my success.

Successfully making money has nothing to do with being successful.

Being successful is a state of being.

Being full of success is the feeling of fulfilling one's life purpose.

I cannot be successful without a purpose in my life.

I cannot succeed as long as my purpose remains unfulfilled.

I cannot be successful and be discontent.

When I succeed in my life mission, I will be content.

When I am content with my mission in life and fulfilled with my purpose in life, I will succeed in being joyfully happy.

I cannot be successful and be unhappy.

When I succeed in being happy, I am being successful.

When I make my happiness dependent on being successful, I will fail.

August 22, 2013

Sensual Attraction

Sensual Attraction is the attraction of similar polarities of emotional thought co-existing in harmony.

The natural state of energy is to be in balance.

Balanced energy flows effortlessly without resistance or conflict.

When emotional energy is positively or negatively out of balance, it seeks the neutrality of a charge neutral state of being.

A positively intense energy charge is grounded by a negatively intense energy charge.

A negatively intense energy charge is earthed by a positively intense energy charge.

A harmonious intensity of life requires a balanced polarity of energy to be earthed & grounded.

This requires a relationship to have a mutually balanced perspective of thoughts & beliefs.

Couples with similar views and the same perspective are interested in each other.

They are attracted to each other by their similar minds with like polarities of thought energy.

It is a meeting of minds that is evident with sensual attraction.

It is the experience of physical emotion that is evident in sexual attraction.

August 21, 2013

Sexual Attraction

Sexual Attraction is the attraction of opposing genders of the same energy seeking to become whole.

A wavelength of emotion, that is divided by gender, constantly seeks to become reunited & whole.

When the wavelength of my emotion is either male or female in character, I seek its opposing gender characteristic in order for it to be reunited & feel complete.

When opposing genders of emotional energy reunite, an experience of blissful union is mutually enjoyed.

A strong male characteristic will develop an emotional need to connect with its opposing female aspect.

A strong female characteristic similarly seeks to reconnect with its opposing male aspect.

The more synergy that male & female characteristics have, the less attraction is evident.

As couples in a sexual relationship harmonise over time, sexual attraction between them becomes less evident and they become less sexually attractive to each other.

As time passes, a relationship originally based on sexual attraction often becomes less sexually attractive and more sensually attractive.

August 20, 2013

Intuitive Intelligence

My Intuitive Intelligence is super-conscious.

Super-conscious means above my level of consciousness.

I can only access information above my conscious level by using my intuition. When I have no intuitive access to my super-conscious intelligence, I am limited to the knowledge attained with my five physical senses.

My super-conscious intelligence is omniscient.

I intuitively know that my potential is omnipresent.

I instinctively feel my omnipotent power.

My super-conscious ability is relative to my force of thoughtful authority & my magnitude of emotional power.

My rational intelligence allows access to my mental authority & my wise choice. My intuitive intelligence allows my ability to live spiritually in a physical world. I am able to live a spiritual existence in a physical world by using my three intuitive senses. What I know & feel to be good for me, I see as beneficial to my spiritual path.

I know my problems rationally, I feel my challenges emotionally, and I see my opportunities intuitively.

August 19, 2013

Natural Balance

Balance is the nature of everything.

All natural things are naturally self-balancing.

Being out of balance is the nature of growth.

As I grow, I move out of balance.

As I move back into balance, I grow.

Growth is the process of moving in & out of balance.

All systems naturally grow out of balance and naturally grow back into balance.

A system that is perpetually balanced has no opportunity for growth.

It is choice that takes me out of balance. It is nature that brings me back into balance, unless I choose otherwise.

It is the nature of the Law of Attraction that allows everything to come back into balance.

It is the nature of my individual choice that determines whether I am moving out of balance or allowing balance to occur naturally.

I can choose to work with the Law of Attraction and allow it or work against it and disallow it.

August 18, 2013

Will & Grace

Will & Grace are two opposing forces of emotional power.

Will is my male gender of emotional energy.

Grace is my female gender of emotional energy.

My true source of emotional power favours neither will nor grace. It encompasses & unites my male & female genders of emotional energy.

Will represents my assertive ego's 'I will' that wants & desires.

Grace represents my subordinate ego's 'I am grace' that needs with a passion.

Will is driven by my limiting beliefs.

Grace is driven by my emotional needs.

My true power & authority is realised when will & grace join in whole communion. Will alone is arrogant, proud, wrathful, envious, greedy & selfish. Grace alone is humble, modest, meek, kind, pleasing & unselfish.

Together they are truly selfish and accepting, approving & allowing of each others abilities & actions.

August 17, 2013

Being Success Driven

I am Success Driven for the benefit of my Self.

I am not driven to accomplish profit.

I am not driven to achieve value.

I am not driven to attain status.

I am not motivated to achieve, attain or accomplish any form of success.

I am empowered to succeed on my chosen path.

The purpose of my journey is my personal development & growth.

As I develop & grow on my path through life, I succeed.

My happiness at enjoying my journey is the measure of my success.

When I am happy with my success, I am no longer driven to succeed.

My need to succeed is a statement of my failure to succeed.

When I know that I have already succeeded, then I can experience my success.

My success is assured.

I just have to enjoy the journey.

August 16, 2013

Being Customer Driven

I am Customer Driven for the benefit of the customer.

I know that the more satisfied the customer the more money I make.

I know that business success comes from a mutually beneficial transaction.

The customer pays an equal price for the value of their purchase.

Value for money is important.

Most of my business comes from customer referral.

I have a very low marketing budget.

Retaining customers is important to me. I do not sell to people, I help them to buy in as many ways as possible.

I am driven by my vision of bringing value to the world. I aim to please.

My happy customers endorse the value of my goods & services.

A customer's perspective is always right.

The customer's perspective of my business is important to me.

August 15, 2013

Being Financially Driven

I am Financially Driven for the benefit of my stakeholders.

I am driven to make a financial profit.

My financially driven company has a vision to make huge profits.

The purpose of my company is to make money.

My focus is on my financial budget.

I have a large marketing budget to replace the customers that I lose.

I have a large sales budget to train the staff to sell my product or service.

I am driven by a belief in scarcity.

There is never enough profit produced, even when I achieve budget.

I am driven by my greed and a need for an extravagant lifestyle.

I cannot make too much money.

The more money that I make, the more powerful I believe that I am.

The customer is only right when they buy from me.

August 14, 2013

Grief

Grief is a deep emotional feeling of loss or permanent loss.

I grieve for whatever I believe that is permanently lost.

It is particularly evident when we lose a person that we love.

When I love a person because I need them emotionally, I will grieve at losing them; which is my grief for my loss.

My grief is the deep feeling of having lost what I need emotionally.

It is the absence of my emotional power that the person whom I grieve for used to supply.

It is the belief that only they are able to give me what I need emotionally.

This endorses my belief that the loss is permanent.

Grief does not ease with time.

What changes over time is my belief that my loss of emotional energy is permanent.

My grief can be healed instantly by another person meeting my emotional needs for me.

August 13, 2013

Heartache

Heartache is the deep emotional feeling of being without.

It is a deep yearning for what I need.

My heart aches for what ever I passionately desire.

It is the feeling of oneness with something that I believe I do not have.

My Soul is pain free.

My Heart cannot ache.

The pain of heartache is in my mind.

It is my belief that I am without what my heart desires that causes my pain.

My Heart is never without what it desires.

It is my ego that believes that it needs something from someone else.

Heartache is never caused by someone else.

I am always the victim of my own beliefs.

August 12, 2013

The All Seeing Third Eye

My 1st Self is my conscious ego.

My 2nd Me is my sub-conscious id.

My 3rd I is my super-conscious Soul.

My conscious ego self only uses its five physical senses when disconnected from my all seeing third I.

My all seeing third I has three intuitive senses.

When I intuitively know and intuitively feel, I intuitively see as my third I sees.

My third I is my 3rd eye. My third I is omnipresent.

Omnipresent means all present or all seeing.

It is also omniscient & all knowing.

It is also omnipotent, all powerful & all feeling.

My all seeing third I has a super-conscious awareness of life.

It is my intuitive inner teacher that has inner sight and an inner vision for my life.

August 11, 2013

The Third Eye

The Third Eye is my insight.

Insight, or inner sight, is my intuitive sense of seeing.

I intuitively see with my third eye. My third eye is really my third 'I'. There is me, myself & I. 'I' is my third sense of self.

My third sense of self is my super-conscious self, the super-conscious entity that is my Soul.

My first sense of self is with my conscious mind, my conscious ego self. My second sense of self is my sub-conscious mind, my sub-conscious id.

With my two physical eyes, I see the physical world of my ego self. With my intuitive inner awareness, I see my sub-conscious id & my super-conscious entity.

I cannot see them unless I have an awareness of their Beingness.

With my third eye, I see my true identity.

As my third I, I am my true id-entity.

I see who I really am with my third eye because my third I is who I really am.

August 10, 2013

A Four Dimensional Consciousness

A three dimensional creature inhabits a three dimensional reality. I cannot live in a four dimensional reality because I can only see three dimensions of reality, but I can imagine one. A three dimensional being has three dimensions of consciousness. I am conscious, I am sub-conscious & I am super-conscious. I imagine my fourth dimension of consciousness as being supra-conscious.

A supra-conscious Being has all three levels of consciousness in alignment.

All frequencies of thought & wavelengths of emotion form a congruent vibration of energy consciousness.

A four dimensional consciousness thinks with one mind.

My id, my ego and my entity are united as one.

All three levels of consciousness are in holy communion.

There is no distinction between me, myself & I.

My three dimensional consciousness creates a three dimensional reality and a dual reality world.

My four dimensional consciousness sees a triality as my chosen experience.

August 9, 2013

The Belief About Ability

A common held belief in our society is that ability comes with knowledge.

It is not only what I know but who I know.

The ability to do what we want is limited by our education system and our financial system.

Without money or knowledge our options are believed to be limited.

I am only able to do what is believed to be good and I am able to afford.

The ruling elite have no such belief.

They are brought up with the belief that nothing is impossible.

What they are not willing to do personally, they employ others to do.

Their ability is only limited by their ability to use other people.

My ability is limited only by my imagination.

Whatever I can imagine, I can create.

We are educated not to use our imagination so that creativity is controlled.

My imagination allows my authority to flow and connects my personal emotional power that enables my unique ability in life.

I believe that my ability is limited only by my authority to use my power and my power to choose my authority.

August 8, 2013

The Belief About Authority

A common held belief in our society is that authority comes with status.

We believe that authority is either inherited or earned.

To earn authority, we are required to be well educated and we need to learn knowledge.

It is believed that the more knowledge we have, the more influence we have and the more authority we have to influence others.

This belief locks us into an educational system that is designed to benefit the ruling elite.

The authority of a ruling elite would be questioned by subjects who were taught to align with their authority and their beliefs.

The beliefs of the ruling elite are inherited and never taught in school.

In a 'free' society, we are free to choose whatever our ruling masters have declared is in the common good.

We are taught that we are free in our society because of a Justice System that allows our freedom and punishes and

imprisons us when we do not do as we are instructed to by law.

My authority is my freedom to choose for my Self and to be the author of my own life.

It is my ability to be free of all external influences and flow instinctively & intuitively with my own inner guidance system.

My belief system either allows my authority or disallows my authority in favour of someone else's authority.

August 7, 2013

The Belief About Power

A common held belief in our society is that power comes from money.

This belief motivates us to earn money to have the power to choose.

The more money we have, the more choice we believe that we have and the more things we can choose to have.

Our freedom of choice is only limited by our lack of power created by insufficient money to buy whatever we choose.

This belief creates the belief that the rich are powerful and the poor are powerless.

It ensures that the rich stay rich and the poor are powerless to change it.

The rich have the power to attract money and the poor do not.

In our society, there is no distinction between being rich, which requires money, and being wealthy.

Money is used to buy a wealth of emotional experiences.

However, money is not emotional power and with enough emotional power, money is unnecessary for a truly emotional experience.

Emotional experience is not dependent on money but on emotional power.

Money is a poor substitute for emotional power, which is the power of our emotions not the power of our money.

August 6, 2013

Surrender to the Flow

I can persevere, I can give up, or I can Surrender to the Flow. Life rarely flows in the direction of my ego's desires. My ego always desires what it believes that it does not have. Life always flows in the direction of my Soul's vision for my life.

My Soul's path flows through life like a flowing river of life. To paddle upstream, I need to persevere. I can avoid the flow and sit on the river bank. When I surrender to the flow, I am guided effortlessly on my journey to the sea.

I do not have to persevere and I do not have to give up. I give up persevering and I no longer persevere in giving up. When I surrender to the flow, life brings my Self everything that I need for my journey, as and when I need it.

Whether life brings me opportunities, challenges or problems is just a matter of my own personal perspective. Persevering or giving up are both a problem.

Giving up persevering is a challenge.

Surrendering to the flow is an opportunity.

August 5, 2013

Perseverance

Perseverance is the belief that I need to keep trying.

It stops me giving up. It requires commitment, determination, & dedication to persevere.

I persevere with whatever that I believe that I need to achieve. My perseverance is driven by my need to achieve.

My need to achieve is caused by my belief that perseverance is good for me.

I per-severe 'through severe' obstacles & resistance.

My perseverance is my attempt to achieve the intentions of my ego's will.

When I am empowered on my authorised path, perseverance is unnecessary.

The problem with perseverance is my belief that I have to carry on with it regardless. Even though effortlessly flowing along my path is a better choice.

If at first I don't succeed, perseverance is needed to try again.

When I overcome my fear of failure, perseverance becomes redundant.

August 4, 2013

The Richest Man in Babylon

The Richest Man in Babylon invested 10% of all his income throughout his working life.

From his first wage packet, he put 1/10th of his gross income into the bank and never withdrew any capital.

He also put 10% of any other income he received into his savings account and never withdrew anything.

During times of scarcity he lived off 90% of the interest gained on his capital.

The other 10% of interest earned he re-invested as savings that he never touched.

He became very rich because of the interest gained on the interest gained on the money that was always appreciating and he never withdrew.

The way to become very rich is to never spend more than 90% of whatever you receive including the interest earned on the money that you save.

Money then becomes an appreciating asset that is saved rather than a depreciating asset that is spent.

Whenever I spend money that I have saved it will depreciate my riches and depreciate the ability of my money to appreciate.

Becoming the Richest Man in Babylon will never make me the Wealthiest Man in Paradise.

August 3, 2013

The Wealthiest Man in Paradise

The Wealthiest Man in Paradise does not need money.

I do not need money when I have enough.

The wealthiest Man in paradise always has enough money.

Knowing that I always have enough money is my present to my Self.

I know that I can only ever have enough money for right now.

My present for my Self is only presented and only acceptable in every present moment of time.

With hindsight, I know that I always had enough in the past.

With foresight, I know that I will always have enough in the future.

With insight, I know that enough right now is abundance.

The Wealthiest Man in Paradise experiences an abundance of everything that is required in every moment of time.

My wealth is relative to my ability to see just that.

August 2, 2013

In Paradise

In Paradise:

The Sun warms the land to an ideal temperature.

The Moon sheds gentle light during the hours of darkness.

The Earth is tilted on its axis to allow the procession of different seasons.

Water rains down to provide cleansing & hydration.

Plants exhale life giving oxygen.

Fish swim freely in the sea.

Birds fly freely in the sky.

Animals roam freely on the land.

The Stars show a glimpse of infinite eternity.

The Seas ebb & flow with the tide.

Fruit is abundant in the trees.

Snow caps the mountains.

Islands inhabit the seas.

Sand lines the shores.

Valleys meander through the hills.

Everything is continuously changing.

August 1, 2013

Contentment

Contentment is being consciously aware of my happiness.

When I am conscious of having enough, I am happy.

When I am aware of my abundance, I am happy.

Discontentment arises from my belief that I am not satisfied with what I have. When I know that I have enough of everything, I feel abundant and I am content. I cannot be content unless I am conscious of having enough and aware of my abundance. When my sub-conscious decides what is enough for me, I will never be satisfied. I am sub-consciously driven to meet my emotional needs.

Whatever I believe that I need is a statement of not having enough and not being content.

My Soul knows what is enough for my Self. My Soul is ever content. My Soul provides the content for my life.

Contentment is accepting the content that is being provided.

When I am content with the contents of my life, I am in gratitude & appreciation of my Soul's provision for my Self.

Happiness requires my alignment with my Soul's contentment.

An abundance of contentment is always enough.

The Need To Succeed

The Need to Succeed is driven by a will to do well.

It is motivated by a belief in the expectation of others.

To succeed my parents, I believe that I am required to be as successful as them.

My success then becomes a measure of my parents perceived success.

If I cannot do as well as my parents, I will not succeed them well and I will consider myself to have failed.

The need for success is driven by a fear of failure.

My perception of failure is based on my belief about what others deem to be success.

I will never succeed in achieving the success of others.

My own success is not based on what others think or do.

There is nothing that I have to do to be successful.

I succeed my parents purely by being their son.

My parents want only my success for me.

I have already succeeded.

Intuitive Faith

Faith is intuitive. Trust is learned.

A faith that is learned is called a religion.

Religious faith is a trust that is learned.

It is trusting the word of another Man's faith.

True Faith is intuitive – no trust is required.

My path is my faith and I follow it faithfully.

I trust the path of another once it has proved to be safe.

I have faith in my own path, which I know to be secure.

I am never at risk on my path when my path is secured.

Trusting others is always a risk.

I follow my path intuitively.

It presents itself each day.

I cannot learn it or learn to trust it.

I can only follow it intuitively with faith because I know that it feels right for me.

A Fact is a Fact

A Fact is a Fact until it is no longer a fact.

The fact is facts change.

Facts change because reality is expanding & evolving.

A fact is whatever appears to be true at this moment in time.

To be a fact, it has to be experienced with the physical senses by a majority of people.

When a consensus of people believes it to be true, it becomes a fact.

It remains a fact until most people no longer believe it to be true because it is no longer evident from their experience.

Facts are a consistent physical experience.

Physical experiences may appear to be constant, consistent, & permanent but they are not eternal.

The only fact that is eternal is the fact that the reality that is experienced is a fact.

The fact is that reality is evolving and the truth changes with reality.

That is a fact until it is no longer a fact.

The Beauty of Nature

The Beauty of Nature is the nature of its beauty.

The nature of Nature is its beauty.

The beauty of Nature is its nature.

With natural beauty, Nature & Beauty are one and inseparable.

The nature of Man is choice.

I can choose to be natural or unnatural.

I can choose to see beauty or ugliness.

Ugliness is not natural.

Beauty is never unnatural

It is Man's nature to try and improve the beauty of nature.

In a perfect world, nature is beautiful and beauty is natural.

In this imperfect world, Man has an ugly nature as well as a natural beauty.

Individually, we are all able to choose the beauty of our nature or the unnaturalness of our ugliness.

Steadfast & Resilient

Steadfast & Resilient are different attributes.

Steadfast is the ability to uphold my beliefs.

Resilience is the ability to flow on my path.

Steadfast resists change and holds firm.

Resilience flows effortlessly with changing situations.

Steadfast is a measure of will power.

Resilience is a measure of emotional power.

Steadfast has strong convictions.

Resilience has an intuitive knowing.

Steadfast is driven by an emotional need.

Resilience is powered by a true value.

Steadfast is forceful.

Resilience has gentleness.

Steadfast requires a high level of motivation.

Resilience has a high level of empowerment.

My ego Self is steadfast.

My Soul is resilient.

A Pilgrim

A Pilgrim is on a Pilgrimage.

A Pilgrimage is a journey of the Soul.

It is a journey of Faith.

It is inspired by a Vision.

It is the fulfilment of a Purpose.

It is a unique Mission.

Every Pilgrimage is personal to each Individual Pilgrim.

It is not about the destination.

It is all about the Journey.

It is the fate of a Pilgrim to reach a destination.

It is the destiny of a Pilgrim to undertake the journey.

When a pilgrimage is a physical journey, it will not have a spiritual outcome.

The outcome of my Pilgrimage is the expansive growth of my Soul.

The duration of my Pilgrimage is my life-time.

A journey to the birth-place of a religious leader may or may not be a part of my journey.

The Freedom Fighting Terrorist

By the Law of Attraction, I create the focus of my attention.

I draw the focus of my thoughts into my reality.

The focus of a Freedom Fighter is the terror of losing their freedom.

A person who is truly free has no need to fight for their freedom.

A person who is fearful of losing their freedom, focuses on the terrorist who they believe will take away their perceived freedom.

Focusing on losing my freedom creates a reality of not having my freedom.

Anti-terrorism creates a compromised freedom.

Anti-terrorists are freedom fighters who create terror in the minds of the terrorists.

Their aim is to take away the freedom of the terrorist.

They are a Government Army of freedom fighters who deal out terror in the cause of freedom.

Freedom will never be caused by the effect of the terror of fighting for it.

Terrorists become a non-governmental army who are fighting for the freedom that they have lost to a government army of freedom fighting anti-terrorists.

I do not have to fight anyone for a freedom that is inherently mine to choose and to experience for my Self.

Presence

Presence is a personal quality.

It has three separate perspectives that are always present.

It is being present in the present moment of now.

It is accepting the present, or the gift, that is pre-sent and now being delivered.

It is presenting the highest aspects of one's Beingness.

It is presenting my present in the present moment. It is expressing my gift in the now.

It is being in the 'now' of time.

It is being in the 'gap' of space.

It is being in the 'flow' of reality.

When I am in the now, in the gap & in the flow, I am in the zone of expansive growth, and I have attained Presence.

Attaining Presence requires an exclusive-connection with the highest aspects of one's Self and it requires a sensitive-detachment in relationship to all other people.

It has its own rationale & emotional logic that is intuitively sensed in someone who has Presence.

The Ability of Life

The Ability of my Life is relative to the vibration of my Beingness.

I perceive my Beingness as an emotional thought.

How I perceive my Self to Be determines my ability in Life.

My conscious thought & my emotional awareness determine my ability to be enabled.

My conscious thought determines my authority.

My emotional awareness determines my power.

My conscious-awareness of my power & authority determines my physical ability in Life.

Physical ability is not determined by my skill.

My skilful ability is realised by my level of power & authority.

The frequency of my thought and the wavelength of my emotion determine the vibration of my ability.

My Ability of Life is a potential waiting to be fulfilled.

The Authority of Light

Light is the frequency of thought on which consciousness is transmitted.

Many perspectives of Light are created as a range of thoughts, with differing frequencies. The higher is the frequency of a thought the purer the perspective of Light.

Pure Light has an eternal frequency and an omniscient amplitude.

The authority of a thought is relative to the purity of its frequency. The most authoritative thoughts are undivided by polarity. Pure thoughts are revelatory & inspiring.

Frequencies of thought that are divided by polarity are uninspiring. The force of authority is determined by its Time or frequency. The higher is the frequency of a thought the greater its force of authority.

The Light of a pure thought has a neutral polarity and a balanced intensity.

The Authority of Light determines the depth of its inspired revelation.

The Power of Love

Love is the wavelength of emotion on which a pure thought is transmitted.

Many aspects of Love are created, as a range of emotions with differing wavelengths, by our diverse thoughts.

The longer is the wavelength of emotion, the shorter the frequency of thought and the purer the aspect of love.

Pure Love has an infinitely long wavelength and an omnipotent magnitude.

The Power of Love is relative to the purity of the emotional wavelength.

The most powerful aspects are undivided by gender.

Pure emotions are therefore empowering.

Wavelengths of emotion that are divided by gender are disempowering.

The magnitude of Love is determined by the volume of Space that it encompasses.

The longer the wavelength of emotion the greater the magnitude of Love.

The greater the magnitude, the more powerful the emotional aspect of Love becomes.

I Am A Three Part Being

I am a Three Part Being when I recognise all three aspects of my Beingness.

My ability to Be requires both power & authority.

I am physically enabled by my emotional power & my mental authority.

My physical life is both mental & emotional.

It requires the body, the mind & the emotion of my Spirit.

Reality is a physical, mental & emotional experience that is time & place specific.

Space-Time-Reality allows the triality of my Beingness.

Time is an aspect of my Light.

Space is an aspect of my Love.

Reality is an aspect of my Life.

The potential of my life is relative to the force of my light & the magnitude of my love.

My light is the force of my mental authority.

My love is the magnitude of my emotional power.

My life is the potential of my physical ability.

I live a life of love & light in a three dimensional space-time-reality.

I experience life consciously, sub-consciously & super-consciously in a physical, mental & emotional way through the power of my love, the authority of my light & the ability of my life.

Heart's In The Right Place

My Heart is always in the Right Place.

The right place for my heart is at the core of my Beingness.

It is the centre of my excellence. It is my Soul's place.

My Heart & Soul are interchangeable as they have the same origin.

My origin is my place of Being.

I originate from the place of my Beingness.

My Heart is always there. My Head is not always in the right place.

I have a mind to be wherever I choose to be.

My Mind chooses the right place for my Self.

My head & my heart are not always in the same place.

My Soul & my Self are not always in alignment.

When disconnected from its origin, my mind can wander into the wrong place.

This may be the wrong place for my heart but it's the right place for me to learn who I really am.

Enough Contentment

Having enough allows my contentment.

Being content requires my having enough.

Enough is a definite amount. It is the amount of everything that I need to feel content.

Contentment has no limit.

There is no limit to my feeling content.

Unless that is, my contentment is a measure of what I have.

When my contentment is a measure of what I have, my discontentment is a measure of what I do not have.

Contentment is not something that I measure but something that I feel & I experience.

When I feel content & I experience contentment, there is nothing else that I want or need.

I will never be content by wanting enough.

I will only ever have enough when I feel content.

Being content is a choice of my state of being, not an amount.

It is being happy with everything that I already have.

Getting Mad & Being Mad

Getting Mad is being angry.

Being Mad is being insane.

It is normal to be angry, but not to be insane.

Abnormal people are deemed to be insane.

Being mad is a belief disorder that creates a behaviour disorder.

Getting mad is an emotional energy disorder that creates a negative reaction.

Emotional reactions are never orderly.

Emotional reactions are caused by a need for emotional energy.

When I run out of emotional energy, I get mad.

Emotional needs are created by disorderly limiting beliefs.

It is fundamentally my beliefs that determine whether I am mad or I am getting mad.

Getting mad is seen as a temporary problem.

Being mad is seen as a permanent problem.

The Presence Of My Mission

My Mission is ever present.

It is forever being presented to my Self.

I have a choice to accept it or not.

It is my present from my Soul.

It is my gift to my Self.

When I have Presence, I accept my gift with gratitude.

I can only accept my mission in the present.

I receive my orders on a day to day basis.

Taking my mission a day at a time puts it into order.

It is always presented at the right place and in divine time.

My orders are my direction.

I always have a choice of how I receive them.

When I receive my direction with clarity & presence, there is no confusion, there is no frustration and I am never lost.

My mission is to have the presence to accept it with faith, and the faith to accept it as it is presented.

The Clarity Of My Purpose

The Clarity of my Purpose has great emotional power.

With great power, I have purpose and I am clear on my purpose; my purpose is clear.

It requires emotional power to have purpose.

With emotional power, I feel the measure of my purpose.

Without power, my purpose is unclear.

It is clear that my purpose is to align with my emotional power.

I align with my emotional power by being who I really am.

I disconnect from my purpose when I am not reflecting my Soul with clarity.

A lack of power and a lack of purpose causes confusion in my Self.

I travel with purpose when my inspiration and my aspiration are empowered.

I am inspired by my purpose and I aspire to fulfil my purpose to be who my Soul has chosen me to be.

The Direction of My Vision

My Vision is my Direction.

The question is: “What direction is the direction of my vision?”

My vision is vital to my journey.

It aligns me on my path in life.

It is the direction of my life-path.

It is like a compass point.

It shows the way of my Soul.

No matter how far I travel on the path of my Soul, my vision remains there to guide me.

My vision shows me the way.

My directions come as messages.

When I hear my messages, I see my direction, I know my vision and my path is illuminated.

The messages may differ and the direction may alter but my vision remains the same.

My messages appear when I am apparently off-track.

The direction of my vision keeps me on-track.

Customers, Clients or Consumers?

Customers, Clients or Consumers are not necessarily the same person.

A Customer is the person who buys or purchases the goods or services on offer.

A Consumer is the person who uses or directly receives the benefit of the goods or services.

A Client may be a customer or a consumer, or both or neither.

A client may be an agent acting as the buyer or the purchaser for a consumer or a customer.

When working as a Coach for a large Organisation; the CEO is the customer, the HR department is the client and the employee being coached is the consumer.

Being customer driven may also be a case of being consumer driven and client driven as well.

Fulfilling the needs of the customer or client may not always be aligned with the needs of the consumer.

The role of a Coach is to align the needs of the Coachee, who is the consumer, with the needs of the customer as directed by the client.

Three Company Cultures

The Culture of a Company is what drives the company and defines its success.

A Financially Driven Culture defines its success by how much profit it makes. The Sales Department and the Accounts Department are the foremost drivers of the culture.

A Customer Driven Culture defines its success by its ability to retain customer loyalty and therefore maintain sales and profits. The Personnel Department and the Marketing Department are the foremost drivers of the culture.

A Vision Inspired Culture defines its success by achieving its mission statement. An Entrepreneurial Leadership Team are foremost in driving the culture.

The profitability of a company is not determined by its culture.

Many financially driven companies have ended up bankrupt, whilst many vision driven companies end up with more money than they know what to do with.

The purpose of any business, irrespective of its culture, is to meet the demands of its customers as effectively as possible.

All businesses are in the business of serving the needs of their customers; because without customers who need your business, there is no business.

Parallel Lives & Concurrent Lives

A Life is a continuous experience in one space-time reality into which I am born and from which I die.

I have many parallel lives and many concurrent lives.

I have an infinite number of potential lives to experience that allow my spiritual development & growth.

Past lives & future lives run concurrently.

From the perspective of space-time-reality, where the reality of space is that time runs linearly, one life follows another life in the same way that one year follows another year.

Physical lives & spiritual lives run parallel to each other.

My dreams are a snapshot of my spiritual life/lives that run parallel to my conscious physical life/lives.

My sub-conscious spiritual lives/dreams run parallel to my conscious physical existence.

As all possibilities exist, all possible lives run parallel to my conscious chosen reality.

My experience of life continues after death with the choice of one of many space-time-realities that run both concurrently & parallel to each other.

I am only able to consciously experience one life at a time.

My super-conscious entity, that exists beyond the context & confines of space-time, experiences a different reality entirely.

Plans & Appointments

An Appointment is where I want to be in the future.

It is an intention to meet.

A Plan is how I am going to get there.

It is what I intend to discuss at the meeting.

Not all meetings are planning meetings and not all appointments are planned.

When appointments are part of a plan, they become an expectation that can become a disappointment.

The Divine Plan is expansive growth. It is not planned. It is my Destiny.

I can plan for my plan to be divine and tolerate my fate or I can allow the divine plan to unfold and accept my destiny.

My appointment with destiny is not planned.

Planning to be divine can lead to disappointment.

Allowing my appointments to be met is the best plan.

It is my intention to embrace my destiny with every divine appointment.

What makes the divine plan divine is that I have no need to plan it my Self.

Rules & Regulations

A Rule is a measure.

A Regulation is a guideline.

Coaching requires guidelines to enable the system to be self balancing.

Guidelines are not compulsory, they are lines of guidance.

Coaches do not guide everyone along the same path.

Clients are not required to be regulated on the same path.

Agreeing similar standards is different to all following the same dogma.

Personal development is a matter of learning balance not experiencing extremes.

It does not move everyone along the same path.

The measure of personal development is balance not extreme.

When regulating coaching, balance is the rule.

Coaching guides people to develop balance & harmony.

It is the de-regulation of rules that brings a system effortlessly into balance.

A Regulator

The purpose of a Regulator is to balance a system.

The purpose of a Coaching Regulator is to ensure that the consumer receives a balanced service.

A balanced service means that it is mutually beneficial to both the coach and the client.

Where a service is practitioner driven, it is necessary to ensure that the perspective of the practitioner is customer focused.

Regulations & rules are often deemed essential to ensure that the customer is protected from an unbalanced professional or an unprofessional perspective of the practitioner.

Coaching is always client driven.

The role of the Regulator is to ensure that Coaching is always client driven.

A consumer does not need rules & regulations imposed by an external source onto the provider.

The only rule that is required to be regulated is that coaching be client driven.

A Coach never seeks to be regulated and does not seek to regulate their clients.

The only rule that needs regulation is that there are no rules, only balance between the coach and their client.

Hierarchy

A Hierarchy is a construct that is designed to show how important someone is within an organisation.

It shows how better & more important an elite leadership is than its followers.

It shows the levels of authority that are designed to feed power to the top of an organisation.

The energy flow in a hierarchy always flows from the bottom to the top.

When a leadership is powerfully connected & inspired, it does not need a hierarchy to feed its continued growth.

When the whole organisation is empowered, there is no need for a hierarchy to feed the needs of the leadership.

The leaders of a hierarchy believe that the energy must flow to them because they are required to be better than their followers.

They need their followers to give them the power to lead.

They believe that without their leadership the organisation could not survive.

Hierarchies are driven by the arrogance, hubris, greed & bigotry that their elite leadership believes to be their assertive authority & direction.

True leaders are inspired & empowered by their own unique qualities.

They alone have the ability to dismantle a hierarchy from the top down.

Pure Colour

Colour is a property of light. Light is an electro-magnetic energy wave.

The frequency of a light wave determines its colour.

The absence of light is black or no visible colour.

The presence of all colours is white or pure light.

White is the observation of all three primary colours being in balance.

The three primary wavelengths of red, blue & yellow combine in an infinite variety of ways to provide a broad palette of colours.

The intensity of a colour determines its shade.

The gender of a colour is called its tint.

The polarity of a colour is called its hue.

Hues, tints & shades are created by the intensity, gender & polarity of the frequency of a light ray.

Different hues, tints & shades are obtained by changing the property of light.

Different hue, tints & shades of emotion are created by changing the gender, polarity & intensity of our thoughts.

Thought is an electro-magnetic energy wave. Pure colour is reflected & refracted in a rainbow.

It is a promise of the purity of life expressed through the purity of our thought.

We All Use Coaching Skills

It is not just Coaches who use coaching skills:

Consultants use coaching skills to identify the solutions to a client's problems.

Therapists use coaching skills to clarify the cause of unwellness.

Counsellors use coaching skills to correct behaviour problems.

Psychiatrists use coaching skills to treat mental illness.

Teachers use coaching skills to empower learning.

Trainers use coaching skills to identify training needs.

Instructors use coaching skills to identify competence levels.

Doctors use coaching skills to diagnose illness.

Chairmen use coaching skills to facilitate meetings.

Team leaders use coaching skills to lead teams.

Managers use coaching skills to manage employees.

Directors use coaching skills to employ managers.

Parents use coaching skills to lovingly raise children.

Mentors use coaching skills to pass on their experience.

Life Coaches use coaching skills to transform lives.

Emotional Debt

My attachment to other people puts me into their emotional debt.

I am attached to another by what I need from them emotionally.

What I need emotionally from another puts me into their debt.

Whatever I provide for another emotionally puts them into my debt.

By meeting other people's emotional needs, I gain emotional credit.

Other people credit me with my ability to give them what they need emotionally.

Emotional debt is caused by the belief that there is something that I need.

I owe a debt of gratitude to whomever meets my emotional needs.

Gratitude is the price I pay to someone for meeting my needs emotionally.

If I become excessively needy, and nobody will meet my emotional needs for me, I risk becoming emotionally bankrupt.

My Soul is never emotionally bankrupt and never in emotional debt.

When I connect with my emotional banker, I become a very wealthy person.

Self-Sufficient

Self-Sufficient means I do not depend on others for what I need. I meet my own needs by being self-sufficient.

The less I depend on others for what I need, the less money I need. Money does not make me self-sufficient. It is a measure of my dependency on others and my lack of self-sufficiency. When I am self-sufficient, I have sufficient for my self. When I have sufficient for my self, I am able to share what I have with other self-sufficient people. When self-sufficient people share what they have, there is no need for money. We depend on others for money.

Printing my own money has no value for other people.

I can never be self-sufficient in money.

Needing others to provide what I need requires money.

I earn money by providing what others need.

My Soul is content to let others provide what I need, if that is what I choose.

My Soul always provides enough.

I am not content with sufficient when sufficient is not enough

True Perfection

True Perfection is neither perfection nor excellence.

It is seeing the perfection of excellence and the excellence of imperfection.

In a dual reality world, perfection & imperfection are opposing perspectives of the same energy.

Perfection or imperfection are just a matter of perspective.

True Perfection is the balance between being imperfect and trying to be perfect.

It is accepting the perfection of whatever imperfection is being experienced.

It is seeing that I am being the best that I can be.

When I see the excellence of my imperfection, I am able to excel and get even better.

Excelling is being the best that I can be under the circumstances and knowing that I can change the circumstances and become better and more excellent.

Unless I know that I can be better, there is no growth or development and therefore excellence is not possible.

Excellence is my growth towards true perfection.

Attaining true Goodness is perfect for me.

A Rut & A Groove

Whether I am in a Rut or whether I am in a Groove is just a matter of perspective.

When I am in a rut, I am stuck.

My progress is resisted & obstructed.

There is a hurdle to overcome before I can get out of a rut.

When I am in the groove, life flows effortlessly.

There is no resistance and there is no entropy.

The difference between a rut or a groove is the direction of my intention.

When I hit a rut, I am travelling at a tangent to my being in the groove.

Grooves are groovy and always flow effortlessly.

Ruts put me in a hole and in conflict with my Self.

When I reorient my path by ninety degrees, I can turn a rut into a groove.

Ruts are ditches that are man-made.

Grooves are naturally forming streams that flow with the river of life.

Being Agreeable

When I am being consistent & I am being congruent, I am being agreeable.

I cannot attain agreement without consistency & congruency.

When I am feeling consistent, knowing that I am congruent, I see my path agreeably.

I feel the consistency of my emotional power.

I know the congruency of my mental beliefs.

I see the agreement of my physical covenant.

When I am in agreement with my covenant, I see my vision for my life.

Being agreeable is agreeing to flow effortlessly along my path.

I agreeably accept my mission in life.

I consistently approve my purpose in life.

I congruently allow my vision in life.

I allow my allowance to be congruent.

I approve my providence to be consistent.

I accept my covenant to be agreeable.

Being Consistent

Being Consistent is being in agreement with my Self.

When I agree with my Self, I have no inner conflict.

I always express my true Self.

I am compatible with my Self.

I attain a steady state of effortless flow.

My consistency is free flowing. I encounter no internal resistance.

I hold true to my path and my life's journey.

When I am consistently dense & resistant, I am not consistent with my Self.

The paradox is that I can consistently change who I am being and still be consistent with my Self.

Consistency is not a constant but a variable.

To effortlessly flow, my consistency is required to be flexible & variable.

The only constant in my life is consistent change.

I am consistently changing the consistency of my life and I am also constantly changing when I am being consistent.

E.L.Q.

E.L.Q. is an acronym for my Enabled Learning Quotient.

It is a measure of my intuitive creative ability.

It is the extent to which my learning is enabled.

Learning is an ability. The ability to learn is a natural ability.

The ability to learn is measured as my I.Q. or my E.Q.

My Intelligence Quotient measures my rational intelligence and my E.Q. measures my emotional intelligence.

The sum of my rational & emotional intelligence enables my E.L.Q.

It is a measure of my conscious-awareness.

I am conscious of my rational physical world and I am aware of my emotional spiritual world.

Enabled Learning enables conscious creativity with intuitive awareness.

Consciously creating reality requires a rational consciousness of matter and an emotional awareness of energy.

E.L.Q. is a measure of my connection to my super-conscious inner teacher & guide that is my Intuitive Creator.

The Skill of a Coach

The Skill of a Coach is not the accomplishment of coaching skills.

Anyone can be taught the skills of coaching.

Anyone can be taught to kick a ball, but it doesn't make a skilful footballer.

The skill of a Coach is the ability to use their coaching skills well.

The ability of a Coach to use their coaching skills well is relative to their authority to ask great questions and their power to hear the client's answer.

Anyone can ask a question and anyone can listen to the answer.

The skill of a Coach is to ask the question that allows the client to listen to what they are not hearing.

The Coach is a conduit through which the client hears their own answers that give them the clarity about where they are now and the direction in which to go in order to be where they choose to be.

Once the client is empowered on their path, they have no need of a strategy, they just follow their path.

Compassion & Self Compassion

Compassion means mutual sharing.

It is mutually sharing a true value.

Mutually sharing a need or suffering is not compassion, it is sympathy.

Being compassionate is sharing a passion that has true value with another.

Self Compassion is sharing my passion with my Self.

My Soul shares my passion with my Self.

I am inner guided to experience my true passion for my life.

Self compassion requires an exclusive connection to my inner coach and my alignment to my true path in life.

As a Coach, my compassion with another requires my sensitive detachment to their exclusive path in life.

I cannot guide & support another to follow their path with compassion unless I have the self compassion to follow my own path.

Coaching allows me to align with my passion, which allows me to guide & support another to realise their passion.

Expansive development & growth is the passion that I share with all my coaching clients.

Personal Growth

Personal Growth is my growth as a person.

It is the growth of my ego Self.

My ego self is my personal sense of Self.

It is who I believe myself to be.

When I believe that I am my personality & character then personal growth is the development of my personality & character.

I personally grow and expand my character by creating better beliefs about myself.

I personally grow and expand my personality by getting my emotional needs met and becoming more vital & energised.

Once I know my true identity, my personal growth is focused upon my personal attributes & attainments.

As I attain a better quality of emotional energy to attribute to my Self, I personally grow my state of Beingness.

As the quality of my personal power & authority grows, so does the quality of my life.

Quality of life is the purpose of personal growth.

Spiritual Self Growth

Spiritual Self Growth is the spiritual growth of my Self.

My Self grows spiritually by coming into alignment with the consciousness that is my Soul.

As my Self grows spiritually, my Soul's growth becomes experiential.

My Soul is only able to grow through the experience of my Self.

Before my Soul can take an opportunity for growth, it is required to first plant a seed with the potential for growth.

I am that seed when I am being my Self.

My Soul seeds my growth and my Self takes the opportunity to be fed, watered & nurtured in order to fulfil my potential for growth.

With spiritual Self growth, it is not only my Self that grows but my Spirit.

My spiritual Soul grows in awareness of who I am.

My Self grows in awareness of why I am here.

I am here to facilitate the growth of my spiritual super-conscious Self that is my Soul.

Personal Spiritual Growth

I cannot teach, train or instruct another in their personal spiritual growth.

Spiritual Growth is an attainment of my Soul.

I cannot teach, train or instruct my Soul, or my client's Soul.

A Soul needs no instruction, training or teaching.

My Soul requires the experience of its Self to enable my spiritual growth.

A Soul may enlist the guidance & support of a Life Coach to assist its self to experience expansive growth.

A Soul cannot grow without the conscious participation of its Self.

It can grow without an awareness by its self of its opportunities for spiritual growth.

My Self is essential to my personal spiritual growth, yet my awareness is not.

Many people are totally unaware of their own spiritual purpose and their personal spiritual growth.

My Soul is always aware of its Self and my opportunities for personal spiritual growth; even when my Self is not.

Personal Self Development

Personal Development is something that I teach, train or instruct another to do.

It is also something that someone teaches, trains or instructs me to do.

Self Development is something that I teach, train or instruct myself to do.

I coach another in the Personal Development of their Self.

I coach another to develop their Self, their self.

I personally coach my Self in Self Development, as well as others.

As a Coach, I guide & support a client to develop their Self.

Their Self development is personal to their Self.

I develop my Self to be better able to allow the Self development of others.

My Soul oversees my Self development personally.

The Soul of my client oversees their Self development.

I develop my Self to better see how their Soul oversees the development of their Self, which allows my Self to see how my Soul personally oversees the development of my Self.

Asking Forgiveness

I Ask Forgiveness in three different ways.

I am sorry for my insensitive state of being.

I apologise for my fears and the consequences of my false beliefs.

I ask for a pardon for my apparent wrong doing and my evil actions.

I am sorry for my emotional incompetence.

I apologise for my mental incapacity.

I ask pardon of my physical incapability.

When my magnitude of emotional power is depleted, I am sorry.

When my force of mental authority is compromised, I apologise.

When my potential ability is frustrated, I ask you to pardon me.

My lack of power, authority & ability is always forgiven.

I choose my own forgiveness.

I ask for everything that I am given.

Pardon Me

Pardon Me is a plea for forgiveness.

It is a statement of my apparent wrong doing.

It is an admission of my guilt.

It is my conviction that I ask to be pardoned.

I can really only pardon my Self.

I pardon me when I change my belief about doing wrong.

I forgive my Self when I realise the reason for my actions.

Asking forgiveness of another is a statement of my obedience to their rules.

I do not have the authority to pardon another.

I have no reason to forgive another when I see the forgiveness of their actions.

When I ask another to pardon me, I give them authority over my life.

I do not live under the conviction of another.

I forgive my Self for believing another's convictions. I pardon my Self because I am free to do so.

I Apologise

I Apologise when I cross someone's boundary unintentionally.

I conflict with another when my behaviour is unacceptable to them.

I apologise when I agree that my behaviour is unacceptable to them.

I apologise for them having to tolerate my behaviour.

I apologise for my indiscretion.

I apologise when I believe that I am in the wrong.

When I believe that I am right, I have no reason to apologise.

When I believe that I am not in conflict, I see no reason to apologise.

The inability to apologise is often the cause of conflict.

An apology is used to resolve conflict.

It is a statement of there being no intention to conflict.

I apologise for my behaviour when I do not intend the outcome of my actions.

My apology is a statement of my non intentionality.

I am sorry is a statement of my insensitivity.

Sadness & Sorrow

Sadness is my own disconnection from my own happiness.

I can choose to be happy or sad; unless that is, I am too sad to be happy. It is my extreme disconnection from my own natural happiness.

Sorrow is the experience of sharing someone else's sadness. When I am in sympathy with someone else's negative state of being, I share their sorrow.

When I am sensitive to someone else's negative emotion, I feel their sadness and I feel my sorrow for their sadness.

Sorrow is my experience of someone else's disconnection from their own happiness.

It is the consequence of my emotional attachment to another.

With sensitive detachment, I have no need for sorrow.

With empathy rather than sympathy, there is no sorrow.

I never need to say sorry for my empathy because there is no sorrow.

I can be happy and show compassion or I can sympathise and show my sorrow.

Sorry

Sorry is an admission of insensitivity.

Insensitivity is a lack of awareness of someone else's emotional state of being.

I am either aware of someone's emotional state of being or I am insensitive to it.

Sensitivity requires emotional awareness.

Sorry is an admission of my apparent unawareness.

It is also a statement of my becoming aware of my insensitivity.

Unless I become aware of my insensitivity, I cannot apologise for my lack of sensitivity.

Sensitive people say sorry when they are aware of their insensitivity.

An apology is only required when another person lacks sufficient emotional energy to accept my behaviour.

The weaker someone else's boundaries are, the more sensitive I am required to be.

The stronger someone else's boundaries are, the more insensitive I am likely to be towards them.

I am never sorry for my actions, only sorry for my insensitivity to other people's boundaries and their need for emotional energy.

I never need to say sorry to someone with extensively expansive boundaries who has the emotional power to be unconditionally accepting of my actions.

Love is never having to say that you are sorry.

Tell it Like I See It

The question is: “How do I see it”?

I can see it with my physical eyes.

I can see it with my intuitive vision.

I can see it with inspired revelation.

I can see it with insight, foresight or hindsight.

I can see it with feeling.

I can see it with knowing.

I can see what I believe or I can believe what I see.

I can see with my imagination or I can see without it.

I can see creatively or I can see realistically.

I can see rationally or I can see logically.

I can see consciously or I can see with awareness.

How I see it determines how I tell it.

Insurance, Assurance, Ensurance

Insurance compensates my loss.

Victims of loss insure that they are adequately compensated for their loss.

A victim mentality insures against the scarcity of not having enough.

Focusing on insurance & compensation attracts accidents & loss.

Assurance is the conviction of my ego's beliefs.

The more conviction that I have in my own beliefs, the more assured I become.

My Soul never assures my path.

My path is determined by my ego's choice.

It is my ego's choice that is assured, whether I confidently believe it to be so or not.

My Soul ensures my path.

Ensurance is the providence of my allowance.

My Soul ensures that my allowance is provided.

My Soul neither insures my loss nor assures my gain.

My Soul ensures every opportunity for the growth of its Self.

Being Intolerant

Being Intolerant is my inability to tolerate what is occurring in my life.

When my beliefs conflict with whatever is occurring, I become intolerant.

The more conviction that I hold in my belief, the more intolerant I become.

Intolerance is caused by my lack of presence and my lack of acceptance.

When I cannot accept whatever is occurring as a present, I will be intolerant of it.

I become intolerant when I can no longer tolerate & endure the situation that I find myself in.

It is not what is occurring that is intolerable but my belief about the situation I am in.

My tolerant beliefs allow me to tolerate whatever is occurring.

My intolerant beliefs disallow my tolerating a situation.

My faith allows my acceptance.

I am being intolerant when I am moving in the opposite direction to my chosen path.

Being Angry

Being Angry is being powerless to respond.

When I am powerless, I am not being who I choose to be.

I choose to be an aspect of my Beingness that expresses my emotional power.

When I am unable to manage my emotional power, I become angry.

Anger is not the absence of emotional power but a reaction of emotional energy. It is the presence of negative emotional energy. When I am angry, my emotional power is being channelled in a negative direction.

When I express my emotional energy in a negative way, I show my anger. I cannot be angry when I am disconnected from my emotional energy. My emotions are depressed and so is my anger.

Patience is learned by disconnecting emotionally from what is occurring.

Impatience is caused by my attachment to whatever is occurring.

Anger is my extreme impatience at being unable to manage & express my feelings in a positive way.

Being Frustrated

Being Frustrated is not being able to do what I want to do.

When my actions are frustrated, I become frustrated.

I am frustrated by either my lack of power or my lack of authority.

I cannot be frustrated when I have enough power.

Though I can be frustrated by too much power.

I appear not to have enough power when I am experiencing negative frustration instead of positive achievement.

My achievement is frustrated by my fear of failure.

When I am positively achieving, there is no failure or frustration.

Frustration is my feeling of failure.

My failure is endorsed by my feeling frustrated.

Together they create my need to achieve.

I need to overcome my frustration of apparent failure.

I am only ever frustrated by my anger & my intolerance.

Perpetual Motion

Energy is perpetually in motion.

Matter is subject to the entropy, friction & resistance of other matter.

Space is naturally free of all entropy, friction or resistance.

Matter moves in space in perpetual motion.

Electrons spin in perpetual motion around an atomic nucleus.

Planets orbit in perpetual motion around their parent star.

Stars rotate in perpetual motion around their galactic centre.

Space is the medium that allows perpetual motion to be experienced.

Time is the distance through space that energy is in perpetual motion.

The perpetual nature of time is called eternity.

The perpetual nature of space is called infinity.

The perpetual motion of reality is called nature.

It is the nature of the universe to be infinite, eternal & perpetual.

I'll Know It When I Hear It

I have knowledge & experience of what I see with my own eyes.

This is rational knowledge, not intuitive knowing.

I know intuitively what I hear that is unspoken.

The unspoken word is a thought.

An inspired thought that is empowered.

Empowered inspiration is an unspoken thought that I hear.

Thinking is a processed thought from my sub-conscious mind.

Pure thoughts originate from my super-conscious Soul.

To be conscious of a super-conscious thought, I am required to listen to my Soul.

I'll know it when I hear it.

I intuitively know the origin of my super-conscious thoughts.

They are my messages that align & guide me on the path of my Soul.

They are my thoughts to my Self.

Valid, Vital & Alive

I need to be Valid & Vital to be Alive.

When my validity is not authorised, I will need to be valid.

When I am valid, I have the confidence to make my own choices.

When I confidently validate my choice, I have authority.

I confide in my authority to allow my validation by intuitively knowing why I am here.

When my validity is not empowered, I will need to be vital.

When vital, I have the self worth to be who I really am.

When I truly value who I am being, I connect to my emotional power.

When I am being vital, I am empowered.

I intuitively feel my empowered emotional energy of vitality.

When I know that my confidence is valid and I feel that my value is vital, I am empowered & authorised with the ability of life.

Ability in life is vital when I allow it to be valid.

Being alive is the experience of my potential to be both valid & vital.

Working With My Inner Coach

At any moment in time, I am either working with my Inner Coach or I am not.

I am neither working for my Inner Coach nor working against my Inner Coach.

My Inner Coach is always working with my Self.

Working with my Inner Coach requires my exclusive connection.

When I am exclusively connected to my Soul's path, I am exclusively connected & I am empowered with inspiration.

My Soul is my Inner Coach.

My Self has the ability, or not, to work with my exclusive connection with my Soul.

I exclusively connect with my Soul intuitively.

I intuitively work with my Inner Coach.

When I see, hear (know), & feel my intuitive path, I am working with my Inner Coach.

When my intuition is working, I am connected to the inner guidance system that is my inner tutor & my Inner Coach.

The Perspective of Threeness

The Perspective of Threeness sees a triality.

In a triality opposing polarities are the same energy.

Opposing genders always work in harmony.

All energies co-operate in balance.

All intensities are calm & neutral.

There is always a third way.

The third way brings energy vibrations into balance.

It is the realisation of the energy's potential.

The illusion of triality is that there is an alternative way.

The perspective of a triune reality balances opposing energies, never replaces them.

Life is not a trial but a journey of opportunity.

There is always an opportunity to experience a third way.

There is no trial because there is no judgment.

Instinct & intuition become the essence of my Beingness when I know, feel & see my true perspective of Life.

The Perspective of Twoness

The Perspective of Twoness sees a duality.

In a duality everything is apart from everything else.

Everything is separate & in opposition.

I see the matter not the energy.

Emotional energy is of no concern.

The focus is on the quality of the matter.

The quality of matter matters.

The illusion of twoness is that everything has an opposite.

This allows the illusion of choice.

The reality of the illusion is a choice of perspective.

I can see right or wrong, good or bad, positive or negative, nice or nasty, which I like or dislike and is alike or unlike.

The reality is an extensive world of matter from which I am apart from & a part of.

There is no fixed perspective other than that upon which I fix my perspective.

I always have a choice of perspective that is unique & individual to me.

The Perspective of Oneness

The Perspective of Oneness sees a singularity.

In a singularity everything is a part of everything. Everything is united & whole.

I see the energy but there is no matter. The material matter is of no concern.

The focus is on the energy of everything.

There is no materialisation of the energy into matter.

The illusion of oneness is that nothing matters.

Nothing matters when nothing is real.

The reality of perspective is the wholeness of the energy.

It is a singular perspective of wholeness & unity.

The Land, Sea & Air are all God's Kingdom.

The reality is a continuous flow of energy, of which I am a part.

There is no separation of me from my perspective.

I am my perspective because there is nothing else.

Being Happy

Being Happy is my natural state of being.

It is experienced in physical life as a triune reality of being content, fulfilled & joyful.

It requires the attainment of contentment, fulfilment & joy.

I do not have to find my happiness.

I cannot lose it, I can only disconnect from it.

Physical life has many ways of disconnecting me from my true source of happiness.

Reconnecting to my happiness requires my contentment with physical life or my state of being content.

It requires my fulfilment or my state of being fulfilled with my vision for my life.

It requires my joy or my joyful state of being in balance & harmony with my Self.

Seeking happiness is a statement of my being unhappy and will attract only unhappy experiences.

I cannot be unfulfilled with an abundance of joy.

When I feel my awareness of abundance & the joy of being consciously fulfilled with my contentment at having enough, I will find that my happiness is always present.

Joy

Joy is the awareness of my emotional happiness.

It is the highest aspect of love experienced as a human emotion.

There is no joy greater than pure joy.

Joy is the pure joy of feeling happy.

I enjoy every experience that allows me to share my true emotional power.

Whatever has true value for me is a pure joy to experience.

Fun & pleasure are substitutes & poor imitations of the experience of pure joy.

They are an impure joy driven by my emotional needs & my sub-conscious beliefs.

Joy is the love of my Soul expressed.

I experience the joy of being aligned & at one with my Soul.

There is no negative polarity of joy.

It is the feeling of being in balance & harmony with one's Self.

Being my Soul is a pure Joy.

Fulfilment

Fulfilment is being conscious of my mental happiness.

I am mentally happy when I am fulfilled.

I am mentally filled full of happiness.

When my mental happiness is empty, I remain unfulfilled.

It is my mental beliefs that cause my lack of fulfilment.

It is my belief that there is something that I have to do in order to feel fulfilled.

To be fulfilled, I am required to feel it.

I feel fulfilled when I remove all the obstacles that are disallowing my fulfilment.

Fulfilment is the attainment of being fulfilled.

Being fulfilled is the attribute of effortlessly following my own path & fulfilling my vision in life.

Not having or not knowing that I have a vision for my life will disallow my fulfilment.

When I am filled full of fears & limiting beliefs, fulfilment is forsaken.

I am the fulfilment of my Soul's Vision for my Self.

Unless, that is, I believe otherwise.

A Loving Feeling

A Loving Feeling is a positive experience of emotion.

A positive emotion is a personal attribute.

A positive personal attribute has value.

I value a loving feeling.

An unloving feeling is a negative emotion.

A negative emotion is an experience of hate, lust, need, or sex.

It is caused by a negative limiting belief called a fear.

Fear is a false belief that causes an impure emotion and an unloving feeling.

I experience my emotional state of being as a feeling.

A loving feeling or an unloving feeling.

Impure thinking caused by false beliefs causes impure emotions that are unloving feelings.

When I only allow pure thoughts, I experience only pure emotions with a loving feeling.

I love the feeling of being who I really am when I am in a divine state of being.

Might

Might means strength.

Strength has both force & magnitude.

A mighty force requires a mighty magnitude to enable its mighty potential.

Might is potential strength. I might realise my potential and I might not.

Realising my potential requires my force of mental thought to have a magnitude of emotional power. A force of will has a limited magnitude of emotional power.

A magnitude of Love requires a force of Light.

A magnitude of power requires a force of authority.

Emotional power is relative to mental thought.

My creative potential is empowered by my emotional state of being and authorised by my choice of thoughts.

I will has limited creative ability.

I shall has the power & authority of my Soul.

I might allows the choice of my Soul to manifest.

I am is the recognition of the might of my Beingness which allows my potential ability to be realised.

Almighty

Almighty means all possible.

When all possibilities exist anything & everything can happen.

When anything can happen, anything might occur.

I will is the force of my ego's will power.

I shall is the might of my Soul's knowing.

I might is the approval, acceptance & allowance of my future arriving as it is intended.

It is my power to be present in the present moment knowing that the future, whatever might turn up, is a present waiting to be presented.

My ego may accept whatever my Soul might provide for its Self.

Whatever my Soul might provide is always an opportunity for me.

When I see the opportunity, I have the might & the power to accept it.

Being almighty is being unconditionally accepting of Life.

It is the magnitude of my almighty emotional power that allows all possibilities to potentially exist.

The Almighty

The Almighty means the all powerful One.

The all powerful one is my Soul.

My Soul is my Lord & Inner Guide.

My Lord is my Creator & my God.

My Lord God Almighty is the source of my power, authority & ability.

The Source of my almighty omnipotent power.

The Source of the authority that is my omniscient Lord & Master.

The Source of the ability of my omnipresent creativity.

My Soul connection that allows my almighty magnitude of emotional power to effortlessly flow.

My ego self is locked in a mortal duality between strength & weakness.

Almighty is unlimited Strength.

When my strength has the unity of my heart, mind & soul and the congruency of my id, ego & entity; there is no weakness.

I am almighty when I realise the potential of my divine power that I access with the ability of my divine authority.

Evolution

Evolution is not a theory, it is a purpose.

The purpose of evolution is the expansive growth of the Soul.

Physical creatures evolve over time to facilitate the evolution of the consciousness that created them.

The reason that physical species of life change very little over time is that they are already perfectly suited for the evolution of their Soul.

The path of evolution starts by attaining a level of survival, followed by a level of comfort & security, before expansive spiritual growth can be realised & experienced.

The reality is that we are required to attain a level of mastery of this earthly environment in order to comfortably survive here and fulfil our purpose of expansive spiritual growth.

Spiritual evolution is our purpose, not physical evolvment.

The human race has evolved to the present day to allow just that potential to be realised.

Any future physical change or evolvement will be the choice of my highest consciousness to allow my expansive spiritual growth to be continuous.

Evolution is spiritual growth.

Evolvement is what evolution requires of a physical body to be fit for purpose..

Absolution

Absolution is to be absolved of sin.

Attaining absolution requires overcoming the duality of my sins & virtues.

Sins are the male gender of my emotional energy that is without virtue.

Virtues are the female gender of my emotional energy that is without sin.

When my sins & virtues vibrate in harmonious resonance, I have overcome their duality and I attain absolution.

The quality of my emotional energy becomes divine & absolute.

My emotional experience is absolutely divine. My emotional energy is no longer divided with a dual reality.

There is no longer a gender or a polarity to my energy vibration.

There is just a pure wavelength of emotion transmitted on a pure frequency of thought.

Absolution is attained with a divine perception and an absolute perspective of life.

A relatively humanistic view of life favours my male or female preferences in a positive or a negative way.

Absolving others of their sins is an act of hubris, bigotry & arrogance performed on a humble, meek & subservient church.

Absolving others in the name of god is being a humble, meek & subservient follower of an external god.

Absolving my Self is the life's work of my Soul.

Lust & Sex

Lust & Sex are often confused.

Sex is the male gender of my energy that seeks stimulation, arousal, connection & climactic conclusion.

Lust is the positive polarity of my energy that desires excitement, achievement & satisfaction.

Excitedly achieving satisfaction in a sexual relationship is indeed lust but is not good sex.

Lust can disallow the enjoyment of sex when there is no stimulation, arousal or connection with the partner.

Lust is not a male characteristic. It is not unusual for a woman to lust after a cherishing, warm & relaxing cuddle or embrace.

Lust is a positive desire of wanting with a passion, which is a male energy that is experienced by both men & women.

It is experienced by men & women in different ways because usually they want & need different things.

Male desire & female passion both lust after the excitement & satisfaction of getting whatever they want and passionately desire.

Sex is a physically emotional experience that requires positive male & female energy to be exchanged by both partners, irrespective of their sex.

It is the gender of both partners energy vibration that is important, not the nature of their sex or the sexuality of their nature.

Pure Sex

Pure Sex is an oxymoron.

There is no such thing as pure sex.

Sex is the male energy of a loving partnership.

Whenever Love is divided by gender it is no longer pure.

Love is pure Agape when both the male & female energy is present.

Sex is not about achieving a physical act although there may be an emotional need to achieve satisfaction.

When a person needs sex, they need the benefit of the emotional energy that is received from having sex, not the physical act.

Whether two sexual partners are in connection & unity depends on whether they are expressing their male energy, expressing their female energy or they are combining the two harmoniously.

Sex is satisfactory when it meets the emotional needs of both partners and it is unsatisfactory when it does not.

A relationship that is sharing only one gender of energy, be it male or female, may make a good friendship but it is not sexual and it is not harmoniously in balance.

Four Dualities of Love

Duality is caused by the gender & polarity of energy vibrations.

The energy of love is a vibration whose wavelength can be divided by male & female gender, with a frequency that can be divided by positive & negative polarity.

Love & Need is a duality of the female gender that values comfort & relaxation.

Love & Sex is a duality of the male gender that values stimulation & arousal.

When Love is divided by gender it is known as eros.

Love & Lust is a duality with a positive polarity that values excitement & achievement.

Love & Hate is a duality with a negative polarity that suffers annoyance & irritation.

When love is divided by polarity it is known as philos.

In a co-dependent relationship it is not uncommon to experience from time to time all four dualities of Love.

A partnership may share the experience of comfort, relaxation, excitement, arousal, stimulation, achievement, annoyance or irritation.

A pure Love that is without duality is called Agape.

Agape is a vibration of Love that is connected, neutral, balanced, unified & harmonious.

A To Do List

A To Do List is a haven't done list. A haven't done list is a have to list.

A have to list is a list of tolerations. A toleration list is a list of have to's.

A toleration is a problem that I am tolerating. I never tolerate an opportunity.

A toleration list is a list of problems. If it wasn't a problem, it wouldn't be on the list. 95% of my toleration list is not my problem. I become problem-free by getting other people to own their own problems. Other people's problems do not belong on my to do list. Without other people's problems, my to do list becomes an action plan.

I do not list opportunities, I action them.

I am never inspired & empowered to make a list of opportunities.

I am inspired & empowered to take action.

I am empowered to do whatever inspires me.

A to do list is uninspiring & disempowering.

It may meet my need to achieve but it has no true value.

Impatience & Intolerance

Impatience is a lack of emotional power.

I require emotional power to be patient.

I can be patient for as long as I have enough emotional energy.

When I start to run out of emotional energy, I become impatient.

Anger is extreme impatience.

Intolerance is caused by a limiting belief.

It is a belief that what is occurring should not be happening because it is not authorised or allowed.

I am tolerant when whatever is occurring is manageable, bearable & endurable.

When I am no longer able to tolerate what is occurring, it becomes intolerable.

At the extreme of my intolerance, I get mad.

My slight mental madness called intolerance is often the cause of my petty emotional anger called impatience.

I am required to become patient & tolerant in order to learn to become approving & allowing of whatever I am presented with in life.

Truly accepting every opportunity in life requires neither tolerance or intolerance, nor patience or impatience.

It requires my own emotional power and mental authority to be personally enabled.

Greed, Rivalry & Superiority

Greed is the need for more power than another.

The need to be powerful results from being disconnected from one's true source of power and needing other people to supply our emotional energy.

It is based on a belief that the more people that I have power over, the more powerful I am.

Superiority is the belief that I am better than or superior to other people.

I believe that I have a higher status and therefore authority over others.

The need to be superior to others is driven by the need to effectively influence other people to your way of thinking.

The ability to affect other people's behaviour with my influence makes my authority superior to theirs and makes me more superior and better than them.

Rivalry is the need to be more able than other people, whether in education, sport, business or any other sphere of competitive life.

I compete to prove that my ability is greater than another's. My competitors are my rivals.

When I compare my emotional power, I am being greedy.

When I compare my mental authority, I am being superior.

When I compare my ability, I am being a rival.

All three are negative attributes because they disallow a true expression of who I really am.

I See!

“I See” is my acknowledgement of my intuitive connection to my answer. When I get the answer, I see it intuitively. I do not see intuitively with my eye sight. I intuitively see the path of my inner tutor’s vision for my Self.

When I look at my life from the perspective of my Soul, I see my direction with clarity. When I intuitively know what is right for me and it intuitively feels good, I see my path with clarity and without resistance. With eyes that cannot see, I am intuitively blind to my personal vision for my life.

With the eyes to see, I intuitively connect to the effortless path that is my destiny and I avoid other people’s parables that are my fate.

It is not possible to intuitively know & feel the answer to my questions and not see the way forward.

The way forward is always presented in the present moment as a present.

I see into the future with my imagination, I see into the past with my memory, and I see the present with my intuitive insight.

How Do I Feel?

“How do I Feel” is a question that connects me to my intuitive feelings.

Intuitive feelings are emotional not rational.

Even though my feelings are emotional and not rational, they have a logic that I am required to learn.

With a minimum amount of emotional intelligence, I can feel the intensity of an emotion even when I do not know what the emotion is.

I can also feel the polarity of an emotion and determine whether it feels good or not.

It is the polarity of an emotion that determines whether the experience feels good or not.

The polarity of my emotional feelings is determined by my belief about what is occurring.

When I feel full of positive emotional energy, I do not need to ask my Self how do I feel.

When I feel good, I know I feel good.

It is when I do not feel good that I ask the question: How do I feel?

This is my opportunity to feel better about whatever is occurring, by choosing a better perspective that allows a better feeling to arise naturally within me.

What Do I Know?

“What Do I Know” is a question that connects me to my intuitive knowing.

It is a question that I ask when I have no rational knowledge of what is occurring.

Consulting my memory or rational knowledge data bank for information will disconnect me from my intuitive knowing.

When I ask this question it is because I think that I do not know yet I know that I do know intuitively.

The answer is always present when I allow my Self to connect to my knowing and knowingly receive it.

I am required to be present to intuitively know the answer.

Looking for an answer in the past or the future is a statement of it not being present and will disallow its presentation.

Everything that I know is contained within the stillness of the space that I am presently in.

My ability to answer my own question is relative to my ability to connect to my inspired revelations.

When the answer arrives I will just know it is the right answer for me.

Mimic, Impersonate, Imitate

I Mimic someone else when I copy their physical behaviour and actions.

I Impersonate someone else when I copy their emotional reactions.

I Imitate someone else when I copy their thinking and beliefs.

I mimic the intensity of another's actions.

I impersonate the gender of another's emotions.

I imitate the polarity of another's thoughts.

I mimic with similar abilities.

I impersonate with similar power.

I imitate with similar authority.

I mimic an individual's qualities.

I impersonate an individual's attributes.

I imitate an individual's attainments.

I cannot impersonate an aspect of pure love, I am required to be it. I cannot imitate a moment of pure thought, I am required to have it. I cannot mimic an experience of life, I am required to do it. I cannot mimic, impersonate or imitate my Soul; I am required to align with it.

A.P.E.

APE is an acronym for:

Aspect

Perspective

Experience

An Aspect of Love is an emotional state of being that I feel I can attribute to my Self.

A Perspective of Light is a pure frequency of thought that I know that I have mentally attained.

An Experience of Life is a physical action in which I can see the quality of my behaviour.

An aspect of love is a wavelength of emotion with a balanced gender.

A perspective of light is a frequency of thought with a neutral polarity.

An experience of life is a vibration of physicality with a harmonic intensity.

To APE is to mimic, imitate & impersonate.

It can be to copy the personality and the character of another or it can be to become the true identity of my Soul.

More Or Less Than Enough

In my past, I had a choice between surviving on not enough or being comfortable with more than I needed.

In my future, I can choose choose between things being scarce or having plenty.

In my present, I can experience the poverty of too little or the extravagance of too much.

I can choose the gluttony of wanting more than enough or the frugality of having less than enough.

Whether I choose survival or comfort, scarcity or plenty, poverty or extravagance, gluttony or frugality, too much or too little, not enough or more than enough; I will not ever have enough.

A scarcity mentality will always see-saw from having too little to having more than enough.

From being a millionaire to becoming bankrupt.

A billionaire who is still chasing money does not have enough and is still in a scarcity mentality.

A pauper, who is happy & content with what they have, has an abundance mentality because they always have enough.

It is my thoughts of gratitude & appreciation for the abundance that I have that creates my abundance mentality and the abundance that I am experiencing.

Mental Energy

Mental Energy is my source of authority.

My source of authority is chosen by my conscious Self.

I can choose the will power of my ego Self or I can choose the omniscient authority of my Soul.

Aligned with the super-conscious authority of my Soul, I am mentally inspired by my revelations of wisdom.

Aligned with the sub-conscious authority of my ego, I will have to aspire to my desires with will power.

Mental authority is an omniscient energy.

It is all knowing.

Mental will power is a limited energy.

It is all thinking that it is all knowing.

I have a true sense of mental energy and I have a false sense of mental energy.

One is conditional and limited the other is unconditional and unlimited.

I can choose my source of authority because I am always authorised to choose.

Emotional Energy

Emotional Energy is my power source.

It is a power that emanates from my source.

The source of my emotional power is my true state of being.

My true state of being is my Beingness.

My Beingness is my core essence.

It is the essence of my core at the heart of my Beingness.

My state of being is the key to my personal power.

Who I am personally being determines my level of power.

A lesser state of being inhibits and disallows my emotional power.

The most powerful aspect of my Self is omnipotent, which is the ultimate magnitude of emotional energy.

My super-conscious Soul is all powerful.

I am being most powerful when I am in alignment with my Soul's essence.

It is then that I fully connect to my emotional potential.

Physical Energy

Physical Energy is an oxymoron.

Physical ability is a potential of our muscles.

Muscles require fuel to deliver their potential.

Food & oxygen provide the fuel for our muscles.

Fuel is physical.

Energy is not.

What allows my physical ability is my emotional power.

What directs my physical ability is my mental authority.

When my power or authority is depleted, it has a detrimental effect on my physical ability; irrespective of how much food or oxygen I have available as fuel.

My physical ability will be affected by a lack of fuel.

It will also be affected by my low emotional power and my false mental direction.

Energy is a matter of power & authority. Fuel is a matter of metabolic rate.

Fuel & Energy

Energy is the potential of a magnitude & a force.

From a physical perspective, magnitude & force are experienced as the potential of energy.

Fuel is latent energy in material form. Latent energy is potential ability.

To realise the potential ability of energy requires power & authority.

Without a clarity & direction of purpose, the potential of energy remains latent.

When matter changes form, energy is realised.

Fuel is a form of matter with the potential to convert easily from a magnitude to a force.

The potential of energy is relative to its magnitude & force.

Physical ability requires physical fuel, conscious direction and emotional clarity.

Emotional power together with mental authority allow the potential for physical ability to be realised.

Without the life-force of mental direction & emotional clarity, physical ability remains a latent potential.

An Empty Mind

My Mind is never empty.

My super-conscious mind is always fulfilled.

My sub-conscious mind is full of memories and beliefs about what I have already experienced.

My conscious mind is full of past experiences and future plans.

When my conscious mind is present, it can be full or empty.

Once I am conscious of what is occupying my mind, I can decide to empty it.

When I empty my conscious mind, I take control of my thinking.

Thinking is a sub-conscious process.

Thought is a super-conscious creation.

An empty conscious mind allows a fulfilled super-conscious mind to become present.

I cannot present my fulfilment in the wake of a busy conscious mind full of commitments to a sub-conscious master.

1st Cause

God is the Creator & the Creation.

The Soul is 1st Cause.

My Soul is a creation of God.

It is the effect of 1st cause.

I am the effect of my Soul's cause.

My Soul caused my Self to be created.

My cause is to serve my Soul.

I serve my Self best when in the service of my Soul.

When I serve my Soul, I allow the expansive growth of my Self.

When I serve my Self best, I allow the expansive growth of my Soul.

I experience the effect of 1st Cause.

I feel the effect first & foremost.

How I experience the effect of 1st Cause is a matter of my perspective.

I can allow my Self to accept the effects of 1st Cause with approval or I can choose not to.

Faith in God

Faith & Religion are often confused.

Religion is an inclusive path to God.

Faith is an exclusive & unique path to God.

I cannot have faith without a clear path to follow.

Without the clarity of what my path is and what God means to me, I cannot have a true faith.

True faith is knowing the truth of my path and the truth of who God is in relationship to my Self.

Unless my religion offers me a unique path to God, I will have no faith in my religion and I will lose my faith in God.

Unless I know God personally, I have no faith.

Faith requires me to know God.

I follow my faith with knowing.

Unless I follow God intuitively, I will not recognise my path.

I cannot know God and be without faith but I can follow a religion without knowing God.

Compassion & Care

Compassion & Care are not the same thing and are often confused.

Care is providing for the needs of another.

Compassion is sharing a true value with another.

When a patient needs to be cared for and the carer needs to be needed, this is compassionate care in action.

When the patient no longer wants to be cared for or the carer no longer cares, there is no compassion present.

Caring with compassion occurs when co-dependent needs are being successfully met by mutual consent.

A carer who doesn't need to be needed may not care.

A patient who no longer needs care no longer needs a carer.

When one or both parties do not care, there is no compassion.

True compassion requires both parties to be in empathy with each other, not one in sympathy with another.

Appreciating Life

As I appreciate life, my life appreciates me.

Life is a continuous opportunity for expansive growth.

As I expand and grow with life, I appreciate.

As I appreciate life, I expand & grow.

I cannot appreciate my life by trying to survive my death.

I cannot appreciate life from inside the safety & security of my comfort zone.

When I expand beyond survival and grow beyond the security of my comfort zone, I appreciate life.

I cannot appreciate needing to survive.

I cannot appreciate needing comfort & security.

I truly value & appreciate my personal expansive growth.

As I appreciate my ideal life, it becomes more ideal.

As I appreciate the ideality of my life, my life appreciates in an ideal way.

When life is ideal, I appreciate it and when I appreciate life, it continues to be ideal.

Life is an appreciation of what I deal to my Self.

A True Value

A True Value is what I truly appreciate in life.

The purpose of life is to really appreciate the value that is on offer.

The value of life really appreciates as I see the truth of its value.

I appreciate the value of my truth.

When I do not see the true value of life, I cannot appreciate life.

When I see what life is, I appreciate it and I appreciate everything that I have in life.

Life is an appreciation of everything that I have attained.

I cannot appreciate what I do not have.

The appreciation of life transcends need.

I cannot appreciate what I believe that I need.

There is no true value in needing to live.

When I cannot see the true value in living, I need to get a new life.

A new life presents itself every day when I appreciate the true value of everything that I already have.

Love & Need

Love & Need are often confused.

Both have value.

I value whatever I love.

I also value whatever I need.

When I do not value what I do not have, I do not need it.

Valuing what I need is not a true value.

There is no true value in what I do not have.

There is only a perceived value caused by a perceived need that is without a true value of love.

I can only truly love what I already have.

I cannot truly love what I am missing.

What I truly love has true value

It has true value when I love & appreciate its value.

When I appreciate the value of what I already have, it is already appreciating, which I love.

True value is measured in the gratitude & appreciation of my love.

Need is a measure of how much I want something that I do not have.

Reality Is A Choice

Reality is an experience. My reality is a real experience.

I always experience choice. Experiencing choice is my reality.

I really do have a choice. I have a choice of perspective and a choice of perception.

My perspective & my perception determine my choice.

My choice endorses my experience as real.

What I perceive as my experience becomes my perspective of my truth.

My truth is what I believe to be real.

What I really believe to be true becomes my belief.

My beliefs about what is real become my truth.

I choose what I believe to be true for me based on my perspective of what I perceive to be real.

Whatever I perceive to be real is my reality.

I choose to experience the truth of my perception based on my beliefs about my perspective of my experience of my reality.

My reality is a choice.

Gender & Sex

Sex is a characteristic of our physical reality.

The male character produces the sperm that fertilises a female egg. The female character supplies the egg for the male to fertilise. The process of fertilisation is seen as a sexual act. It is when two different sexes join together in the act of propagation.

Gender is a characteristic of the wavelength of an energy called emotion. When a vibrational wavelength of emotion is divided, it is experienced to have either a male or a female gender. It is the male or female gender of an emotional state of being that determines the masculine or feminine characteristics of men & women.

An emotional state of being that is expressed, or an aura that is emitted, is not sex specific but gender specific.

Both sexes are able to experience both the male & the female aspects of their energy vibration.

The physical characteristics that make up our sex are not determined by the emotional wavelengths of our gender.

Four Steps to Emotional Intelligence

Step One: Feel the Intensity

The emotional intensity is the strength of the feeling. When I am disconnected or I am unemotional, a very high level of intense emotion may be necessary to overcome my ability to suppress it.

Step Two: Feel the Polarity

We rarely suppress positive emotion, even when we choose not to express it to others. Feeling a positive polarity is good, so we believe that feeling a negative polarity is bad for us. Until I am conscious of my judgment, I cannot learn to accept my feelings.

Step Three: Feel the Gender

Male emotions are called sins and female emotions are called virtues. This does not make them good or bad as that is the polarity not the gender. Suppressing an emotion because of its polarity also disallows my awareness of its gender. Accepting its polarity is neutral allows me to explore its gender and find the balance.

Step Four: Feel the Emotion

A pure emotion has a force of authority balanced with a magnitude of power that enables my emotional potential. I just have to feel it with the awareness of who I really am.

An Awareness Mentality

An Awareness Mentality is conscious of the spiritual world and aware of its spiritual origins.

I am aware of my spirituality and the source of my power & authority that enables my life.

I am aware of my intuitive senses that are my inner guidance system.

I am aware that I have a unique purpose and an exclusive vision for my individual mission in life.

I am aware that when there is no fear and there is no pain, there is no problem.

I am aware that I have not come here to survive and I have not come here to be comfortable.

I have come here to experience an awareness of what life has to offer.

With awareness, I see every opportunity that is present in my life as it is presented to me as a present to my Self.

Life is not an opportunity to experience pain, fear or problems.

That is my default experience when I do not intuitively see, know & feel the opportunity to live life to the full.

A Comfort Mentality

A Comfort Mentality is caused by pain. Pain is a severe discomfort.

It is a discomfort that I believe that I am required to avoid.

When I fear pain, it becomes a problem. The solution to pain is comfort.

I suppress the discomfort of my pain by suppressing the cause of my pain.

Pain is a symptom of my resistance to life.

Therefore, it allows me to learn the path of least resistance.

Following the path of least resistance is never painful.

Releasing pain is painful.

Suppressing pain can be fatal.

My comfort zone is a creation of my comfort mentality that chooses to avoid pain.

It also prevents my personal development & growth.

Pain is a clear indication that my path is blocked.

A comfort mentality chooses to block all paths painlessly.

A Survival Mentality

A Survival Mentality is created by fear.

I believe that I will have to survive whatever I fear.

When I fear death, I am required to survive life.

I survive in life whatever I fear.

What I fear in life, I attract into my experience.

I fear that what I attract will kill me unless I learn to survive death.

I am a victim of my fears until I learn to survive their fate.

Fear is a problem that threatens my survival.

Unless I believe that fear is a warning that aids my survival.

Fear is the cause of my problem and my need to survive.

Trying to survive is a problem that I fear I cannot solve.

I do not need to survive an opportunity to live my life to the full.

I do not choose to survive my fear, I choose to be free of fear.

Polite & Rude

Polite or Rude is a subjective judgment of another's behaviour.

When another's behaviour is within my boundaries and it pleases me, they are judged to be polite.

When their behaviour crosses my boundaries and it displeases me, they are judged to be rude.

Politeness is deemed to be good behaviour.

Rudeness is deemed to be bad behaviour.

Behaviour is not inherently good or bad, although individually we can judge it to have a positive or a negative effect on ourself.

It is the perspective of a personal viewpoint that judges a behaviour to be rude or polite.

It is cultural standards, morals, ethics & principles that determine whether an action is polite or rude.

Different cultures, nationalities, religions, castes, & classes have different rules of etiquette that determine what is rude and what is polite, what is acceptable and what is not.

When I am unconditionally accepting of others and unconditionally allowing of their actions, I have no

disapproval of their behaviour and I never judge others to be polite or rude.

I just observe who they are being with forgiveness.

Electro-Magnetic-Gravity

In physical reality, energy is experienced as a triune reality of electricity, magnetism & gravity.

It is only in a dual reality world that a triality can be experienced as a singularity or as a duality.

We currently experience gravity as a singular force and electro-magnetism as a duality of the same energy potential. On the surface of the Earth, we experience zero gravity and measure it as one 'g'.

When I am standing on the earth, there is no gravitational force operating because there is no motion of attraction.

When I step off a cliff, a high building or out of an aeroplane, I experience an attractive force of 1g that propels me to earth.

In reality this is not the action of gravity but the effect of relative densities equalising themselves out.

The force that pushes me to earth in the air is the same force that pushes me to the surface when under water.

What we call zero gravity is also the absence of gravity that is experienced as weightlessness or having no relative density in opposition.

It is only in the presence of gravity that we are able to isolate electric & magnetic forces.

Gravity exists everywhere.

Specific gravity or relative density is an effect experienced in a dual reality world.

Where the forces of attraction of relative densities are equalised, we are able to experience electro-magnetic forces in isolation from gravity.

Electricity, magnetism & gravity are all naturally attractive because by their nature they are all the same energy exhibiting different forces of attraction.

Illusions of Grandeur

Grand Illusions are the essence of creativity.

An illusion is an experience that does not appear to be physically real.

Physical reality is an illusion when perceived from a spiritual perspective.

Without grand illusions, reality would remain static and non evolving.

It is the nature of reality to expand and grow.

The grander the illusion, the more magnificent the ability of reality to change.

Delusions of grandeur are a cynical view of a rational perspective that maintains physical life as one fixed reality. It is a purely rational view of existence that is deluded by a perspective that eludes to the non-existence of our spiritual essence.

Grand illusions are seen as magical occurrences.

Whether the magic is a trick or the nature of reality is down to the perception of the illusionist.

Absolution

Absolution is the attainment of a pure energy vibration.

It is attained when my energy has a pure frequency & wavelength of thought & emotion.

When I experience the pure emotion of a pure thought, I attain absolution.

It is an absolute state of being that is undivided by relative duality.

Relative dual reality allows energy to be divided by gender & polarity to allow an intense experience of life.

Absolute reality is whole, pure & undivided.

It is absolutely divine & holy.

It is not an act of absolving the sin of another.

It is the absolute attainment of one's own pure state of being that is divine.

Absolution requires the act of overcoming one's own state of dual reality.

It is overcoming the sins & virtues of a divided physical & spiritual life.

True

Life is True when it follows a straight path.

A straight path is aligned with my destiny.

My destiny is aligned by my vision, mission & purpose.

My vision is the truth of why I am here.

My purpose is the truth of who I am being here.

My mission is the truth of what I am doing here.

When I am true to my Self, I am following a straight path.

When I see the alignment of my path, I see the truth of my mission.

When I feel the alignment of my path, I feel the truth of my purpose.

When I know the alignment of my path, I know the truth of my vision.

My Soul is always true to my Self.

Any untruth is a false perspective of my disconnected ego.

When I am true to my Self, I am carrying out the mission of my Soul.

Humility

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

I am allowing others to be superior to me.

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

It pleases greedy people for others to be humble.

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

I allow others to appear better than me.

It pleases proud people for others to be modest.

Proud people like to stand out above modest people.

True Humility is a human quality.

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

Choosing pride or modesty has no humility.

Choosing greed or pleasing is without humility.

Choosing arrogance or humbleness disallows humility.

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

Beneficial & Detrimental

Nothing is inherently detrimental.

Everything is potentially beneficial.

All is created in balance.

A system that is in balance is in harmony with everything else.

When something is in harmony it is beneficial.

When it is out of balance it becomes detrimental.

It is detrimental when it is out of balance with everything else.

The purpose of a dual reality world is to allow the experience of balance & harmony with all things.

Duality also allows systems to become out of balance and out of harmony.

It allows beneficial systems to grow and become more benign, whilst also allowing systems to be detrimental and malignant.

Balanced atoms and molecules are most beneficial.

Balanced bacteria & viruses are benign.

Balanced organisms are harmonious.

Being out of balance & harmony is detrimental

Competing & Winning

Competing is an emotional need.

I am sub-consciously driven to compete.

I compete with others to gain emotional power.

Competing is a value when there is value in competing.

When I need the value from competing, I am already losing.

When I am losing my emotional energy, I am not competitive and I need to compete to regain my energy.

Winning is a true value.

My Soul is a winner not a competitor.

Competitors can lose.

Winners always win.

I do not need to win when I am already a winner.

Winners cannot lose, competitors can.

Winners do not compete.

They participate in winning.

My need to compete will disallow my true value of being a winner.

Plebeians & Patricians

In Roman Society, Patricians were the elite ruling class and Plebeians were the common masses.

Patricians are the ruling class who lead the way.

Plebeians are the subjects of the ruling class and follow their lead.

Patricians make the rules.

Plebs follow other people's rules.

Neither role is sovereign.

A sovereign entity follows their own path.

They have no need of others' rules, laws, ethics, principles, morals or standards and make none for others to follow.

They require no followers and lead their own life along their own exclusive, individual & unique chosen path.

Plebeians follow the path of their rulers.

Patricians follow the principles, ethics, morals and standards of their ego's will, which they turn into rules & laws for others to follow.

Sovereignty follows the vision of its destiny.

It is neither my vision nor my destiny to rule others or to be ruled by others.

Being Opportune

Being Opportune is an attribute that is attainable.

It allows me the ability to see the opportunity that is being presented in any present moment.

Every present moment is an opportune moment.

It is an opportune moment for developmental growth.

Every present moment is a growth & development opportunity.

Being opportune requires being problem free.

It means never being challenged by a lack of emotional power.

It requires my emotional power to be opportune.

The emotional power to be opportune is there when I am not challenged by any problems.

Being opportune allows me to be fear-free and pain-free.

Experiencing pain, fear & problems is not opportune.

Fear & pain are a problem that depletes my emotional power and denies my present opportunity.

Interdevelopment

Interdevelopment is an ability that allows growth to be expansive. The ability to grow expansively requires sensitivity & detachment. I grow through the experience of interaction with other people. Other people allow me to see the level of my own personal development.

My relationship to other people is the measure of my personal development.

By the Law of Attraction, I attract like energy to my own energetic vibration. How I relate to other people is reflected in how other people relate to me. When I relate inter-developmentally, other people resonate with my my own personal development and I resonate with theirs.

I cannot coach another to personally develop unless I am sensitive to their emotional wavelength and I am detached from their issues & dramas.

The inter-developmental relationship between a coach and a client is facilitated by the sensitive detachment of the coach.

Emotional Intelligence

Emotional Intelligence is the ability to be emotionally intelligent. Being emotionally intelligent requires rational logic as well as emotional logic. It requires a rational ontological knowledge of energy and one's own energetic state of being. Understanding the energy of emotion intelligently is essential to the management of emotional power.

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

My emotional attributes determine my emotional power. Managing my emotional power consciously, requires an awareness of the emotional states of being that I attribute to my Self.

Emotional intelligence allows my head and my heart to work harmoniously with inner peace.

It allows me to ground my emotional power in the physical world.

My super-conscious mind is both rational & emotional, which allows logic to be intelligent and intelligence to be logical.

Intuition

Intuition is the ability to be intuitive.

Being intuitive requires three spiritual senses to be enabled.

A sense of knowing, a sense of feeling and a sense of seeing.

I see my inspired revelations intuitively when I am exclusively connected to my highest authority.

My exclusive intuitive connection allows my highest authority to be revealed.

Intuitive revelations are always inspired and always authorised.

They are authorised because they are a divine choice from my highest authority.

When I just know the right choice for me, it always feels good.

Intuition allows me to see the light of my inner tutor.

My inner coach is my guide & tutor that intuitively directs me on my path through life.

Intuition is my exclusive connection to my super-conscious mind.

Three Qualities of a Master Coach

A Quality is an attainment that is personally attributable.

A Master Coach has mastered the attainments of being Intuitive, Inter-developmental & Emotionally Intelligent.

The quality of a coach's personal intuition, inter-development & emotional intelligence determines their level of mastery.

Mastering these qualities requires the guidance & support of a master Coach.

My intuition allows my authority to be exclusively connected to my path and connect others to their exclusive path.

My emotional intelligence allows my ability to be emotionally rational and show others how to balance their rational & emotional awareness of consciousness.

My level of inter-development allows my emotional power to keep me sensitively detached from my client's issues and out of their way.

My exclusive connection allows my intuitive authority to guide my clients.

My emotional intelligence allows my balanced view of where the client is coming from.

My own personal development allows my intelligent use of power to support my clients on their path.

The quality of my mastery is an expression of my own emotional power, mental authority and the physical ability to coach others.

Compassion & Empathy

Compassion is the attainment of being sensitive to the situation of another.

Empathy is the attainment of observing another's path with detachment.

Compassion is my female perception.

Empathy is my male perspective.

Compassion has a polar opposite of sympathy.

Empathy has a polar opposite of apathy.

Sympathy is sharing another's negative state of being.

Apathy is refusing to acknowledge another's negative dramas.

Compassion & empathy are gender opposites of the same energy of Sensitive Detachment.

It is the energy of relationship and how I relate to other people and share their experiences.

I share a positive experience of emotional power with compassion.

I share a thought of positive mental authority with empathy.

I share a negative emotional experience with sympathy and a negative thought with apathy.

Achieve, Attain, Appreciate

I Achieve what I intend to do.

I value what I achieve.

I Attain a state of being.

I value what I attain.

I Appreciate who I am being.

My appreciation is a true value.

I appreciate my expansive growth.

As I expand & grow, I appreciate.

I appreciate my achievement when it allows my attainment of a better state of being.

When my achievement allows my attainment, I appreciate & grow.

I appreciate my attainment because it allows my appreciation.

When my attainment allows my appreciation, I achieve my expansive growth.

My achievement allows my attainment that allows my appreciation of my expansive growth.

Being There

I am here for my Self.

I am there for someone else, unless that is, I am not.

To be there for someone means being there when they need you.

When I am here for you, you are required to come here and get whatever you need.

When I am there for you, I am detached from you yet sensitive to what you need.

I cannot be there for you and be unaware of what you need emotionally.

When I am insensitive to your needs, I am not there for you.

When I am emotionally attached to you, I need you and I am here for me not you.

Being there is unconditional.

I am there for you when you need me.

I am here for you whether you need me or not.

When you don't need me, I am neither here nor there.

I am nowhere for you and now here for me.

Time & Money

Time is not money.

Money buys time.

The more money I have the more time I can buy.

Money allows me to get where I want to be quicker.

The more money I have the faster my pace of life.

Living life in the fast lane requires money.

Money needs time to earn it, time to manage it and time to spend it.

It takes time to spend money.

I need money to spend time spending money.

Time is expensive.

When I expend my time wisely, money is of no concern.

I never need money once I have enough.

I never run out of time once I have enough.

Having enough time is not dependent on having enough money.

Money & time are only related when I believe that they are relative to each other.

Caused & Created

Creativity has no duality.

I cannot uncreate what has already been created.

A creation is a physical manifestation of a spiritual thought.

A spiritual thought has both emotional power and mental authority.

Creative potential requires a force of thoughtful authority combined with a magnitude of emotional power.

Without divine power & authority, I cause all sorts of things to happen.

Without authority, I have no power and no ability to be creative.

My ego's authority has only its limited will power.

The greater my will power, the more I can cause to happen.

Consciously causing effects takes a lot of will power.

Being aware of creating my ideal world requires super-conscious authority, unconscious competence & pure emotional power.

1st Cause

1st Cause is the creator.

The first cause that the Creator created is the effect of duality.

The Creator caused the effect of duality.

The effect of duality is choice.

Choice allows a choice of effects.

A choice of effects allows a choice of causes.

We are all at choice causing the effect of our own reality.

The Creator is 1st Cause. My Soul is 2nd Cause.

My Soul causes the effects that my Self experiences.

My Spirit is the cause, my Physicality is the effect.

Physicality is the effect of a spiritual cause. My spiritual cause is physical life.

When my physicality & my spirituality are in harmony, I am the creator of my own reality.

I can cause my reality to happen, I can experience the effect of the reality that I cause, or I can be the creator of my own reality.

Cause & Create

I Cause an effect to happen or occur. Cause & effect are a duality of the same energy.

Every effect has a cause and every cause has an effect.

I cause an effect by my own thoughts, words or deeds.

My thoughts, words & actions are effective.

I cause an effect, I do not create it.

I Create creatively. My creation of something new is the result of my creativity.

Creativity creates out of apparent nothingness.

It is a potential with true value that we all have.

We are all potentially powerful creators.

Being lost in a dual reality world of cause & effect blocks my creative power.

Duality disallows innovative creativity.

I do not cause things to be created.

I either create something new or I cause the same old things to occur in different ways with different effects.

Ad Lib

Ad Lib is the ability to speak freely.

My speech is free when it is authorised.

It is authorised when every word is pure.

Every word is pure when I speak my absolute truth.

My absolute truth is pure, unlimited and free of fear.

It is a statement of who I am and the path that I am following.

It is my word that describes my action from my highest perspective of my Self.

When I ad lib, my thoughts flow freely into words without thinking.

I do not have to think about what I am about to say.

I allow my super-conscious thoughts to flow forth into words as an expression of my truth.

My truth is always expressed with pure feelings.

When my emotion is pure my word is true.

My ego is unable to ad lib without the authority of my Soul.

Surreality

Surreality is believed to be beyond actual reality.

Something is believed to be either an actually real experience or a surreal experience.

Those who believe that a surreal experience is not actually real, never experience surreality.

I experience surreal experiences when I allow surreal experiences to be real.

Miracles are an example of a surreal experience.

When I don't believe in miracles, they don't happen.

I do not experience surreality with my 5 physical senses.

It is my awareness of my 3 intuitive senses that allows surreality to be real.

Intuition is a surreal sense.

I can only see beyond actual reality intuitively.

Without intuition there is no surreality.

With no surreal experiences, surreality cannot be actually real.

Actuality

Actuality is the reality of my actions.

My actions are an expression of my behaviour.

My behaviour is an expression of my beliefs.

My beliefs determine my behaviour.

In actuality they may be a reaction or a response.

What is actually real is believed to be by the majority of people a consensus view of their experience of reality.

In actuality most people believe that there is only one actual reality.

This is not actually my truth.

We each create our own actual reality through our own activity, behaviour & beliefs.

The fact that as a species we tend to behave in similar ways leads us to believe that there is only one actual reality called human behaviour.

Alas, in actuality, humans act individually and collectively with sub-human and inhumane behaviour as well.

Sensuality

Sensuality is the reality of my senses.

My reality is that my physical senses only allow me a limited experience of life.

A rational physical perspective of life has a limited sense of emotional feeling.

An emotional perception of life requires my emotions to be realised & actualised.

Being emotional allows all my senses to be real.

It allows my sensitivity to other people's emotions to be actualised.

Sensuality is real when it is experienced both physically & intuitively.

I feel the physical sense of touch and I am touched by the intuitive sense of feeling.

Physical touch is rational & logical, spiritual feelings are emotional & sensual.

The more sensually aware that I am, the more sensual my reality becomes.

Reality appears as I actually sense it to be.

When I am both conscious of my physical sensual reality and aware of my intuitive sensual reality, my sensuality is at its greatest conscious-awareness.

I am experiencing the fullest range of my sensuality when I intuitively know, feel & see what I am actually seeing, hearing, tasting, smelling & touching.

Sexuality

Sexuality is the reality of my sex.

The reality of my sex is relative to my beliefs about my Self.

My beliefs create my reality and my sexuality.

My sexual character is masculine or feminine.

My emotional energy has a male or female gender.

My beliefs create my character.

The gender of my emotional energy causes my personality.

It is my personality that is attractive or non-attractive.

It is my character that is attractive or unattractive.

I naturally attract a sexual partner with an opposing gender of emotional energy.

I dislike any characters with opposing beliefs to mine.

Physicality has no natural attraction.

Sexuality works at a mental & emotional energy level.

It is a magnetic attraction of opposing genders with a like polarity.

My sexuality is determined by my mental beliefs and my emotional needs.