

The background of the entire image is a dense, close-up photograph of various seashells. The shells are in different stages of being opened, showing their interiors in shades of orange, pink, and grey. The shells themselves have a variety of textures and colors, including grey, white, and brown. A rusty metal rod or stick is positioned vertically in the center of the image, passing through several shells. The lighting is bright, creating strong highlights and shadows on the shells.

**The Inner Coach**

*Daily Life Lessons*

**2014**

**Keith Collins**

# Being Healthy

Being Healthy overcomes the duality of illness & wellness.

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

Being Healthy requires overcoming the victimhood of illness, unwellness, sickness & ailments. It is the awareness that the detoxification of the body on a physical, mental & emotional level is a healthy natural process.

Nature is never unhealthy, it is our false judgment of the processes of nature that is unhealthy. It requires a recognition that our toxic beliefs cause dis-ease & disease not the nature of fungi, bacteria & viruses.

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

Being healthy is my natural state of being that is relative to my wealth of emotion and the wisdom of my higher perspective. There are no accidents and there are no victims in a truly healthy lifestyle.

January 31, 2014



# Prime Attainments

Prime Attainments are the qualities of leadership.

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

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

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

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

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

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

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

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

I have the power, authority & ability to live my vision, mission & purpose for my life. I have attained the faith to follow my path faithfully, free of fear, pain or problems.

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

January 30, 2014

# A Prime Attribute

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

The quality of my leadership is determined by my prime attributes.

My leadership qualities are a measure of how well I lead my own life.

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

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

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

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

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

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

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

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

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

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

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

Leadership through Coaching is a Prime Attainment.

January 29, 2014

# A Divine Attribute

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

Divine Attainments allow my exclusive connection to my Source.

I accept my life as a gift when it is ideal.

An ideal life is a divine way to live.

Living an ideal life requires an ideal state of being.

An ideal state of being is by definition divine.

Divinity is the state of being whole.

My energy is whole & pure when it is undivided by polarity & gender.

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

Divine attributes overcome the duality of a relative dual reality existence of opposing forces of gender or polarity.

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

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

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

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

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

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

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

January 28, 2014

# Being Over Emotional

I cannot be too emotional.

Being emotional is being aware of my own emotional state of being.

I cannot be too aware of who I am being or what I am experiencing.

Being unable to manage my emotional intensity is being irrational.

When I am overwhelmed by the intensity of an emotion, I am unable to think or act rationally.

A high intensity of emotional feeling can override rational thinking and can be seen as, or experienced as, being irrational.

Uncontrollable laughing or crying is an intense emotional release that may be seen as being over emotional.

Suppressing emotional feelings is an irrational behaviour by an emotionally intelligent person.

Emotional Intelligence is my awareness of my emotional state of being.

I can suppress my emotions and be unemotional, I can express my emotions uncontrollably and be irrational, or I can express my emotions rationally and be emotional.



I cannot express too much emotion, just too much emotional intensity, which is not emotionally intelligent.

January 27, 2014

# A Line, Align, A Lien

A line is straight & orderly.

I aline things in order.

Align is a natural path.

I align with my natural path.

A line is straight.

Align flows.

A lien is a connection.

I cannot align with an alien path.

My connection with my path requires my alignment. Other people are there to align me on my path. They line up to allow my messages of alignment. Some messages are alien, some have a lien, all are aligned. My messages line up, one after the other, waiting for me to receive them.

When I am out of alignment they appear alien to me.

When I am connected they line up with my alignment and are a lien with my Soul.

January 26, 2014

# Inhibitions

Inhibitions are limiting beliefs. I am inhibited by my beliefs that limit my freedom. I am free to choose my own beliefs.

I do not choose to be limited. I can choose to change any belief that limits my choice and inhibits my action.

Inhibitions inhabit my sub-conscious mind. They reside as sub-conscious memories that stop me repeating what I believe to be a detrimental action.

Actions are never detrimental when I can see the benefit of their effect.

Inhibitions inhibit personal growth.

Exhibitions are an expression of my negative beliefs.

I make an exhibition of my fears and false beliefs.

Inhibitions & exhibitions are a duality of negative beliefs.

I am never inhibited by my pure inspired & empowered thoughts.

I express the purity of my emotions, I do not exhibit them.

January 25, 2014

# Apocryphal

Apocryphal means of uncertain origin.

It is of questionable authenticity or authorship.

We are all Apocryphal Beings until we discover the authenticity of our original authority and the authority of our original authenticity.

My authenticity determines my emotional power, which requires my true mental authority to be realised. Until I realise my true power as an expression of my true authority, I will remain apocryphal.

My authentic power allows me the authority to know my origin. I question my authenticity to discover who I am and why I am here?

My origin is from whence I came and I remember my origin when I realise what I originally came here to do. It is my original authenticity that allows me to become the author of my own life.

My life is apocryphal until I consciously become aware that it is I who am the author.

January 24, 2014

# Time, Speed & Distance

Time, Speed & Distance are a triality of relative existence. They are the same energy seen from different perspectives. That means for one to remain constant the other two will adjust relatively and accordingly.

In a reality where time is constant, speed & distance will vary. In a reality where the speed of light is constant, time & distance will vary. In a reality where distance is constant, time & speed will vary.

The reality of an atomic holon is that time is constant as demonstrated by all atomic clocks.

In the reality of a cellular holon the speed of growth is constant, hence time & distance will vary accordingly.

In the reality of our organic holon distance is constant and the length of a metre never changes.

Time & speed are personal to the individual and as they vary accordingly are experienced as the pace of life.

Time, speed & distance are often seen as unrelated but they are the product of the other two energies.

Time is a measure of the speed of the earth's spin, orbit & rotation relative to its distance from the sun.

Speed is a measure of the time it takes to travel a specific distance as in revolutions per second.



Distance is a measure of speed over time called a light year.  
Time, speed & distance cannot exist in isolation from each other.

January 23, 2014

# A Triune Reality

The Christian Religion teaches a Triune Reality of the Father, Son & Holy Spirit.

It believes Jesus to be the Son of God the Father and leaves the Holy Ghost to be a matter of Spirit.

Like all teachings in the Bible, without the eyes to see I am just listening to the parable or the literal translation.

Most people experience our three dimensional physical world as a dual reality rather than a triune reality.

In a dual reality world, power & authority are confused or divided and in opposition & conflict.

Ability is deemed to be physical and unrelated to mental authority or emotional power.

Emotion is deemed to be destructive rather than constructive and is often suppressed.

When I suppress my emotions I disable my power, which disallows my authority & my freedom of choice.

We are all free to choose yet choice requires the emotional power to choose with mental authority.

In a Triune Reality Jesus the Son is synonymous with the physical ability of Man.

God the Father is the authority of the Soul to guide us each individually on our exclusively chosen path.

The Holy Ghost or whole spirit is the pure emotional energy that empowers each of us on our journey through life.

Emotional Power plus Mental Authority allows my Physical Ability to live a Life of Love & Light in Heaven on Earth as my Soul intends.

Before I can live as my triune reality, I have to overcome the dramas of my sins & virtues created by a dual reality existence.

January 22, 2014

# Fear Is not Good for Me

Many people have been led to believe that fear is good for you.

They have been taught that fear is good because it keeps you safe.

They believe that fear keeps you safe from fear, which of course is a nonsense.

Fear acts as a boundary to the full experience of life.

It is a personal prison cell of one's own creation.

Locking one's Self within the security of a prison cell doesn't make fear go away but just allows a false belief of being safe from anything outside of your sanitised environment.

There is no such thing as a good fear.

Whatever I perceive as good holds no fear for me.

Whatever I fear, I attract into my reality, which is not good for me.

Fear is a creation of my own belief system.

The only power that my fear has is the power of my conviction in my belief.

I have the authority to empower my beliefs and I have the power to authorise my fears by believing them to be good.

January 21, 2014

# Needs Must

Needs Must is a statement of belief. It is a conscious belief that runs in my sub-conscious mind. It reminds me constantly that emotional needs are important and I must get them met. It is a belief that drives me to get my emotional needs met on a daily basis.

It can create a devil of a ride. Needs are a 'have to' and can be a devil of a toleration when unmet.

An unmet need is a depleted emotional energy store.

I need to meet my need to restore my emotional energy.

Restoring emotional energy is a sub-conscious activity until I learn to reconnect consciously to my source of emotional power.

My 'needs must' then becomes my 'values are'.

Values are really valuable when I am able to see the real value in what I need emotionally.

They allow me to see & experience the true value of my true values and the true value of life.

January 20, 2014



# Natural Attainments

Natural Attainments are not normal. They are super-normal. The attainment of Happiness requires the attributes of being physically content, being mentally fulfilled & being emotionally joyful.

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

The attainment of Expansive-growth requires the attributes of being physically gentle, being mentally good & being emotionally graceful. These are all natural attributes for super-conscious beings.

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

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

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

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

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

January 19, 2014

# Natural Attributes

Natural Attributes are our inherent nature.

It is the nature of Man to be happy.

It is the nature of Man to be well.

It is the nature of Man to grow.

Growth is the state of being expansive.

Expansive Growth is the nature of the universe.

It is also the nature of my Soul.

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

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

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

Unwellness & unhappiness hinder self-growth.

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

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

Natural Happiness, Wellness & Expansive Growth require both rational & emotional intelligence

January 18, 2014

# Divine States of Being

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

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

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

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

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

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

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

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

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

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

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

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

January 17, 2014

# Being Human & Being Divine

Being Human & Being Divine have become a dual reality in modern day life.

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

Heaven is a state of Being, not a place.

God is the essence of Beingness, not a person.

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

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

My Vision is to live in Heaven on Earth. Living on Earth in human form is designed to be a heavenly experience.

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

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

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

January 16, 2014



# Human Ability

Human Ability is my ability to be Human.

Being physically human requires both emotional power and mental authority.

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

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

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

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

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

Whatever we can imagine, we can potentially create or cause to occur.

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

January 15, 2014

# Human Power

Human Power is an emotional potential.

Emotions are potentially powerful.

Muscles have strength, emotions have power.

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

Divinity is omnipotent, all powerful.

Being all powerful is my human potential.

Human power is inseparable from human authority.

My Soul is omniscient, all knowing.

My Soul is Divine.

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

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

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

Pure Love is powerful and divine.

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

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

January 14, 2014

# Human Authority

Human Authority allows all humans the authority of their own choice. This is a super-conscious choice. The authority to be human is the choice of my super-conscious Soul.

The authority to be sub-human is the option of my sub-conscious ego, called my id. My id is my sub-conscious self that can be human, sub-human and sometimes inhuman.

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

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

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

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

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

January 13, 2014

# Human Potential

Human Potential enables a divine experience.

Being human is my potential.

Divinity is the potential of all Human Beings. The potential to live a divine life whilst being human. Realising this potential requires us to individually define what it means to be uniquely divine.

We are all made in the image of God means that we all have this divine potential. The potential to experience our own version of our own divinity.

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

Human potential exists within all human beings. Realising my potential means realising how potent I really am.

My potency is my power that always accompanies my authority.

January 12, 2014



# Human Qualities

Human Qualities determine the quality of the human experience.

Personal qualities are the quality of attributes that are personally attained. They are personal to each Individual, yet may be experienced collectively.

Divine Attributes have the highest quality of attainment.

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

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

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

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

The quality of all human experience is potentially divine.

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

January 11, 2014

# Human Attainments

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

Being human in a physical world is a conscious choice.

Being sub-human is a sub-conscious choice.

Being human is not a sub-conscious attainment. It is a super-conscious choice. It is my super-conscious entity that chooses my human reality.

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

The essence of my spirituality is pure Beingness. The essence of my physicality is pure humanity.

In physical reality, I am pure humanity unless I sub-consciously choose to perceive a less than human, sub-human reality in my sub-conscious mind. My choice of reality is what makes me human, or not.

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

January 10, 2014

# Attaining Humanity

Humanity is an attainment.

I attain humanity when I can consciously choose my own ideal and divine states of being.

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

Choosing a less than divine state of being is an expression of my inhumanity and my sub-human thinking.

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

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

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

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

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

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

January 9, 2014

# Being Emotional

Being Emotional means being aware of my emotional state of being.

Emotional states of being are called attributes.

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

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

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

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

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

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

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

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

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

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

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

January 8, 2014

# Being Human

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

Personal choice allows multiple options.

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

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

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

Many human states of being are less than divine.

Some human states of being are inhumane.

What makes a state of being divine is its purity.

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

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

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

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

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

January 7, 2014



# Being Less Than Human

Being Less Than Human is an option.

Choice allows me to be less than human.

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

Being a human doing is being less than human.

Human doings have forgotten who they are being.

They have substituted their beingness for their doingness.

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

Playing a role is doing not being. I am not the role that I am playing.

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

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

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

Doing my own version of humanity is not being human.

It is more often than not being less than human.

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

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

January 6, 2014

# Being Really Human

Being Really Human is a personal choice.

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

“Is being inhuman a human quality?”

It is my experience that being inhuman is a human state of being that is not humane. In general, we tend to see being inhumane as a human quality and we tend to see being inhuman as not a human quality.

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

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

It appears that all human beings have a sense of what it means to be human but with a less than human understanding of what it actually is. We all know intuitively what it means to be really human. Unfortunately, we have mostly disconnected from our intuitive spiritual senses.

January 5, 2014

# Human Reality

Human Reality is the realisation of being human.

It can be a real experience, an unreal experience or a surreal experience. Whatever I realise to be my truth becomes my experience. I experience as a human reality whatever I believe to be true.

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

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

My truth can be real, unreal or surreal.

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

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

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

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

January 4, 2014

# Inhumanity

Man's inhumanity to Man is a human choice, not a humane choice. It is a sub-human choice to be inhumane to other humans and other creatures.

Inhumanity breaks the Golden Rule.

Being humane follows the Golden Rule.

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

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

Being inhumane is being sub-human or inhuman.

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

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

Humanity is the balance of a spiritual reality experienced in physicality. Inhumanity is the experience of a physical reality that is out of balance spiritually.

January 3, 2014

# Humanality

Humanality is the reality of being human.

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

It is yet to realise its human potential.

Humans create their own reality.

Humanality is a human creation.

Without creative humans, humanality cannot be realised.

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

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

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

Not all humanity is following the golden rule. Humanality allows individual choice. I can choose which rules to follow.

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

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

The present humanality expresses our inhumanity.

It allows Man's inhumanity to Man.

January 2, 2014

# Being Humane

Being Humane is a human quality.

Being less than humane is being sub-human.

Being humane is expressing a divine state of being.

Expressing a divine state of being is a divine experience.

Being divine is being in the image of God.

We are all made in the image of God.

Being in the image of God is being humane.

Being humane is a God-like quality.

We all possess the potential to be humane.

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

I can choose to be humane or I can choose to be less than humane and be sub-human. It is in my expression of being less than I am that I realise who I really am. It is in my sub-humanity that I realise my divinity.

Being Humane is a divine quality of humanity.

January 1, 2014

# Being Accountable

Being Accountable is being able to measure my spiritual growth. It is accounting for every step of my life's journey. it is being totally aware of my personal development.

It is knowing my direction.

It is feeling my power.

It is seeing with presence.

It is walking my talk.

It is hearing my messages.

It is feeling my path.

It is expressing my truth.

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

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

February 28, 2014



# Being Compassionate

Being Compassionate is sharing my passion with another.

My Soul shares my passion with my Self.

My Soul is forever compassionate.

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

When another person shares their passion with mine, I experience compassion. Compassion is sharing mutually beneficial experiences.

Sharing mutually detrimental experiences is called sympathy.

Not sharing is called apathy.

Compassionate sharing is always expansive, never divisive.

Passion is the experience of personal true values.

Compassion is the sharing of a true value with others.

It is being of true value to others.

February 27, 2014

# Being Enabled

Being Enabled is being able to use my spiritual ability in the physical world. Skills enable my physical ability. My spiritual ability is the product of my emotional power & my mental authority.

Spiritually: power + authority = ability.

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

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

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

Being enabled requires my spiritual abilities to be grounded in physical life. My potential for physical life is relative to the magnitude of my emotional power (who I am) & the force of my mental authority (why I am here). Feeling the clarity of my purpose & knowing the direction of my vision enables me to see my present mission in life.

February 26, 2014

# Being Immortal

Being Immortal means living for ever.

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

The answer is by choosing many different life-times.

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

The physical body is not designed to last forever. Forever means eternally or everlasting time. Eternity is beyond the limited realities of space-time. My Soul is eternal.

My Soul is immortal.

My Soul never dies.

As my Self, I am mortal.

As my Soul, I am immortal.

I choose both on my journey of life & death.

February 25, 2014

# Being Mortal

Being Mortal involves living & dying.

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

Mortal can mean life or death. Being a mortal human is being alive.

Human mortality means death. The reality of life is that death is inevitable. Life & death are a duality.

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

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

It is my destiny to both live & to die.

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

I become mortal by entering physical form. My physical form is mortal.

My spirit is immortal.

February 24, 2014

# Being In Equanimity

Being In Equanimity is being in gender harmony.

It is when my yin & yang are balanced.

My anima & animus are united.

My male & female energies are combined in holy communion. The battle of the sexes is declared drawn. I am in equal animity.

I have overcome the duality of my male & female emotional energy. My sins & virtues have united as divine attributes.

I no longer need another to make me feel whole.

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

My Id & my Entity express my true Identity.

February 23, 2014

# Equable

Being Equable is having equal ability. Physical ability is seen as a skill.

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

Spiritual ability is the product of power & authority.

Spiritual power is emotional competence.

Spiritual authority is mental capacity. Spiritual ability enables physical capability. Learning a skill is effortless with enough mental authority & emotional power.

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

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

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

February 22, 2014

# Being Equal

Being Equal acknowledges that we all have an equal right to be here. We are all equal yet we all have a different path to follow.

We each have an equal opportunity to fulfil our potential for our life. We each have a different choice and a different potential to fulfil. Being equal recognises that our paths may intersect but never conflict. No one path is better than any other path.

No Soul is superior or inferior to another.

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

Being equal experiences that life is always in balance with no defined polarity. Inequality is the effect of being out of balance.

We all have an equal potential to attain balance.

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

February 21, 2014

# Being Honest

Being Honest means that my truth is apparent because I know my path. An honest path has no resistance.

Being honest is being most effective or perfectly honed.

A less than perfect path is not honest.

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

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

An honest path never interferes with the path of another.

The Law of Attraction ensures this.

I cannot honestly interfere with another's path and expect my path to be true. Being honest overcomes the duality of truth & untruth.

An honest reality is true to life.

February 20, 2014



# Being Transparent

Being Transparent is being an expression of my True Self.

It requires an open connection to my Soul.

My Soul has no hidden agenda.

My Self may hide from my Soul but my Soul never hides from its Self. My Soul is a transparent Parent.

It guides & supports openly & transparently.

It answers every question that I ask.

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

The illusion of physical life clouds my vision.

Overcoming & seeing beyond the dramas of physical life requires transparency. There is no drama on my path other than the drama that I create myself. Transparency allows me to see just that.

February 19, 2014

# Being Authorised

Being Authorised is attaining the authority of my Soul.

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

My authority is a choice.

Authority allows choice.

I have a choice of authority.

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

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

My Soul always takes the Third Way.

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

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

Following an unauthorised path will require will power.

February 18, 2014

# The Cost of Life & Death

The Cost of Life is an emotional charge.

An emotional charge can be joy or bliss.

An emotional debt leads to depression.

Depression is the emotional cost of being in emotional debt.

Depression is the cost of not paying my dues.

My emotional dues are my spiritual duty. I have no duty to pay to other people. My duty is to my Soul's path.

Following my path is free.

I am free to follow it.

I am due to follow my life path.

When I stray from my path there is a cost to pay.

A negative charge is due.

When my life is not emotionally charged there is a price to pay, a penalty payment. A slow experience of death is the price that I pay.

The Cost of Death is my life.

February 17, 2014

# Being Present

Being Present allows my path to appear.

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

My way becomes presently apparent in the now.

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

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

Taking tomorrow's path today will get me lost.

Being lost or confused is very frustrating.

I am frustrated by my lack of presence.

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

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

February 16, 2014

# Being Direct

Being Direct is knowing my vision for my life. My vision is the light at the end of the tunnel. It is the light that illuminates my path.

It is the light that directs me on my journey.

It is the light that reveals my messages of revelation.

Knowing my vision allows me to be direct.

Being direct keeps me on track.

When on track, I am never lost.

I always know my way.

I know my way and I know my direction in life and I know that I am not lost. I am no longer seeking my path because I have found it.

I find my way by being direct.

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

February 15, 2014

# Being Clear

Being Clear is knowing my purpose for my life.

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

My purpose is to know my Self experientially.

It is to experience who I really am.

I have the potential to be anyone and any one aspect of my beingness. Being clear is being free to choose who I am.

It is being clear about who I really am.

It is being free of confusion.

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

An untrue aspect of my Self will confuse me.

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

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

February 14, 2014

# Being Alive

Being Alive is living life to the full.

It is being both vital & valid.

It is being spiritually alive as well as physically alive.

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

Just existing physically is surviving a long slow journey towards eventual death. Being lost, confused & frustrated in life is a slow & lingering death.

To be valid, my journey requires direction.

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

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

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

February 13, 2014

# Being Aware

Being Aware is an intuitive knowing.

I can be aware without any prior knowledge.

I have no prior knowledge of my spiritual origins.

I have an awareness of my spiritual reality.

I have a conscious experience of my physical reality.

I have a conscious-awareness of being a spiritual entity experiencing a physical existence. Being aware is a super-conscious competence.

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

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

I am aware of my emotional state of being human.

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

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

February 12, 2014



# Being Alert

Being Alert is being conscious of my instinct.

I instinctively know the right path to follow, whether I am alert or not. I am constantly & continuously alerted to my path.

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

Being alert allows my instinct to be intuitive.

I intuitively know that I am alert when I am.

My instinct instinctively keeps me on my path.

Being alert allows my intuitive messages to be consciously received. My intuitive messages consciously alert me to my path.

Being awake allows me to listen.

Being alert allows me to hear my messages.

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

February 11, 2014

# Being Awake

Being Awake overcomes the duality of being consciously awake or unconsciously asleep. It is being awake to my spiritual dream world as well as awake to my physical reality.

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

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

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

It is being awake to the reality that I can re-create any reality that I can dream of creating. It is creating my dream reality with a fully awakened consciousness.

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

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

February 10, 2014

# Being Vital

Being Vital is being consciously awake, alert & aware. It is being in three minds: Being consciously awake: Being sub-consciously alert: Being super-consciously aware

It is vital that I use my full consciousness. My conscious mind is awake to the physical world with my five physical senses. My sub-conscious mind is alert to the physical world with my sense of instinct. My super-conscious mind is aware of the physical world through my three intuitive senses. When I am asleep, I become unconscious to the physical world and awake to my spiritual world of dreams, which I may or may not be aware of when I awaken from my sleep. Even when asleep my sub-conscious mind is alert and will instinctively awaken me for reasons that I may not be aware of consciously. Being vital is being consciously awakened to my instinctive alertness and my intuitive awareness whilst experiencing being both consciously awake & unconsciously asleep.

February 9, 2014

# Being Gentle

Being Gentle overcomes the duality of being strong or being weak. Gentleness requires the power of grace and the authority to be good. My strength comes from the inspired choices that allow my gentleness. Being gentle is a potential not a force.

I cannot force my gentleness.

I allow my gentle nature to flow.

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

A strong will, will disallow my gentleness.

With the gentle nature of my goodness & grace, no will power is needed. There is no problem and no obstacle to overcome.

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

There is no weakness in being gentle.

February 8, 2014

# Being Good

Being Good is the realisation that nothing is inherently bad. Bad is just a judgment of my perspective caused by my belief that not everything is good. When I am being Good, I am only attracting good experiences and good opportunities to experience.

Good opportunities are opportunities to be Good. Every opportunity in life is a good opportunity. There is no such thing as a bad opportunity.

When I am challenged with a problem, I have missed the opportunity and I have missed the opportunity to be Good and to experience good things for me. It is the perspective of my false beliefs that creates an illusion of evil. The final battle of good & evil, my personal Armageddon, will occur when I have challenged all my negative beliefs and replaced them with good ones.

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

February 7, 2014

# Being Graceful

Being Graceful is flowing effortlessly with purpose.

Flowing effortlessly on purpose requires emotional power.

Grace is a measure of my emotional power.

Saying Grace is a prayer of gratitude & appreciation that keeps me in the flow. It allows the providence of my allowance to flow to me with grace.

I accept my provision with good grace.

My provision is provided with grace, for my approval.

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

With grace there is no resistance.

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

Grace is the magnitude of my emotional power.

Being graceful is my connection to my power.

February 6, 2014

# Being Joyful

Being Joyful overcomes the duality of my pleasure or displeasure. Pleasure is an emotional need that has value when it is met.

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

It is a true value because it is my connection to my true source of emotional power. Pleasure is man-made.

Joy is natural.

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

Pleasure & displeasure are a duality of unhappiness.

True Happiness is a triune reality of Joy, Fulfilment & Contentment. Fun & pleasure are poor substitutes for true happiness.

February 5, 2014

# Being Fulfilled

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

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

I am authorised to make choices that fulfil me.

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

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

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

It requires the achievement of my aims & goals : The attainment of my emotional states of being : The accomplishment of my skills & qualities.

The quality of my state of being whilst achieving my goals and accomplishing my skills is the measure of the successful fulfilment of my mission in life. I cannot fulfil a life that has no purpose.

February 4, 2014



# Being Content

Being Content requires that I see that I have enough.

I cannot be content having too much or too little, which is more than enough or less than enough. Having too much is as unsatisfactory as having too little. Rich people are rarely content with what they have because what they have is never enough. When I want for nothing, I have enough.

When there is nothing that I need, I have enough of everything that I need in abundance. The universe is abundant, there is no scarcity. Scarcity is just a subjective view of not having enough.

Gluttony is the personal experience of having too much.

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

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

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

February 3, 2014

# Being Wise

A Wise Person knows their vision, mission & purpose for their life. Wisdom is accessed through their intuitive knowing.

Wisdom is natural, innate & intuitive.

Learned knowledge has no innate wisdom.

Intelligence has knowledge of what to do.

Wisdom knows when to apply that knowledge well.

Being Wise is my natural connection to my higher consciousness.

Denying the existence of a higher consciousness is not wise.

My wisdom is my authorised thought expressed as my personal choice. Authorised thoughts are emotionally empowered, they always feel good. Inspired revelations reveal wise actions.

Wise actions are the result of wise choices that are inspired & empowered. Beliefs can be limiting & contracting.

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

A Wise Man knows the true source of their wisdom.

February 2, 2014

# Being Wealthy

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

I am wealthy with emotional energy not material assets.

My material assets make me rich or poor not wealthy.

Wealth is the magnitude of my emotional power not the size of my bank account. At source, we are all naturally & abundantly wealthy.

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

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

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

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

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

February 1, 2014

# Conscious Energy, Matter & Motion

All Consciousness is experienced as either Energy, Matter or Motion.

The energy of consciousness is awareness.

Consciousness is the creator of thought.

The energy of motion is Emotion.

Emotion is a matter of energy in motion.

The motion of energy as matter is called Life.

Life is the action of Consciousness having an emotional experience that matters.

Emotionally experiencing life requires my awareness of being conscious.

Being conscious that I am consciousness allows my awareness of my energy as matter in motion.

Without motion there is no experience, without matter there is no experience & without energy there is no experience. Without experience there is no awareness of Consciousness.

Life is the experience of energetic matter in motion.

It is a matter of conscious e-motional experiences.

The matter of energy in motion is Life, it is Consciousness Being Alive.

March 31, 2014.

# Thought, Word, Deed

Thought, Word & Deed are how I create my own exclusive, unique & individual reality.

In reality, my thoughts words & deeds are unique, individual & exclusively mine.

By adopting similar thoughts, words & deeds as other people, I create a similar reality to them, yet no two realities are the same because no two people are the same.

We are all individuals with our own unique reality created with our own exclusive thoughts.

The vibration of my thought energy determines the power of my words and the ability of my actions.

The power of my words is relative to the purity of their definition, which is relative to the purity of my thoughts.

Pure thoughts are indeed empowered by their definition.

They have a definite power and they are authorised.

Impure thoughts with an intensity that is divided by polarity & gender will disempower me.

When my thinking is polarised, divided by gender and seen as being sinful or virtuous; my thinking, talking & actions are out of alignment with my divine path to experience an ideal life.

March 30, 2014.

# Physical, Mental, Emotional

The experience of physical life is a matter of mental thought being expressed with emotional feeling.

Physical life is designed to be a spiritual experience.

I am a spiritually energetic Being experiencing a physical existence.

I can choose for physical life to be just a physical experience.

I do this by suppressing my emotions and only accepting rational thoughts.

I can choose for physical life to be an energetic experience.

I do this by suppressing my rational thoughts and only approving emotional feelings.

I can choose for physical life to be a physically energetic spiritual experience by allowing my emotional feelings to be in balance with my mental thoughts.

My spirituality, which is my spiritual reality, is determined by how I balance & harmonise my physical life with my mental thoughts and my emotional feelings..

March 29, 2014.

# Power, Authority, Ability

My physical ability to live life well is relative to my emotional power & my mental authority.

My emotional power is relative to my mental authority.

My mental authority is relative to the purity of my thoughts.

The purity of my thinking is relative to the alignment of its polarity.

Pure thoughts have a neutral polarity.

Pure emotions have a balanced gender.

A balanced gender of emotional energy is powerful and is called spiritual Love.

A neutral polarity of pure thought has authority and is called spiritual Light.

A spiritual life has the power of pure emotional love and the authority of pure enlightened thoughts.

It has a harmonic intensity of Inner Peace that results from a balanced gender of yin & yang and a neutral polarity that allows my divine alignment with my ideal life path.

It allows my physical ability to follow my path with both emotional power & mental authority.

March 28, 2014.

# Gender, Polarity, Intensity

The Intensity of my Life is determined by the gender of my emotions and the polarity of my thoughts.

My thoughts are either positively aligned or negatively aligned with my higher purpose & vision for my life.

By forgetting my vision & purpose for my life at birth, I allow my ego Self the choice of proceeding through life in either a positive or a negative direction that is determined by the polarity of my thinking. Positive thoughts connect me to my path and empower me. Negative thinking disconnects my emotional power because negative thoughts are transmitted on a wavelength of negative emotion.

As well as being born with a distinct male or female sex that determines my masculine & feminine characteristics, I also have a choice of male or female emotions to explore & experience.

The gender of an emotion is either male or female.

It is the gender of my emotional state of being and the polarity of my thinking that allows my intense experience of life.

I am free to create my own intensity of life through my choice of thinking that creates the polarity of my emotions..

March 27, 2014.



# Love, Light & Life

A wavelength of energetic space is experienced as an emotion of Love.

A frequency of energetic time is experienced as an enlightened thought.

Life is the physical experience of enlightened thought.

Love is pure emotion.

Light is pure thought.

I am enlightened by the purity of my thoughts.

I am empowered by the purity of my emotions.

Emotions are the wavelength of energy on which my frequency of thought is transmitted & received.

Life is ideal & divine when both thought & emotion are transmitted & received as a pure vibration of energy.

Life is less than ideal when my thoughts are divided by polarity and my emotions are divided by gender.

In my physical life, I can choose which aspects of emotional love to experience with the light of the consciousness of my thought.

My thoughts create my reality in a Space-Time-Reality.

March 26, 2014.

# Space-Time-Reality

Space-Time-Reality is a spiritual perception of our Universe.

A vibration of Reality has a frequency called Time and a wavelength called Space.

Our Universe is 'one version' of space-time-reality.

From a physical perspective, our universe of space-time-reality has three dimensions of time, speed & distance.

The frequency of our reality is measured as speed.

The wavelength of our reality is measured as distance.

The vibration of our reality is measured as time.

The time, speed & distance of objective matter is relative to its vibration, frequency & wavelength.

Time is relative to speed & distance.

Speed is relative to time & distance.

Distance is relative to speed & time.

Space-time-reality is the effect of a choice of energy vibrations that are distinct by the nature of their frequency & wavelength.

A specific wavelength of space & a specific frequency of time allows the possibility of a specific vibration of physical reality to exist.

It allows energy vibrations to be experienced as ‘real’ in a spiritual universe of Love, Light & Life.

March 25, 2014.

# Energy & Matter

Energy & Matter are the same thing seen from opposing perspectives.

I see matter from a physical perspective.

I see energy from a spiritual perception.

All matter is energy vibrating at a different frequency & wavelength.

Every vibration has a wavelength & a frequency that are relative and inversely proportional to each other.

Energy vibrations can be experienced as a wave or a particle, as energy or as matter.

Visible light is one example of a range of vibrations that are seen as different colours relative to their wavelength & frequency.

As well as visible light, all energy is currently believed to be an electro-magnetic wave or particle.

Matter is an energy vibration that is identified by its relative vibration

In physical reality, all energy is experienced as electro-magnetic-gravity.

In spiritual reality, all energy is experienced as love-light-life.

Our Universe is a contextual field of space-time-reality for us to individually & collectively explore, experience & discover energy & matter in motion.

March 24, 2014.

# Being Oversensitive

Being Oversensitive is my inability to manage my feelings about someone else's emotional state of being.

When I am too sensitive, I am being adversely affected by another's emotional state of being.

Over sensitivity is the effect of being too emotionally attached to another person.

My sub-conscious beliefs create my emotional needs that sensitively attach me to someone else.

My sensitivity is my awareness of someone else's emotional state of being and my insensitivity is my lack of awareness of someone else's emotional state of being.

My oversensitivity is my inability to remain detached from someone else's emotional dramas.

I am pulled into being involved in another's drama when I am over-sensitively attached to them.

Being attached to another person's emotional dramas will always take me out of my own emotional control.

Disconnecting emotionally and becoming insensitive to others will not allow my own dramas to be realised.

Being sensitively aware of other people's dramas is how I recognise my own attachments to life.

March 23, 2014.

# Being Enabled

Being Enabled requires my power to be authorised.

When my power is authorised, my authority is empowered.

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

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

Love, Light & Life is a divine triune reality.

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

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

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

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

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

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

March 22, 2014.

# Being Empowered

Being Empowered is being with emotional power.

My emotional power is relative to who I am being.

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

Empowering states of being have pure emotional power.

Pure emotional attributes are empowering.

Divided emotions are disempowering.

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

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

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

Unenlightened Beings are disempowered and will rely on being motivated.

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

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

March 21, 2014.



# Being Enlightened

Being Enlightened means being with Light.

The highest vibration of Light is thought.

I am enlightened by my inspired thoughts.

I am often disenchanted with my thinking.

I am enlightened with pure thought.

Impure thinking leads to disillusionment.

My thinking causes my illusion and my delusion.

My thoughts create my reality.

Pure thoughts create an enlightened reality.

Ideal thoughts create an ideal reality.

Thinking is a sub-conscious process.

Thoughts are a super-conscious revelation.

I am enlightened by my super-conscious revelations and I am unenlightened with the process of thinking.

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

March 20, 2014.

# Being Indeed

Being Indeed is being active.

It is actively following my path.

Am I on track?

Indeed I am!

My deeds are my covenant with my Soul.

I indeed follow the covenant of my Soul.

Indeed I am alive.

My mission is to live my life.

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

Life & death is a duality of relative existence.

Consciously following my path is my Life.

On my path there is only life, I am living in deed, I am fulfilling my contract.

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

March 19, 2014.

# Being Purposeful

Being Purposeful involves fulfilling my purpose.

It is knowing the reason that I am here.

It is feeling the meaning of life.

The meaning of life is a feeling of balance.

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

It is seeing the reason for my being here.

It is my ability to reason with my Self.

Without reason there is no meaning or purpose.

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

With a reasonable meaning, I discover my purpose.

With my purpose, I live life on purpose.

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

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

March 18, 2014.

# Being Visible

Being Visible involves following my vision.

When I am following my vision, I am visible.

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

Attaining visibility requires Light.

The light that illuminates my path ensures my visibility.

I cannot walk in darkness and follow my path visibly.

I cannot live in darkness and be visible.

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

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

Being visible is an expression of my true identity.

When I express my true identity, I am visible.

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

March 17, 2014.

# What Do I Have To Do?

What Do I Have To Do?

There is nothing I have to do!

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

I am free to do whatever I choose!

Unless that is, I believe otherwise.

My beliefs create my reality.

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

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

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

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

What I do is not important!

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

March 16, 2014.

# Why Am I Here?

Why Am I Here?

I am here to experience human life.

To experience life as a human being by being human.

I am here because this is where human beings live.

All human beings live on Earth.

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

I am here because I have chosen to be here.

All human beings have choice.

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

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

I am designed to be here right now.

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

My purpose is to experience Being Human.

March 15, 2014.

# Who Am I?

Who Am I?

I am a Human Being!

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

How do I define who I am?

By what I do and the role that I am playing?

By what I have and the assets that I have obtained?

Or, by who I am being and the state of my Beingness?

My answer is this:

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

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

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

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

I am a living Being being Human.

March 14, 2014.

# Being Human Is A Choice

It is a divine choice to become human and every human Being has chosen to be so because every human being has a choice. We all choose our state of being human.

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

My beliefs determine my thinking that determine my behaviour, which is an experience of my emotional state of being. I consciously choose to be human, I unconsciously choose to be less than human and I sub-consciously choose to be inhuman.

It is all a matter of how I feel.

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

How I feel is a matter of my emotional power, which is a matter of who I am being.

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

Being Human requires Emotional Intelligence.

Emotional Intelligence allows me to choose the quality of my Human Beingness.

March 13, 2014.



# Being Spiritual

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

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

It is combining my spiritual awareness with my physical consciousness.

It is being a spiritual entity in physical form.

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

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

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

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

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

March 12, 2014.

# Being Physical

Being Physical is being egotistical.

My ego is my physical sense of Self.

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

My ego has a choice of being egotistical or spiritual.

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

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

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

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

There is more to life than just my physical perspective.

March 11, 2014.

# Being Adjective

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

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

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

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

Grammatically defining my state of being requires an adjective.

An adjective is a describing word. One that describes my state of being is called an emotion.

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

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

My Soul just is pure infinite Love.

My ego chooses to be hateful, to be lustful, to be fearful, to be needy. My self experiences definite aspects of who my Soul really is or really is not.

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

March 10, 2014.

# Being Objective

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

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

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

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

I objectively see my vision for my life.

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

I have no objection to the objectives of my Soul.

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

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

March 9, 2014.

# Being Subjective

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

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

I am being actively subjected to life.

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

I play the active leading role in my life.

I plot the subject of my journey.

I focus on the subject of living.

I am the subject of my learning.

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

The subject of my life is called my mission.

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

I am a subject following my Soul's objective.

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

March 8, 2014.

# Being Prime

Being Prime is living with purpose.

It is being primed for life.

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

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

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

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

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

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

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

My prime objective is to live an effortless life.

March 7, 2014.

# Being Divine

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

It is living the life of my choosing.

It is living life from my highest perspective.

Only my highest perspective of life is ideal & divine.

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

It allows my omnipotent power to flow.

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

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

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

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

March 6, 2014.

# Being Natural

Being Natural is expressing my true nature.

My well-being is my true nature.

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

Being sick & unwell is not my true nature.

Being poor & going without is not my true nature.

Being unintelligent & ignorant is not my true nature.

My happiness is my true nature.

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

Being dissatisfied is not my true nature.

Being unfulfilled is not my true nature.

Being unhappy is not my true nature.

My expansive growth is my true nature.

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

Being strong or weak is not my true nature.

Being bad or evil is not my true nature.

Being steadfast or stuck is not my true nature.

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

March 5, 2014.



# Being At Choice

Being At Choice is self-determination.

At choice, I choose my journey through life.

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

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

My ego has choice.

My Soul allows my ego to choose.

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

My ego often has a secondary perspective of my life.

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

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

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

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

March 4, 2014.

# Being Pain-free

Being Pain-free is powerful.

Pain disconnects my emotional power.

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

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

I suffer the pain of my lack of emotional energy.

Living life without emotional energy is painful.

When empowered & inspired, life happens painlessly.

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

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

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

Following my path is never painful.

Getting back on track can be very painful.

March 3, 2014.

# Being Fear-free

Being Fear-free is being without limitations.

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

My Soul has no fear.

Fear is an acronym for False Evidence Appearing Real.

In absolute reality, nothing presents itself as false.

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

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

My comfort zone determines the boundaries of my limitations.

I only fear what is beyond my comfort zone.

With expansive boundaries, I become fear-less.

Within my limitless boundaries, I am fear-free.

March 2, 2014.

# Authenticity

Authenticity is attained by wrote.

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

My 'wrote' is my path.

My path is pre-written.

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

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

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

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

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

I am expressing my true identity.

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

I do not pretend to follow my path.

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

March 1, 2014.

# Duty

We are all victims of the belief that there is something that we have to do.

It is our belief that it is our duty to do something even when we don't know what it is. In the absence of knowing our purpose, we opt to fulfil our duty.

Our duty is always to someone else.

Duty is a levy or a tax that we pay for following someone else's authority. The belief that we have a duty to serve others is very emotionally taxing.

My duty means that my path is determined by someone else's authority.

My belief in duty disallows my ability to follow my own path.

When I restrict the path of another, it blocks my way.

Overcoming the need to serve others allows me to follow my own path, which is always beneficial for me and never detrimental to anyone else.

There is no duty to pay for my faith.

April 30, 2014.

# Discrimination

Discrimination is caused by the belief that we are not all created equally.

When inequality exists, discrimination abounds.

Discrimination is my subjective view of how better I am than someone else.

It is my mis-guided way of measuring how good I am compared to other people.

It is my belief that mixing with people who are not as good as me will be detrimental to me.

We are all different by virtue of our sex, race, age, religion & social class.

These difference are characteristics that determine my character.

Discrimination is my dislike of certain characteristics that are unlike my own character.

Seeing that from a spiritual perspective we all have the same true identity and are all potentially equal human beings is how I overcome discrimination.

April 29, 2014.

# Sex

Sex is driven by the belief that we need someone else to make us feel whole. The belief that I am not whole causes a need to be loved. Love is misunderstood because gender is misunderstood. Gender is misunderstood because emotional energy is misunderstood.

Our lack of emotional intelligence defines sex as a physical act and love as an emotional need.

With emotional intelligence we understand the gender of emotional energy.

We understand that sex & love are a duality of opposing genders of the energy that we see as our emotional needs.

When sex & love are divided, we will seek one or the other or both. Both become the absence of Love and the need for Love. The pure energy of Love is undivided by male or female gender.

The male need for sex is in opposition to but attracted to the female need for love.

Overcoming our emotional needs allows sex & love to reunite in holy communion and to never be in opposition again.

April 28, 2014.

# Scarcity

Scarcity is the belief that I do not have enough.

Usually, people who do not have enough have not determined what enough is for them.

I cannot believe that I have enough unless I have defined what enough is for me.

Enough is never more or less than enough.

It is never too much, not much or too little.

Much is abundance, which is enough.

Scarcity disallows abundance but it does not oppose it.

Extravagance & gluttony are in opposition to scarcity.

Without the abundance of enough, I am either in scarcity or in gluttony.

When I decide what is enough for me, I overcome my scarcity mentality.

Procrastination & prevarication both keep me in scarcity because of my inability to choose what is enough for me.

April 27, 2014.



# Prevarication

Prevarication is the problem of having too many choices.

It is the inability to decide.

With too many options my choice becomes unclear.

The more options that I have the more unclear my choice becomes.

We all have choice.

Few are able to use their choice wisely.

I am spoilt for choice when I have too many options.

Prevarication is the state of not knowing what is best for me.

It is trying to decide what is best rather than what is good for me.

It is caused by my disconnection from what feels good for me.

I overcome prevarication when I start to own my own authority to choose what is right & good for my Self.

April 26, 2014.

# Procrastination

Procrastination is my belief that I shouldn't do something, which is in opposition to my thinking that I should do something.

My beliefs are my sub-consciously memorised programmes that form the basis of my rational judgments.

My thinking is a sub-conscious process of rationally deciding what it is that I need and how I need to get it.

When my beliefs and my thinking are in opposition, I will procrastinate.

Procrastination is a sign that life just is chaotic.

Chaos is my experience of having too many problems.

Procrastination is not only a problem but it is also my inability to solve a problem effectively or give up having problems.

Overcoming judgment and seeing that life just is a present to be accepted overcomes procrastination.

April 25, 2014.

# Despair

Despair is a feeling of impotence.

It is my fear that I am powerless to respond to a situation or a problem that appears out of my control.

It is the belief that a problem has no solution.

It is the feeling of failing a challenge.

It is the belief that my emotional energy is drained from me.

It is the belief that scarcity & poverty exist that makes me desperate for whatever I believe that I need.

I have no answer for a desperate scenario.

It causes a feeling of impending doom and imminent disaster.

Unless, that is, I change my mind and alter my perspective about whatever is occurring.

Locked in my illusion of duality, I have no third way and all my options seem pointless.

A third way always overcomes despair instantly.

I am only ever desperate for choice.

April 24, 2014.

# Sorrow

Sorrow is caused by my false belief that I can be wrong.

It is a belief that I have done something bad or something bad has happened.

It is a feeling of guilt that requires retribution when I believe that my sorrow is how I atone for my sins.

I say sorry to those whom I believe that I have wronged.

I feel sorrow for the loss of my innocence.

My innocence allows my freedom.

My guilt denies my freedom.

I am only ever guilty of losing the innocence of my freedom.

Sorrow is an expression of my oppression and my loss of freedom.

I feel sorrow for my inability to choose.

I feel sorrow for the loss of my authority.

Without my true authority I encounter a sorry state of affairs caused by being sorry for my state of being in sorrow.

April 23, 2014.

# Sadness

Sadness is caused by the false belief that unhappiness exists.

Happiness is a natural attainment that has no duality.

Being happy or sad is a choice when I am disconnected from my natural state of Being Happy.

The ability to be sad is the effect of my sub-conscious belief that I need something.

It is the belief that I need something to make me happy.

When I get what I need, I am pleased, which I confuse with being happy.

When I cannot get what I believe that I need, I am displeased, which I blame for the unhappiness that is making me sad.

Sadness is caused by my belief that I have an unmet need.

The more I need what I believe I don't have, the more sad I become.

When I believe that I need other people to make me happy or to please me, I will experience other people making me sad and displeasing me.

When I take responsibility for my own Happiness, I banish sadness forever.

April 22, 2014.

# Keith

Kei means energy.

Qi, ki, ch'i & kei all denote energy.

T is the symbol of the cross (+).

It symbolises the duality of energy.

It is the sign of infinite wavelength (-) combined with the sign for eternal frequency (I) to represent one unified vibration of energy (+).

Infinite wavelength is the energy of Divine Love.

Eternal frequency is the energy of Divine Light.

T represents the energy vibration of the continuous motion of Life.

H represents the chemical element of Hydrogen.

Hydrogen is the basic building block of all the other chemical elements that form all matter.

Keith symbolises the combination of energy, motion & matter combined in physical existence.

It is a sign of the energy of Power, the force of Authority & the potential ability of Life.

April 21, 2014.

# The Observer & The Voyeur

The Observer observes.

The Voyeur watches.

The Observer is detached from the drama.

The Voyeur is involved in the drama.

The Observer sees the drama intuitively.

The Voyeur sees the drama unfold.

The Observer does not participate.

The Voyeur is a passive participant.

The Observer has no emotional attachment.

The Voyeur needs to see what is occurring.

The Observer is empowered to see.

The Voyeur is motivated to look.

Voyeurism is an addiction to physical life, whereas the observer observes without judgment.

April 20, 2014.

# Be, Do, Have

Many people confuse who they are being with the role that they are playing.

The role that I am playing is what I am doing not who I am being.

When I am being a Coach, I am playing the role of a coach, which is what I am doing.

In my confusion be-do-have becomes do-have-be.

My belief is that when I do coaching well & achieve the role of a great coach, I will have everything that I need and I will be happy.

This belief has no power because it is focused on my role as a coach and not on my emotional state of being happy.

When I am being inspired, empowered, enabled & happy, I have the power, authority & ability to do coaching well as a great coach.

My state of being is not only powerful, it is also authorised with inspiration and enables my ability to do my coaching well.

My emotional state of being allows me to have all my true values fulfilled and to do great coaching.



A great coach is emotionally empowered, which comes from the coach's state of being not from their title or the role that they believe that they are playing.

April 19, 2014.

# Distinction & Definition

A Definition defines a thing as definite.

Whatever is definite has a finite value.

A finite value separates a thing from everything else.

Two separate things with a similar finite value have no distinction.

They have no value that is distinct from each other.

A Distinction allows two similar things to each have a distinct value.

Sharing the same value is divisive.

Having your own value is expansive.

I share the values of humanity in a divisive way.

I share my own value with humanity in an expansive way.

By definition, I am a human being similar to all other human beings.

By distinction, I have my own distinct set of values, attributes, attainments & qualities as well as my own uniquely distinctive vision, mission & purpose that is my individual destiny in life.

April 18, 2014.

# An Inner Dialogue

An Inner Dialogue is a conversation between me & my Self or between my Self & I.

One conversation is enlightening whilst the other can be very confusing.

Me is my sub-conscious id.

I only talk to my sub-conscious id when my ego self disagrees with its apparent choice of conscious perspective.

I is my super-conscious entity.

I listen to my higher enlightened Self when I am empowered to do so.

My self is my conscious sense of ego self as distinct from my sub-conscious or my super-conscious sense of Self.

When I talk to my Self it is good to listen.

When me thinks that it is insane to talk to my Self, I disconnect from the conversation.

Putting up any opposition to my Self is counter-intuitive and counter-productive.

My super-conscious Soul never opposes my choice although my sub-conscious id may well do so.

It is Good to Talk but it is Better to Listen.

April 17, 2014.

# Surety & Bond

Surety is a certain knowing.

Certain knowing requires faith.

Bond is a connection.

The faith of my knowing is relative to the connection to my authority.

My true authority is the inner guidance of my inspired Soul.

My connection to my Soul's inner guidance is my bond.

It is also my surety.

My certain knowing is intuitive.

It comes from my inner tutor, my Soul.

My surety is an intuitive bond between my Self and my Soul.

I have total faith in the surety of my soul.

April 16, 2014.

# For What We Are About To Receive

For What We Are About To Receive is a statement of Grace.

My grace is my spiritual power.

My spiritual power delivers my allowance.

I require the spiritual power to receive my providence.

That power comes with the ability to be accepting.

I accept what I am about to receive with grace.

I neither decline it nor tolerate it when I am in gratitude for whatever I receive.

When My Lord is Truly Thankful for what I receive, I am aligned with my Soul's Providence.

When I accept my life's opportunities with grace & gratitude, I ensure that they continue to flow to me.

My gratitude for my present ensures my future grace.

April 15, 2014.

# Positive Mental Attitude

P.M.A. is a Positive Mental Attitude.

Mental is of the Mind.

Mental Attitude is the inclination of my beliefs.

It is the perspective that underpins my thinking.

My mental beliefs determine my perspective, which is my inclination or my attitude.

Positive means proceeding in a forward direction.

A positive mental attitude will steer me along my path.

Not only am I following my path but I have the vision to see my destiny.

I am receiving my opportunities in appreciation of my allowance and in total acceptance of my providence.

My thoughts are positively inspired & empowered.

April 14, 2014.

# Being of One Mind

Being of One Mind is not the same as being single-minded.

A single-minded person is not consciously aware of their ability to choose their own life path.

They are steadfast in their belief that what they have been taught is right.

When I am of One Mind, all aspects of my mind co-operate in unison.

When all aspects of my mind are working together, they align with the Universal Mind.

When my sub-conscious, conscious & super-conscious mind are all aligned, I am in harmony with my supra-conscious Universe.

The supra-conscious universal mind is One Version of all Consciousness.

In absolute reality there is only one Mind.

In relative dual reality, my perspective of the world is relative to the conscious-awareness of my ego Self.

I can be single-minded, I can be in two minds or I can be of One Mind that is the perspective of my Soul.

April 12, 2014.

# Being Pig-Headed

Being Pig-Headed is being single-minded.

A single-minded person is ego driven.

My ego is driven by my sub-conscious programming.

My beliefs have become convictions and my mind is made up.

A pig has a single-minded task of finding enough food to survive.

A single-minded person is programmed to survive.

When I am pig-headed, I am disconnected from my higher mind.

My single mind is my sub-conscious mind that operates on automatic-pilot.

I am not conscious of being allowed to make my own choices.

When my mind is made up, I am unable to consciously make up my own mind.

I am unaware of my higher guidance system.

I am not listening to other people and I am not hearing my messages.

I am of one mind but I am not of One Mind.

April 12, 2014.



# Three Stages Of Coaching

There are Three Stages of Coaching required to attain an effortless life.

Stage One requires a Mentor.

A Mentor's role is to guide and support the client to become problem-free.

Stage Two requires a Therapist.

A Therapist's role is to clarify the client's challenges.

My challenges are my own unique set of fears, limiting beliefs & emotional needs.

Once I have challenged all my limiting beliefs and met all my emotional needs, I become pain-free and I become fear-free.

Stage Three requires a Tutor.

A Tutor's role is to clarify the student's opportunities.

Pain, fear & problems are all challenges to be overcome before my opportunities can be seen clearly.

Before I can clearly see the direction of my opportunity, I am required to hear my messages.

A Tutor hears the messages that align the client with their effortless path in life.

April 10, 2014.

# A Tutor

A Tutor is a level three coach.

A Personal Tutor never teaches.

A personal tutor facilitates the learning of their student.

A tutor asks the questions that reconnect the student to their own answers.

A teacher answers questions whereas, a tutor asks the questions.

A pupil requires the answers from their teacher.

A student requires the questions from their tutor.

When the tutor asks the right question, the student already has the right answer.

A teacher works with rational knowledge.

A tutor works with intuitive knowing.

A tutor requires both rational & emotional intelligence.

It is my spiritual intelligence that connects me to my Inner Tutor.

It is spiritual intelligence that allows the tutor to connect their student to their own Inner Coach and intuitive guidance system.

April 9, 2014.

# A Therapist

A Therapist is a level two coach.

A therapist understands the challenges that a client faces.

Our challenges come from within, never without.

Other people do not challenge me.

A therapist never challenges the client but allows the client to see their own challenges clearly, which is the skill of being challenging.

We are all challenged by our fears, our limiting beliefs & our emotional needs.

The therapist enables the client by reconnecting them to their power & their authority.

I am only ever challenged by a lack of emotional power.

My emotional power is depleted by my lack of mental authority.

My lack of authority is my greatest challenge.

My fears & limiting beliefs disallow my authority and cause my emotional needs that manifest the dramas in my life that challenge me.

Meeting those challenges requires a therapist that applies a therapy that is a treat and a treat meant for me.

April 8, 2014.

# A Mentor

A Mentor is a level one Coach.

A Mentor has previous experience of the path that the client is following.

They facilitate the path of the coachee.

The skill of the mentor is to allow the mentee to make their own choices.

It is not the role of the mentor to teach the right path to follow.

The right choice for the client is the path that they know and feel is right for them.

The role of a level one coach is to align the client with their effortless path.

Stage one on their path is to overcome problems.

It is not the mentors role to overcome or solve the problems that the client faces.

It is the coach's role to guide & support the client to become problem-free.

Once problem-free the coachee can clearly see their challenges.

The Mentors role is to hear and to clarify the client's challenges.

April 7, 2014.

# Serene, Congruent & Harmonious

Serenity requires the attainment of both sensitivity & detachment. With sensitivity & detachment, I am serene with other people.

I am sensitive to their emotional state of being and I am detached from their emotional needs & dramas.

I see their path without attachment to it.

Congruence requires the attainment of being both exclusive & connected.

With my exclusive connection with my true Self, I am congruent with the authority of my true path and I am connected to the exclusive path of my destiny.

Being exclusive, I am neither inclusive nor excluding.

Harmony requires the attainment of rational consciousness & emotional awareness.

Being emotionally rational, I am consciously aware of both my physical & spiritual reality.

My intelligence is neither unemotional nor irrational.

My right & left brain operate in harmony with my solar plexus and my heart.

Inner Peace is the attainment of serenity, congruence & harmony.

April 6, 2014.

# Being In Harmony

Being in Harmony is the state of being at peace with one's Self.

There is inner harmony without any inner conflict.

My energetic states of being are not in opposition or conflict.

My emotions are harmonious when their gender is balanced.

There is no impure emotion in opposition to itself.

My yin & yang are balanced and in harmony.

I am in tune with my Real Self.

There is no aspect of my Self that is in opposition or conflict.

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

My sins & virtues are the same thing.

My energy vibration is not divided by the gender of its wavelength.

I am living my true identity because I am at peace with my personality & my character.

With a harmonious gender and a serene polarity I have a congruent intensity.

April 5, 2014.

# Being Serene

Being Serene is being at peace with the world.

It is the attainment of Inner Peace & tranquility.

Serenity is the effect of having no resistance in one's life.

It allows me to flow effortlessly with life.

It is a freedom that is free of fears.

It is a freedom that is free of pain.

It is a freedom that is free of problems.

Serenity has a neutral polarity.

Being serene, I have overcome the duality of good & bad, right & wrong, positive & negative, confrontation & conflict.

Serenity has no polar opposite.

I am either serene or I am not.

Serenity is often bestowed on sovereignty or a ruling class where their subjects believe that it is in their common interest for their rulers to be at peace with their subjects, be without conflict or confrontation and make positive, right & good rules, laws & decrees for the benefit of their people.

A Serene Highness is a personal attainment not a bestowed title.

April 4, 2014.

# Needs, Beliefs, Dramas

A dramatic physical life is the effect of my emotional needs that are caused by my mental beliefs.

My mental beliefs either connect or disconnect my emotional power.

My beliefs are either authorised or unauthorised.

Authorised beliefs empower me and unauthorised beliefs dis-empower me.

Dis-empowering beliefs cause emotional needs.

Disconnected from my emotional power, I will need emotional power.

My need for emotional power is experienced as an emotional need. It is my need for emotional power caused by my limiting false beliefs that cause dramas to apparently occur in my life.

With competent emotional power, I have the capacity to connect to my authorised thoughts and enable my creative potential.

I do not consciously create dramas.

I consciously create my ideal life.

I sub-consciously create dramas to meet my emotional needs that are caused by my false beliefs and my fears.

April 3, 2014.



# Competence, Capacity, Capability

Competence is the measure of my level of emotional power.

My incompetence is due to my lack of, or disconnection from, my emotional power.

My lack of authority disconnects my power.

Capacity is the measure of my level of mental authority.

My incapacity is the result of my disconnection from the truth of my true Authority.

Capability is the measure of my level of physical ability.

My physical capability is relative to my emotional competence, which is relative to my mental capacity.

Competence plus capacity enables capability.

Incompetence & incapacity disable capability and create incapability.

My mental capacity to live my truth enables my emotional competence and allows my physical capability to live my life well.

April 2, 2014.

# Force, Magnitude, Potential

My potential for life is relative to my force of mental authority & my magnitude of emotional power.

The wavelength of my emotional power determines its magnitude.

The longer the wavelength the greater the magnitude.

An omnipotent magnitude of emotion has infinite length and is unlimited by gender.

The frequency of my mental thought determines its force.

The faster/higher the frequency the greater the force.

An omniscient force of authorised thought has eternal depth and is unlimited by polarity.

My energetic vibration in life allows my potential ability.

My potential ability is relative to the vibrational force & magnitude of my mental & emotional energy.

A force that is divided by polarity and its choice of direction is limited in its potential.

As is a magnitude that is divided by gender because it lacks clarity.

The presence of a unified energy vibration offers the potential of unlimited emotional competence, mental capacity & physical capability to be totally clear & direct.

April 1, 2014.

# Mental Capacity

Mental Capacity is the ability to channel creative thought.

Creative thought is original thought.

Original thought originates from Source.

The source of original thought is the Soul.

My mental capacity is my super-conscious connection.

My super-conscious capacity is relative to my sub-conscious incapacity.

I am incapacitated and disconnected from original thought by my sub-conscious thinking caused by my fears & limiting beliefs.

The capacity of my mind is relative to the force of my mental authority.

The force of my mental authority enables the magnitude of my emotional power that determines my emotional competence.

My emotional competence is relative to my mental capacity and determines my physical capability.

May 31, 2014.

# Mental Authority

Mental Authority is the authority of my mental thoughts.

The authority of my mental energy is its force.

The force of my mental energy is relative to the purity of the thought.

Pure mental thought is called Light.

Mental energy is an aspect of Light.

The purity of a thought determines the force of its authority.

The force of its authority is relative to its frequency.

A pure enlightened thought has an eternal frequency and an eternal force of authority, which is its Truth.

A thought is an aspect of Light with a definite frequency and a finite force.

Mental authority is either positively authorised & empowered or negatively authorised & disempowering.

A disempowered thought is not authorised and will require will power to become realised in my reality.

May 30, 2014.

# Emotional Power

Emotional Power is the power of my emotional energy.

The power of my emotional energy is its magnitude.

The magnitude of my emotional energy is relative to the purity of the feeling.

Pure emotional feeling is called Love.

Emotional energy is an aspect of Love.

The purity of an emotion determines the magnitude of its power.

The magnitude of its power is relative to its wavelength.

A pure feeling of Love has an infinite wavelength yet a finite magnitude.

Emotional power can become divided by gender and disallowed or allowed by its negative or positive polarity.

May 29, 2014.

# Emotional Competence

Emotional Competence is the ability to channel my emotional energy effectively.

My emotional energy is effective when I learn to channel it competently.

Competence is powerful.

Incompetence is the inability to effectively use my emotional power.

Embarrassment is one form of emotional incompetence.

To utilise my emotional power competently requires emotional intelligence.

Unemotional intelligence disallows competence.

Irrational mental capacity also disallows emotional competence.

Emotional competence requires a rational mental capacity with which to use my emotional intelligence.

Mental capacity plus emotional competence equals physical capability.

Conscious emotional competence can be learned.

Unconscious emotional competence is instinctive & intuitive.

May 28, 2014.

# Affected, Unaffected, Immune

I am affected by other people's emotional energy when I am attached to them for what I need emotionally.

When I need other people emotionally, I am attached to their energy and affected by their dramas.

I resonate with their negative emotions in sympathy with them.

I am unaffected by other people's emotional energy when I am insensitive to their emotions.

When I need my space, I un-attach and relate insensitively in an unemotional way.

I am in apathy with their needs and their dramas.

I am immune to other people's negative emotional energy when I am sensitive to their dramas yet detached from them.

Being detached is the emotional state of being unattached from needing them, whilst remaining sensitive to where they are emotionally.

With sensitive detachment I am able to observe their dramas with empathy & compassion.

May 27, 2014.

# The All Seeing Third 'I'

My Third 'I' is all seeing.

It is my Soul, my inner coach & my spiritual tutor.

Seeing is an intuitive sense.

I see my Soul intuitively.

I know & feel my Soul's presence.

My Soul sees its Self intuitively.

I see all aspects of my Self from my soul's perspective.

My ego self sees only its physical existence.

My Soul is my super-conscious Self.

My super-consciousness transcends physical reality.

It sees all time, all space & all realities; eternally, infinitely & continuously.

Time-space-reality allows my Self to apparently exist independently of my Soul.

My All Seeing Third 'I' is always intuitively there, whether I choose to see it or not.

May 26, 2014.



# Emotional Unwellness

Emotional Unwellness is detrimental to my well-being.

Well-being requires emotional energy. Emotional unwellness is the absence of emotional energy. The absence of emotional energy is called an emotional need.

Emotional needs are caused by fears & limiting beliefs.

Fears & limiting beliefs cause a resistance called stress. Stress is the effect of low emotional energy.

Low emotional energy makes me feel unwell. The cure for all emotional states of feeling unwell is the better perspective of a new belief.

The better perspective of a new belief requires emotional energy.

Negative beliefs create a negative state of emotional energy.

I require positive emotional energy to be able to think positively.

A better belief has a higher vibration of emotional energy, which always makes me feel better.

A visit to the doctor is often enough to make me feel better when I believe that he will cure me.

Positive beliefs allow emotional wellness and negative beliefs cause emotional unwellness.

May 25, 2014.

# Irrational Illness

Physicians diagnose illness as either physical or mental.

They do not diagnose emotional unwellness.

Emotional illness is seen as an oxymoron.

Illness that is neither physical nor mental is seen as irrational

An irrational illness is not understood by the medical profession.

As it is un-diagnosable, it is seen as both untreatable and incurable.

Irrational illness is seen as psychological rather than mental.

Mental illness is diagnosed by a psychiatrist.

Psychological illness is seen as irrational behaviour and referred to a psychologist.

Unfortunately, psychology is the study of mental behaviour, so it treats it as a mental problem rather than an emotional problem.

Emotion is seen as irrational with the logic of a rational professional physician.

May 24, 2014.

# Being Charming

Being Charming is attractive.

Attractive attributes attract attractive attributes.

Goodness is charming and attracts good people.

Grace is charming and attracts graceful people.

Gentleness is charming and attracts gentle people.

Goodness, grace & gentleness are charming & attractive qualities.

They are charming because they are expansive.

They are expansive because they are inclusive.

I choose to be good with others, graceful with others and gentle with others.

Being charming allows a charming relationship to develop & grow.

Being charming is enchanting & magical.

May 23, 2014.

# Being Actual

Being Actual is how I experience, explore & discover Reality.

Actuality is the reality of my actions.

My actions are the behaviour that follows my beliefs.

My beliefs actually create my reality.

I actualise reality with my senses.

My sense of what is actually real is determined by my sense of Self.

In actuality, I have 5 physical senses & 3 intuitive senses.

My 5 physical senses allow me to experience physicality.

My 3 intuitive senses allow me to explore spirituality.

My 8 combined senses allow me to discover actuality; what is actually real for my Self.

In actuality, I am experiencing, exploring & discovering a world of spirituality in a world of physicality.

I am actually a spiritual Being enjoying a material existence in a physical world.

May 22, 2014.

# Inclusive & Exclusive

I Exclusively follow my own path.

I Inclusively follow the same path as my soul mate.

I exclusively travel alone.

We inclusively travel together.

Being exclusive is expansive.

Being inclusive is adorable.

Being adorable is fortunate.

I am fortunate to share my journey with an adorable companion.

Being adorably expansive is sharing the development & growth of my fortune with another.

There is no limit to how many adorable companions may share my path in an inclusive way.

An adorable person is a fortunate companion on my inter-developmental path of expansive growth.

May 21, 2014.

# Inclusive & Including

Inclusive means expansive sharing.

I share my path with my Soul & my soul mates.

We effortlessly share our own exclusive path with each other.

An inclusive experience is greater than the sum of the individual experiences.

Including means divisive sharing.

I include others on my path because I need them.

Including is my attachment to what I need.

Inclusive is my detachment with what I truly value.

There is true value in being inclusive & expansive.

When disconnected from my path, I need to include others because there appears to be safety in numbers.

I don't need to be inclusive, but I may need to be included.

I choose an exclusive path that is inclusive of others on their exclusive path.

May 20, 2014.

# I Have To Be

If I want to have Love, I have to be Loving

If I want to have Power, I have to be Powerful

If I want to have Authority, I have to be Authorised

If I want to have Ability, I have to be Enabled

If I want to have Romance, I have to be Romantic

If I want to have Appreciation, I have to be Appreciative

If I want to have Respect, I have to be Respectful

If I want to have Kindness, I have to be Kindly

If I want to have Wisdom, I have to be Wise

If I want to have Well-being, I have to be Well

If I want to have Gratitude, I have to be Grateful

If I want to have Wealth, I have to be Wealthy

If I want to have Purpose, I have to be Purposeful

Whatever I want to Have, I first have to Be

There is nothing that I have to Do first.

May 19, 2014.

# Humiliation

Humiliation is caused by having too little emotional energy.

I am humiliated by my incompetence.

Incompetence is my lack of emotional power.

Humiliation is the state of being made conscious of my incompetence, by either myself or someone else.

I am humiliated by someone when they show me how incompetent I apparently am.

Life in physical form is a humiliating experience.

I can either learn about my true humility or I can feel my humiliation & incompetence.

It is only ever my ego that feels humiliation.

I am humiliated by my ego's disconnection from my Soul's source of emotional power.

My Soul is never humiliated by its Self.

Humiliation allows my conscious incompetence to become my conscious competence.

May 18, 2014.



# Embarrassment

Embarrassment is caused by having too much of something.  
I am embarrassed by having more than enough of something.

Blushing is a sign of having too much emotional energy.  
The inability to channel emotional energy can cause an increase in blood pressure that is too much to manage without the face or body flushing.

Shyness is a lack of self-worth that disallows the flow of emotional energy in a creative way.

It can also be a defence mechanism against blushing with embarrassment.

Embarrassment is my Soul's way of reminding my Self how emotionally powerful I really am.

My belief that I am unworthy of too much powerful energy causes my embarrassment of the value of my own Beingness.

I am never embarrassed by too little power.

May 17, 2014.

# Acting With Capability

I have the capability to act well.

Taking inspired action always feels right & feels good.

Capable actions require an authorised capacity and competent power.

Authorised capacity feels right and competent power feels good.

Power plus authority equals ability.

Competence plus capacity equals capability.

Being plus having equals doing.

My incapability to take action is caused by my incapacity to choose & the incompetence of my emotional disconnection.

My capacity to choose allows my competent power to be enabled.

With enough power & authority, I have the capability to do whatever I have chosen.

My capability is a potential that is relative to the magnitude of my emotional competence and the force of my mental capacity to choose well.

May 16, 2014.

# Having Capacity

Having Capacity is having the mental authority to choose.

I always have the capacity to choose.

Choosing someone else's authority under minds my capacity to choose.

My limited capacity is the result of my limiting beliefs.

False beliefs limit my capacity for choice.

Unbounded faith allows infinite capacity to choose.

There is no capacity for fear in my life.

Fear is not a capacity, it depletes mental capacity.

It is the absence of mental capacity.

The capacity for inspired thought is disallowed by fearful thinking.

I can have the capacity for divine revelations or I can choose the incapacity of negative thinking.

Fears & limiting beliefs are what incapacitate me.

I have the potential capacity to be fear-free.

May 15, 2014.

# Being Competent

Being Competent is having enough emotional power.

It is having enough emotional energy to compete or take part in life.

My level of emotional energy determines my competence.

My level of connectedness determines my level of emotional energy.

My need for emotional energy is my disconnectedness that causes my incompetence.

I am competent when I am connected to my true source of authority.

When I own my own authority, I make my own choices and I choose with competence.

The power to be competent accompanies my authority to choose.

When my choice is authorised, I am inspired & empowered.

I choose with competence when I am confident to do so.

Being competent, I always feel good & I know the right choice for my Self.

May 14, 2014.

# Being Good Enough

Being Good Enough is adequate for me.

It is being fit for purpose.

It requires the ability to equate to what is good for me.

What is good for me is my opportunity to experience life.

I am here to experience life.

I am fit for purpose.

I am equal to the task of being alive.

Not being good enough is a fear and a false belief.

It is my belief that I am not fit for purpose.

It is caused by my confusion as to my purpose in life.

I am here to fulfil my vision & enjoy my purpose.

When I am content with my mission in life, I know that I have enough, I feel adequate and I have sufficient emotional power to feel good enough.

May 13, 2014.

# Being Adequate

Being Adequate is having enough competence.

Ad-equate is 'to equate' or to balance.

When I equate with balance, I have enough.

Enough balance is adequate.

I compete with my Self to allow my competence.

When my competence is adequate and balanced, I win.

Winning is quite adequate when I cannot lose.

When I cannot lose, I win adequately.

When I lose my adequacy, I cannot win.

I lose when my ability to win appears to be inadequate.

I win when my winning equates to the competition in which I am competing.

When I compete in competition as a winner, I cannot lose.

Winning enough is being adequate.

May 12, 2014.

# Meek, Weak, Inadequate

My Meekness is due to my feeling of incompetence.

I am drawn to follow the perceived competence of someone else's authority. My meekness encourages the wrath of others and their belief in their need for authority over others. Meekness is caused by a lack of self-worth.

My Weakness is due to the fallibility of my beliefs.

It is caused by my incapacity to be strong.

My strength & weakness is a measure of my will power that is driven by my convictions & beliefs.

Fears create my weakness when I see my convictions as a strength. Weakness is experienced as a lack of self-confidence.

My Inadequacy is a reflection of my own belief system.

An inadequate belief incapacitates my competence and causes my incapability.

When my confidence & worth are both low, my self-esteem is seen as inadequate.

Meek, weak & inadequate are all degrees of the incompetence, incapacity & incapability of my worth, confidence & esteem. Being graceful, gentle & good are preferable to being arrogant, strong & adequate.

May 11, 2014.

# Criticised, Humiliated, Condemned

Being Criticised is being told that I am bad or wrong.

I am criticised for my apparently inappropriate actions & improper behaviour.

Criticism highlights my imperfection.

Being Humiliated destroys my self-confidence.

I am humiliated by my lack of confidence that causes my feeling of inadequacy.

I am grounded by my attachment to other people's authority.

I am humiliated by other's intense criticism.

Being Condemned is extreme humiliation.

I am condemned by other people's perspective & judgment of who I am and what I have done.

I am condemned by other people's beliefs & convictions.

I am sentenced to experience the loss of my own life and experience a slow & lingering death.

The critic that humiliates & condemns me most is my own inner sub-conscious ego self.

May 10, 2014.



# Coy, Shy, Embarrassed

Being Coy is being careful.

It is being careful to avoid situations that may be emotionally costly or draining.

It is choosing when to express my Self and when to avoid relating to others.

Being Shy is being overwhelmed in the presence of others.

Shyness is an oversensitivity to the intensity of another's emotional energy.

It is the inability to relate on an equal energetic level with another.

Being Embarrassed is being overwhelmed by my own emotional energy potential.

It is my inability to channel my own emotional power effectively.

Blocking my own emotional energy causes blushing, overheating & incompetence.

It is an expression of my low self-worth due to my inability to express my full potential competently.

May 9, 2014.

# Guilt, Sorrow, Shame

Guilt is the feeling of doing something wrong.

It is caused by being in conflict with someone else's choice of authority. I am never in conflict with my own authority.

I am never deprived of the authority to choose, unless I choose to allow others to deprive me of my authority & choice. When I do, I feel guilt.

Sorrow is the intense guilt of doing something that I believe to be wrong. It is the un-forgiveness of my own self blame.

Sorrow is the acceptance of someone else's rules being right. I am sorry for breaking their rules and feel sorrow for doing so. Sorrow is my expression of being sincerely sorry.

Shame is my intense sorrow at being wrong or being wronged by another. Making my Self wrong is caused by a fear or a false or limiting belief. There is no shame in being right & living my truth.

With my forgiveness & my being accepting, there is no judgment, there is no blame, there is no guilt, no sorrow & no shame.

May 8, 2014.

# Disapproval, Disgust, Repulsion

Disapproval is the state of feeling uncomfortable with an aspect of my Self that is being expressed.

I disapprove of a negative aspect of my Self.

I disapprove of someone who expresses an aspect of their self that I disapprove of in my Self.

Attributing an aspect of my Self that I disapprove of takes me out of my comfort zone.

This is exactly where I need to be to change who I am being in respect of what I am doing.

Disgust is intense disapproval. When I strongly disapprove of an emotionally negative state of being, I am disgusted. I am disgusted by what others are reflecting to me as my own negative attainments. I am disgusted by what I see in others and fail to see in my Self.

Repulsion is a feeling of intense disgust.

My most unattractive qualities are most repulsive.

I find something to be absolutely repulsive when I am totally disgusted by how much I disapprove of it.

This is the extent of my inability to approve of my value & the poor quality of my Self worth.

May 7, 2014.

# Anxiety, Fear, Dread

Anxiety is the feeling that something is going wrong.

The belief that something can go wrong causes a negative emotional reaction called anxiety.

Fear is the intensification of an anxiety in the realisation that what can go wrong will go wrong.

It is an inability to act caused by a conviction that the outcome will be negative, bad and detrimental.

It is an apparent realisation of a negative belief projected into the reality of a current situation.

It is a negative belief projected as a negative outcome.

Dread is an intense fear that incapacitates the believer.

It is a fear that is too intense to confront.

It is a fear that is too fearful to believe.

It is a feeling that is caused by a conviction that my doom is imminent.

May 6, 2014.

# The Formula for an Effortless Life

A chaotic life has too many problems. When in chaos too long, a disaster is imminent.

Problems are the effect of a cause that has no solution. Solutions solve problems but they do not make them go away. Learning to flow effortlessly requires learning to become problem-free.

My lesson is to not have problems. I am problem-free once I have learned my lesson. I get a lesson when I don't hear my messages.

When I hear my messages, I see an opportunity and I flow with life effortlessly. I don't have to work hard for an opportunity as they always arrive effortlessly. When I miss my messages, I miss an opportunity and I am challenged by a lesson.

When I meet the challenge, I learn the lesson and I see the opportunity that is being presented.

When I fail the challenge, I fail to learn the lesson and it will be represented again at a later time.

When I fail to learn my lesson, I see a problem in my life.

With too many problems, my life becomes chaotic and I become lost, confused and very frustrated.

With too much chaos & confusion, I am heading for a disaster. The worst disaster results in my death. The greatest opportunity is to live an effortless life.

May 5, 2014.

# Displeasure, Sadness, Desolation

Displeasure is what I experience when I believe that what I am experiencing is making me unhappy.

When my happiness depends on what is outside of my control, I will either be pleased or displeased by whatever is occurring.

Displeasure is caused by my judgment that what is happening is bad, negative, wrong & detrimental for me. I am displeased by what ever I see as a problem.

Sadness is the chaos caused by a problem that I believe cannot be solved.

It is the effect of having too many problems to solve.

It is my intense displeasure at having no apparent solution.

Desolation is the intense sadness of realising that there is no apparent solution for my sadness.

Desolation is caused by the occurrence of an apparent disaster that is isolating me from my own happiness.

It is my apparent inability to resolve the cause of my sadness and my intense displeasure.

May 4, 2014.

# Dislike, Hate, Loathe

I Dislike that which is unlike my Self.

I am comfortable with what I like and uncomfortable with what I dislike.

I dislike vibrations of energy that oppose the ones that I like.

What I like & dislike is relative to its energetic polarity.

I Hate that which I believe is detrimental to my Self.

Hate is intense dislike.

I love that which has value for me. What I love, I see as positive and what I hate, I see as negative.

Love & hate is relative to energetic gender.

I Loathe that which I find repulsive.

I loathe what has no magnetic attraction for me.

I find repulsive that which is unattractive because of its opposing gender & negative polarity.

When I dislike something because of its low emotional power and I hate any choice that has a lack of mental authority, I loathe its unattractively poor suitability.

Loathing is an intense hatred of what I dislike and I find most unattractive for my Self.

May 2, 2014.



# Busy-ness

Busy-ness is the belief that whatever it is that I am supposed to be doing, I have to keep doing it.

It is the belief that sloth, laziness & idleness are all the same thing and are detrimental to my comfort & survival.

Busyness drives business, which is driven by the need to succeed.

It is driven by the need to achieve, the need to attain & the need to accomplish.

It is driven by the belief that whatever I want, I must work hard to earn it.

If I don't earn it, I don't deserve it.

It is driven by the belief that I must keep trying and never give up.

It is my experience of pushing against any resistance and entropy in life.

Overcoming the effort of work and the idleness of no effort allows my experience of life to be effortless.

An effortless life is never busy and happens in divine time.

May 1, 2014.

# An Ideal Life

My Ideal Life is ideal for me.

Being Human allows the experience of an ideal life.

An ideal life allows the experience of what it is to be human.

Being Human is a choice of experience & an experience of choice.

You are free to choose your ideal experience of life, or not.

My ideal life may or may not be your ideal choice of your life experience.

That is why life on Earth is ideal.

It allows all possible ideal experiences to exist as a potential, waiting to be consciously created & experienced by anyone & everyone, separately or together.

We each have our own unique, individual & exclusive path in life – choice in life – ideals in life – values in life – attainments in life – vision, mission & purpose in life.

And that I believe is Ideal and the benefit of :

“Being Human”

June 30, 2014.

# An Ideal Attainment

An Ideal Attainment is a personal state of being that ideally,  
I have consciously chosen for my Self.

It is ideal because I deal it for my self.

An ideal is a big deal that I choose by myself for my Self.

I attain an ideal state of being by consciously being able to  
choose it as ideal for me.

An ideal attainment is ideal for me when it connects me to  
my own source of emotional power and allows me to  
experience what I truly value.

I experience the value of the attainment as ideal for me.

I attain the value of my ideal experience.

I value the experience of my ideal attainment.

It is an attainment that is ideal from which ever way I look  
at it.

It allows my attainment of an ideal life.

June 29, 2014.

# Appreciation

Appreciation is the fulfilment of my development & growth.

I appreciate as I develop & grow.

As I appreciate my development & growth, it appreciates.

Whatever I appreciate appreciates & grows.

As I appreciate my well-being, it appreciates & grows.

As I appreciate my happiness, it appreciates & grows.

Being In Appreciation is the feeling of fulfilment & expansive growth.

This is my path, my vision, my purpose & the essence of my journey in life.

The attainment of appreciation allows the fulfilment of my destiny.

Fulfilling my destiny allows the feeling of being in appreciation.

It is the feeling of really being alive on purpose.

I cannot fail to appreciate the fulfilment of my path.

It is the purpose of my life.

June 28, 2014.

# In Gratitude

I am In gratitude for everything that I already have.

What I already have is what has already been provided.

My gratitude is my feeling of contentment of having the abundance of enough.

I am in gratitude for my contentment.

I am in gratitude for my abundance.

I am in gratitude for my experience of having enough.

I am in gratitude for my allowance.

I am in gratitude for my provision.

The feeling of gratitude has the power to attract more of the same.

Whatever I am in gratitude for, I put into my future.

It is my affirmation of wanting what I already have.

When I am being accepting of what I have, I attain gratitude.

Acceptance is the gateway to being In Gratitude.

June 27, 2014.

# Equilibrium

Equilibrium is the state of being in balance.

Attaining Balance is the 3rd way out of any duality.

The third choice absolves & overcomes any dual reality drama.

Equilibrium is the triune reality of being in equality, in equability, & equanimity with all things.

To be equal with all others, I am first required to be the equal of my Self.

My Self is equal to the potential of my Soul.

My Soul exists in perpetual equilibrium.

I am the pendulum that explores, experiences & discovers my inner & outer balance.

When I balance my inner world, my outer world comes into equilibrium.

When I align with my Soul and become equal to my Soul's potential, I vibrate in balance & equilibrium.

In Equilibrium, I am in tune with my Self, in harmony with others and it is my experience that we are all equal.

June 26, 2014.

# Abundance

Abundance is having enough.

When I have enough of everything, I have abundance.

Being abundant is knowing that there is always enough.

There is an abundant sufficiency of everything.

Just enough is not enough.

It is not enough, but it is the way towards abundance.

Just enough lies on the path between not enough and enough.

Just enough is the gateway to abundance.

When I appreciate that there is just enough, enough just appreciates until it becomes enough.

To have enough, I am required to first be abundant.

To be abundant, I know that there is abundance, I feel the abundance of life & I see the the unlimited abundance of the universe.

June 25, 2014.

# Modesty

Modesty is the state of being modest.

Mode is the way.

Modest is the best way.

The best way is modest.

Being modest is the best way.

Pride is not the best way.

Humility is not the best way.

Modesty is the best way.

Pride is the absence of modesty.

It is the way of the ego's desire

Humility is false modesty.

It is the way of the spiritual ego.

Modestly choosing balance, neutrality, harmony,  
synchronicity & equilibrium; this is the best way.

June 24, 2014.



# Irritated, Annoyed, Vexed

I am irritated by what I don't want.

An irritation drains my emotional energy.

I am a victim of whatever is irritating me.

I am irritated by my inability to tolerate something.

I am annoyed by what I can't have and by whatever appears to be stopping me having what I want.

It is the intense irritation of having what I don't want or not having what I do want.

Annoyance is the irritation caused by my not being able to soothe my irritation.

I am vexed by whatever is extremely annoying.

My intense annoyance causes a feeling of deep vexation.

It is the belief that whatever irritates or annoys me will never go away.

It is caused by my belief that I have to tolerate an intolerable situation indefinitely.

June 23, 2014.

# Follow Your Own Path

When I allow others to follow their own path, I allow my Self to follow my path.

The paradox is that others are there to show me the way, but their way is not my way.

It takes great discernment & wisdom to know when someone is showing you their way and when they are showing the way for you.

Only when I am following my path will other people appear to be following theirs.

When I appear to be off track, I will attract others who appear to be similarly off track.

This allows a wise person to see the error of their ways.

When I am seeking my path, I will attract others who are similarly seeking theirs.

My path is always the choice of my Soul Entity, which may or may not have the agreement & alignment of my Ego Self.

June 22, 2014.

# Allow Others To Follow Their Path

We each have an individual, unique & exclusive path to follow.

No two paths are completely alike, although some may appear similar.

It is not my path to follow someone else's path.

We are all undertaking the same journey from different directions because we all have a different start in life.

Many paths will cross and many paths will run parallel, but no two paths are the same.

We all have a similar destiny with a different vision, mission & purpose for our life.

My path is my creation of my perspective based on my thoughts about my experiences that form my beliefs that create the truth of the reality that is my path in life.

When I allow all others to follow their own path, I cause no resistance to the path that I am following.

June 21, 2014.

# We Are All Equal

In Absolute Reality, We Are All Equal.

In relative dual reality life, I can choose to be superior, inferior or equal.

Irrespective of whatever I choose, I have an equal creative potential to everyone else.

No one is potentially more creative than anyone else.

The Law of Attraction is unconditional.

There are no conditions under which it is not universally operating.

It applies universally & equally without exception.

My equal potential allows my potential to be equal, to be in equality, in equanimity & in equability with all others.

It allows my ability to attain equilibrium in my life.

Being equal is only a potential until I realise that potential by being equal to all others.

I am equal to the challenges of life.

June 20, 2014.

# Love Is The Way

Love is the only way to experience my way.

When the way feels good, it is my way.

My way is never wrong, never bad, never negative.

It always feels right, feels good, feels positive.

Love is the feeling that allows me to know my way and see my vision for my life.

When my way is effortless, I know it is the right way for me.

When my feels abundant, I know that it is a good way for me.

Love is the emotional power that allows me to follow a positive path.

My path is the way that is authorised for me.

My authorised path is empowered with love.

Love is the pure emotional energy that allows my way to flow to me.

June 19, 2014.

# There Is Enough

There Is Enough, always, all ways.

There is infinitely, eternally & continuously enough of everything.

The Universe is abundant.

Abundance means enough of everything, always.

The Universe always delivers enough, all ways.

Only when I believe this to be true does this become my reality.

A scarcity mentality causes either too much or too little, not enough or more than enough, in my experience.

I can choose scarcity, gluttony or enough.

I can choose, extravagance, poverty or abundance.

A limited version of reality is caused by an individual's limiting beliefs.

There are the 'haves', the 'have nots' and the 'abundant' who always have enough.

When I believe that there is enough, this becomes my reality & my experience.

June 18, 2014.

# We All Have Choice

We all intuitively know that We All Have Choice.

Although, some have temporarily forgotten.

Many are intuitively disconnected and cannot remember what they have chosen.

We have all chosen life.

We are all choosing our experience of life with our thoughts about life.

Whatever we choose as the focus of our thoughts, we attract as our experience in life.

My choice requires my authority to choose.

We all have the authority to choose, the authority not to choose and the authority to give away our authority to someone else's choice.

In this dual reality world, there are always three choices; although all the options are not always apparent.

June 17, 2014.

# Life Just Is

Life Just Is whatever I realise it to be.

Being real is life.

Life is real.

Real life is just, when I create it to be so.

Life just is a creation of my thoughts.

My thoughts create my reality.

Your thoughts create your reality.

My thinking is the effect of my experience of reality.

Your behaviour is a reflection of your experience of reality.

Life just is the realisation of any reality that I choose to experience.

I can choose it consciously, sub-consciously, super-consciously, or with all three aspects of my Consciousness aligned, I can choose it supra-consciously.

June 16, 2014.



# A Core Belief

A Core Belief is fundamental in the creation of an ideal life.

It resonates with the core & the essence of my Beingness.

It is a belief in which I have total personal faith.

It is an absolute truth from the perspective of physical life.

It is a belief based on a perspective that is personal to me.

It is my own perspective of life because I own my belief.

It is a personal perspective with which I choose to create my ideal reality.

It is the palette from which I paint my picture of an ideal life.

A core belief is more than a belief, it is my faith in an intuitive knowing.

It is something that I just know that is beyond doubt.

It is my Truth, which is fundamental to the creation of my ideal reality.

June 15, 2014.

# A Limiting Belief

A Limiting Belief is a belief that limits human potential.

It is a belief that blocks personal fulfilment.

It limits ability and disallows emotional power.

It is a corruption in one's sub-conscious personal programming.

It is a bug in my personal operating system.

A limiting belief limits creativity, invention, innovation, intuition, & ingenuity.

It is an explanation of why I believe that something cannot be done.

It blocks my connection to my Real Truth.

It is an apparent truth that limits the realisation of an ideal life.

Highly intense limiting beliefs are called fears because they cause an emotional reaction called fear.

With enough emotional power, all limiting beliefs can be challenged and changed for a better more enabling belief.

June 14, 2014.

# Beliefs & Attributes

Beliefs either allow or disallow personal attributes.

The power of an attribute is determined by the authority of a belief. The authority of a belief is relative to the purity of the thought.

My thinking is the effect of my beliefs. The purity of a thought is relative to the polarity of its vibrational frequency.

Emotional power is relative to mental authority.

The authority of a mental belief determines the emotional power of an attribute.

My emotional power is relative to my state of being.

My mental authority is relative to the state of my thinking.

My physical ability is relative to my mental beliefs & my emotional attributes.

The emotional wavelength of an attribute determines its purity and the magnitude of its power.

The mental frequency of a belief determines its purity and the force of its authority.

The physical vibration of my life is determined by my beliefs & my attributes.

June 13, 2014.

# Core Beliefs & Attainments

My Core Beliefs allow my Core Attainments.

A limiting belief will disallow my attainment of a quality attribute.

The belief that Life Just Is allows my attainment of Acceptance, allows my acceptance of my attainments & attains the acceptance of my allowance.

The belief that We All Have Choice allows my attainment of Choice. I can choose to be at choice and I can choose to be whoever I choose to be, whatever I choose to believe & whatever I choose to attain in relationship to whatever is presently occurring in my life.

The belief that There Is Enough allows my attainment of Abundance, allows my abundant attainments & attains my abundant allowance.

The belief that Love Is The Way allows my attainment of an Ideal Life. In my ideal life love is the way, the ideal way of life is love & I love the way my life is ideal.

My Core Attainments allow me to look at life from all directions with the same perspective & belief.

I accept my choice of an abundant & ideal life.

June 12, 2014.

# More Default Attainments

Pleasing is my unmet need to be liked.

Sarcasm is my unmet need to be adored.

Cynicism is my unmet need for others to take authority.

Criticism is my unmet need for others to be perfect.

Gluttony is my unmet need to prosper.

Bigotry is my unmet need to be clever.

Avarice is my unmet need to be rich.

Patience is my unmet need to be healthy.

Selfishness is my unmet need to win.

Aloof is my unmet need to be free.

Interrogation is my unmet need to be safe.

Fear is my unmet need to be certain.

Anger is my unmet need for power.

Embarrassment is my unmet need to be humble.

Humiliation is my unmet need to be good.

June 11, 2014.

# Default Attainments

Default Attainments are the effect of an unmet emotional need.

Boredom is my unmet need to achieve.

Loneliness is my unmet need to be included.

Jealousy is my unmet need to be needed.

Bother is my unmet need to be protected.

Worry is my unmet need to be in control.

Obsession is my unmet need to accomplish.

Compulsion is my unmet need for order.

Cowardice is my unmet need to be brave.

Prevarication is my unmet need to be perfect.

Procrastination is my unmet need to be right.

Duty is my unmet need for approval.

Wrath is my unmet need for obedience.

Greed is my unmet need to be better than.

Pride is my unmet need to be outstanding.

Arrogance is my unmet need to be heard.

June 10, 2014.

# Negative Attainments

Negative Attainments are attained by default.

I do not consciously choose to attain them.

I sub-consciously attain them by default.

I default to my fears & my limiting beliefs that cause my emotional needs.

An emotional need is the effect of a negative attribute.

A limiting belief causes a negative emotional experience that becomes a default negative attainment, until it is challenged & changed.

Negative attainments cause the real experience of a false belief as worry, anxiety or fear.

When I challenge a negative belief and change it for a positive belief, I am able to meet my need for emotional energy and enjoy a new, more positive experience.

My truth is always a positive attainment, especially the truth of who I really am.

June 9, 2014.

# Having, Needing, Wanting

Having is the experience of being *with* something.

Needing is the experience of being *without* something.

Whether I am with or without, whether I have or I need is a matter of perception.

I want what I believe that I do not have and I think that I need.

Whatever I have, I no longer need, but I may still want.

Wanting is my choice to have something or retain something that I believe is beneficial for me.

Needing is wanting something that I believe to be essential.

Having is the experience of what I want & what I don't want.

I cannot really decide whether I want something or I need something until I actually have something.

Being without something helps me decide whether I need to have it, want to have it or I don't want it or need at all.

June 8, 2014.



# My Immune System

My Immune System keeps me in cellular balance.

My physical organic balance requires harmony at the cellular level.

Immunity is the balance between being affected or being unaffected.

At the cellular level, I am either affected, unaffected, or immune to bacteria & viruses.

Bacteria & viruses affect the efficacy of the body to replace old cells with new cells.

When I am adversely affected by pathogens, I am dis-eased, out of balance & unhealthy.

When I am beneficially affected by microbes, I am developing, growing & regenerating efficiently.

When I am unaffected by microbial activity, my immune system is seen to be fully functional.

When I am immune to microbial activity, I am in balance.

June 7, 2014.

# Conscious-Awareness Capacity

Conscious-Awareness Capacity is the potential of all Human Beings. It is what allows humans dominion over the animals. It is the ability to be conscious of my awareness and aware of my consciousness at the same time, whilst being consciously aware of the difference.

Being Conscious is the perspective of my ego Self.

Self consciousness is relative to physical experience.

Awareness is the perspective of my Soul, which is absolute.

The Soul has no choice of perspective, except through the eyes of its Self. My Soul's super-conscious awareness has absolute capacity, whereas my physical ego conscious self has a mental capacity that is relative to my experience of life. When my Self mentally aligns with the intuitive perspective of my Soul, I see my world with conscious-awareness. I am conscious of my physical Self being aligned with the awareness of my spiritual Soul.

I am aware of my super-conscious mind being in alignment with my sub-conscious mind.

I experience the potential capacity of my conscious-awareness as a spiritual being having a physical experience of life.

June 6, 2014.

# Awareness Capacity

Awareness Capacity is the extent of my spiritual awareness.  
I am aware of my spiritual existence through my three intuitive senses.

I use my awareness capacity to fulfil my purpose in life.  
Awareness is my capacity to make intuitive choices, which are not based on my prior knowledge or experience.

Awareness incapacity is caused by my rational thinking process blocking my intuitive thoughts & my emotional feelings.

Unawareness incapacity is caused by the belief that intuition is counter-intuitive.

My capacity for awareness or unawareness is a personal choice.

Being unaware of my spiritual awareness and overriding my intuition allows a purely physical perspective of life.

I have the choice of being physically conscious or spiritually aware; or having the capacity for both in this dual reality world.

June 5, 2014.

# Conscious Capacity

Conscious Capacity is the extent of my knowledge.

I have knowledge of the physical world gained through my five physical senses.

I use my conscious capacity to make rational decisions.

Conscious capacity is my ability to use knowledge logically.

Conscious incapacity is my ability to know what I have no knowledge of. It is knowing what I don't know.

Unconscious incapacity is having no knowledge of what I have no knowledge of. It is not knowing what I don't know.

Unconscious capacity is the ability of my super-conscious Mind, which I may or may not be aware of.

My unconscious knowledge is limited to my irrational dreams, until I become awakened to my awareness potential.

Modern education is designed to develop the conscious capacity of the brain in the belief that this is how to develop the mind.

It has no knowledge of the awareness capacity of the mind.

June 4, 2014.

# A Spiritual Tutor

Approves their student's learning of the foundation of their spiritual reality.

Allows their student to remember their spiritual origins.

Reconnects their student to their spiritual authority.

Empowers their student with emotional competence.

Enables their student to see their vision.

Facilitates their student to hear their messages.

Holds the Space for their student.

Fills the Void for their student with what is apparent.

Presents their student with their present moment of Now.

Aligns their student to flow effortlessly along their path.

Encourages their student to effortlessly flow.

Praises their student for finding their way.

Reveals clarity for their student out of their chaos.

Elicits the truth of their students convictions.

Transforms their student from hoping to knowing.

A Spiritual Tutor is a Master in the Art of Magic, the Science of Wizardry, and the Miracles of Metaphysics.

June 3, 2014

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# Physical Ability

Physical Ability is the ability to live life in a physical existence. My physical ability is relative to my mental authority & my emotional power.

My thoughts create my physical reality as an emotional experience. My thinking is my perspective of the reality that I am currently experiencing. Unauthorised or negative thinking disempowers my physical ability.

Inspired revelations of thought are empowered to enable physical action.

Physical ability is effortlessly empowered by an inspired intuitive thought.

My force of mental authority & my magnitude of emotional power enable my physical potential.

The wavelength of my emotion & the frequency of my thought enables the vibration of my ability to experience life.

Unauthorised thinking lowers my vibration, disempowers my actions and impairs my physical ability.

My physical ability is relative, my capability in physical reality is absolute.

June 2, 2014.

# Physical Capability

Physical Capability is an Individual's ability to create their own reality.

It is the capability to create our own ideal life in physical reality.

Most people are incapable of creating an ideal physical life. They settle for a less than ideal life, which from their Soul's perspective is ideal.

My capability to be physically creative is relative to my alignment with my Soul's perspective of my chosen reality. My Self is authorised, empowered & enabled to create my Soul's reality of choice.

Disconnected from the power & authority of my Soul, I am enabled solely by the power of my ego's will.

I have the capability to see my physical path when I know that my authority feels empowered.

The capability to live an ideal life in physicality requires the mental capacity & emotional competence to personally & individually create it.

June 1, 2014.

# Reality

Reality can be Universal, Individual or General:

There are many types of Reality.

Universal Reality can be:

Human, Spiritual, Physical, Mental, Emotional, Singular, Dual, Triune, Surreal, Actual, Perpetual or Virtual.

Individual Reality can be:

Personal, Causal, Potential, Ideal, Vital, Sensual, Sexual, Sentimental, Neutral, Liberal, Eventual or Original.

General Reality can be:

Normal, Formal, National, Moral, Principal, Ethical, Legal or Equal.

Reality is Perception, irrespective of whether it is perceived from a Universal, an Individual or a General perspective.

July 31, 2014.



# Singularity

Singularity is a singular reality.

A singular reality is unchanging.

There is pure energy without matter or motion.

It is a reality with neither time nor space.

It is a vibration that has no frequency or wavelength.

It is a singular vibration of pure energy without variation, range or intensity.

It is pure energy in the reality of its simplest form.

It is undivided energy in its purest form.

It is pure Consciousness with no awareness of its self.

It is the all of everything that is nothingness.

It is the gap in space where nothing exists.

It is the source of all that is from whence the power of Love & the authority of Light enabled the ability of Life.

It is the reality of no choice from which all choice derives.

July 30, 2014.

# Physicality

My Physicality is my physical reality.

My physical reality is the manifestation of my mentality & my emotionality.

My physicality is a mental & emotional experience.

I mentally & emotionally create & experience my physical reality.

Physical experience is my experience of physicality.

It is whatever I experience my reality to be with my five physical senses.

I realise my experience of physical life both mentally & emotionally.

The ability of my mental capacity & my emotional competence determines my capability to create my experience of reality with conscious awareness.

With mental authority & emotional power, I have the ability to create the physical reality of my choice.

Whatever I intuitively know & I intuitively feel; I can manifest into physicality.

July 29, 2014.

# Emotionality

My Emotionality is my emotional reality.

My emotional reality is relative to the competence of my emotional power.

The magnitude of my emotional power is my level of competence to create my own reality.

Pure emotional energy has a high magnitude of power.

It is fully empowered because it is authorised.

Impure thinking causes negative emotional experiences.

Negative emotional experiences are perceived to be real.

They are the reality of an incompetent thinking process.

My mentality causes my emotionality and the reality of my emotional experiences.

A low level of emotional competence is experienced as a lack of self worth that is without the confidence of a high level of mental capacity.

My emotionality determines my perception of life and how good I feel about my experience of life.

July 28, 2014.

# Mentality

My Mentality is my mental reality.

My mental reality is relative to the capacity of my authority.

My force of authority is my capacity to create my own mental reality.

My mentality determines the force of my authority and the capacity of my thought.

Pure thought has the highest force of authority.

It is fully authorised and therefore empowered.

Impure thinking has a low mental capacity.

This means it is less attractive & less creative.

My thoughts create my reality, therefore my mentality determines the level of my creativity.

A low mental capacity has no creative force because it is not authorised.

My mentality determines my perspective and how I perceive life to be.

July 27, 2014.

# Being Care-free

Being Care-free, I am unaffected by other people's problems.

When I take care of other people, I take care of their problems.

When I care about other people, I care about solving their problems.

When I care for another, I sympathise with the problems that they have.

When I am care-free, I am problem-free.

When I am careful, I am careful to avoid problems.

When I couldn't care less, I am insensitive to other people's problems because I am too busy solving my own.

When I am careless, I attract problems.

I care less as I become problem free.

I care less when I don't need other people to solve my problems.

When I no longer see whatever is occurring as a problem, I am care-free.

July 26, 2014.

# Careless & Care Less

Careless is a state of not being present.

When I am not focused on what I am presently doing, I am being careless.

I am taught to be careful to avoid accidents by people who believe that being careless causes accidents.

Care Less is a state of being aware of caring less.

I either care about my problems or I care about taking care of other people's problems.

By having fewer problems, I have less to care about and I care less.

Only when I become problem-free can I become care-free.

I don't need to care about opportunities, I just take them.

Opportunities take care of themselves.

Opportunities are never a problem and they never cause accidents.

When I care less about my problems, I care more for my opportunities.

When I focus on being care less, being careless never arises.

Being careless is never an accident.

July 25, 2014.

# Being Caring

Being Caring meets my need to be needed.

I care for other people by meeting their need to be cared for.

I care about other people by helping them solve their problems.

I take care of other people by solving their problems for them.

No one ever needs me to take care of their opportunities.

They are quite capable of doing that themselves.

People who are problem-free don't need looking after.

Those who don't need to care for others don't need to be bothered by others.

Without physical or emotional needs, I don't need the care of others.

Caring is the kindness of looking after our own kind in our own kind of way.

Needy people attract the kind of people who need to be needed.

People who need to be needed really care about getting their own emotional needs met.

July 24, 2014.

# Being Careful

Being Careful is a victim mentality.

I am careful to avoid accidents.

Accidents are a problem.

I am a victim of my belief that accidents happen.

I am taught to be careful to avoid accidents.

The more I focus on being careful, the more accidents I need to avoid.

Whatever I focus my attention on, I bring into my reality.

I will never become accident free by being careful.

Being careful makes me accident prone.

When I am no longer a victim of my beliefs , I no longer cause accidents and I no longer need to be careful.

There are no accidents, ever.

Everything happens on purpose, when I am being on purpose.

July 23, 2014.



# Driven or Drawn

I am Driven by my emotional needs.

I am Drawn to my true values.

I am Driven to promote.

I am Drawn to attract.

I am Driven & motivated.

I am Drawn & empowered.

I am Driven by my beliefs.

I am Drawn to my inspired thoughts.

I am Driven to achieve.

I am Drawn to succeed.

I am Driven by my riches.

I am Drawn to my wealth.

I drive solutions to my problems.

I draw opportunities to me.

I am driven by my fate. I am drawn to my destiny.

July 22, 2014.

# Worship, Adore, Idolise

Worship is how I relate to emotional power.

It is the act of communion with my emotional energy source.

Connecting to my Soul's power is an act of worship.

Connecting to someone else's emotional energy can be too.

Adoration is an intense attachment to someone else's emotional power.

I adore the feeling of love that I need and they supply.

I adore someone else's emotional power when they share it with me.

Adoration is the worship of someone else's emotional energy.

Idolising someone else is extreme adoration.

It is putting someone on a pedestal as being special.

It is the belief that the power that they give to me is divine.

Worshipping, adoring & idolising others is never divine.

It is always my needy attachment that is caused by my emotional disconnection from its true source.

July 21, 2014.

# Balance, Harmony, Equilibrium

Balance requires a neutral perspective.

A neutral perspective is undivided by polarity & makes no judgment.

It allows life to evolve as an opportunity.

Mental balance has no limiting beliefs or fears.

Harmony requires a united perception.

An harmonious perception is undivided by emotional gender.

It feels the purity of what is.

It approves the character & nature of all life.

Emotional harmony has no attachments or emotional needs.

Equilibrium requires freedom of choice.

The freedom to choose my perspective and how I perceive it to really be.

It accepts that whatever turns up in life is my choice.

Equilibrium is the product of balance & harmony.

It causes no dramas, just pure a experience of life.

July 20, 2014.

# Pure Attraction

Pure Attraction is the experience of Beauty.

Beauty is the purity of Attraction.

Pure Attraction is charming, enchanting & magical.

The purity of my authority is enchanting.

The purity of my power is charming.

The purity of my ability is magical.

Impure attraction may appear pleasing, endearing & captivating but it breeds greed, trickery & manipulation, which are ugly.

Impure attraction causes dependency & unattractive attachments.

It seeks power or authority from others or over others.

Enchanting authority is never manipulative.

Charming power is never greedy.

Magical ability is not trickery.

Pure Attraction is developmental & expansive, never divisive.

It is full of Beauty, never ugly.

July 19, 2014.

# Positive, Sure, Certain

Being Positive is a good feeling.

When I feel good about something, it feels positive.

Positive feelings align me on my path.

Being Sure is knowing that I am right.

When I know that I am right, I am sure that I am right.

I can be sure of my knowledge and sure that I know.

Being Certain is seeing my path.

It is being aligned with my vision.

Aligned with my vision, I see my destiny.

My destiny is ensured, it is certain.

We all have our own certain destiny.

When I feel positive and I know for sure, I see with certainty.

I am certain of my mission when I know my vision and I feel on purpose.

July 18, 2014.

# Uncertainty

Uncertainty is not a theory.

It is a state of not knowing.

Intuitive knowing ensures certainty.

When I intuitively know, I am certain.

When intuition is blocked, I am uncertain.

Disconnection creates uncertainty.

Human Beings are born into a reality of uncertainty.

Uncertainty is the effect of choice.

With choice, I am never certain of the right choice because it may be the wrong choice.

Uncertainty causes judgment of what is good or bad, positive or negative, right or wrong, better or worse.

Judgments are never certain because they allow uncertainty.

Only intuitive choice is certain to be right for me.

July 17, 2014.

# Being Safe

Being Safe is being accident free.

It is knowing that nothing happens by accident, always by design.

What turns up in my life is always an opportunity being delivered, never an accident.

Opportunities are always safe, never a problem.

Being safe is being care-free.

Being care-free is being problem free.

When I am problem free, I have no need to take care of my problems and no need to be careful.

I need to be careful with my problems not my opportunities.

Being safe is being on purpose.

When I am being on purpose, I am fulfilling my destiny.

My fate may be unsafe but my destiny is ensured.

Being on purpose, I see the reason for everything that is occurring.

On my path, I am always protected.

July 16, 2014.

# Paradox & Oxymoron

A Paradox is when two opposing realities apparently exist within the same time & space.

It is caused by two opposing perspectives of the same energy vibration.

The paradox of attraction is that: 'like attracts like' & 'opposites attract'.

One perspective sees undivided pure energy vibrations in a state of attraction.

The opposite perspective sees opposing energy genders & polarities that are divided, attempting to re-unite and become whole.

An Oxymoron is where two similar realities cannot exist within the same time & space.

Non-attraction cannot be unattractive.

Energy is either unattractive or non-attractive, it cannot be both.

Therefore unattractive non-attraction & non-attractive unattractiveness are both oxymorons.

I may not like unattractiveness but some how I am still attracting it.

I may not attract what is non-attractive but I may still like it.

July 15, 2014.



# Assertive, Aggressive, Violent

Being Assertive is asserting my will and my ego's choice onto someone else.

Asserting my authority is asserting my choice over someone else's choice.

Being assertive is how I lead others along my path.

My Soul is always supportive, never assertive.

Being Aggressive is intense assertiveness.

When I assert my will intensely, I am seen as being aggressive.

Intensely asserting my will onto others is an act of aggression.

Being Violent is an act of extreme aggression.

Intense aggression leads to a violent conclusion.

Violence is my last resort when asserting my authority over others.

Assertive, aggressive & violent are different intensities of the same energy vibration that express my arrogant will and my strong conviction onto other people.

July 14, 2014.

# Being Obedient

Being Obedient is being motivated to follow someone else's direction.

I obey another's authority in return for their motivation.

Giving up my choice is the duty that I pay for my obedience.

When I believe that it is my duty to obey, it can be very taxing.

Being disobedient is my lack of motivation to do what others want me to do.

I am never empowered to do what others want.

Without sufficient motivation, it is not possible to be obedient because it is too emotionally taxing.

Obedience is an emotional need created by my belief that I must do my duty.

My need to obey and to be dutiful is met by my obedience to another.

I always have choice.

I can choose to be obedient to others, be obedient to my ego self and disobey others, or I can be in obedience with my Soul, which always empowers me.

July 13, 2014.

# Being Subordinate

Being Subordinate is allowing other people to make my choices for me.

I am subordinate to another's choice of authority.

It is the result of my belief that other people know better than I.

I choose a leader to follow and to be subordinate to.

I endure a lower status in a hierarchy because I believe that is my place.

I choose to follow a leader who appears to have what I believe that I want.

I am subordinate to their leadership when I believe that they will get me what I want.

Being insubordinate is wilfully disobeying the direction of a higher authority.

It is the resistance I express when having to follow someone else's path.

Resisting another's path is not my choice.

Following another's path is not my choice either.

When I allow all others to follow their path, I am allowed to follow my own path and to lead an ordinate life.

July 12, 2014.

# Being Subservient

Being Subservient is serving the needs of my sub-conscious id.

My sub-conscious id is responsible for supplying the emotional power that my conscious ego needs.

When my ego is misaligned with my Soul, the id needs to service the emotional needs of my will.

When confronted with a strong will, my id is subservient to my ego.

I can be subservient & humble to my ego's arrogance or I can be likewise to the will of another.

My humbleness to another's arrogance & my meekness to another's wrath are both an expression of my subservience to another's authority.

Pleasing another's greed & being proud of not being proud are both examples of my subservience to someone else's authority.

Being subservient, I am experiencing my belief that I am less potent & less powerful than someone else.

When I need to follow someone else's lead in order to maintain my own emotional energy, I am being subservient.

July 11, 2014.

# Assertive & Subordinate

Being Assertive is asserting one's authority or choice onto another. It is influencing, persuading or manipulating someone else to adopt your belief. I assert the authority of my belief in my own choice. When I assert others to adopt my belief and my perspective, I am being arrogant.

What I am really asserting is my arrogance, even though I may believe that I am asserting my confidence in my self belief or my own belief.

Being Subordinate is adopting the authority or choice of another. It is following their lead along their path by doing it their way. I am being subordinate to someone else's higher status or perceived authority.

Assertive people assert their importance because they believe it is important for others to do things their way.

Subordinate people express their own lack of importance because they believe that it is important to be humble by showing their humility.

I assert the authority of my highest choice when I am subordinate to the vision of my highest Self.

July 10, 2014.

# Bullying & Nagging

Bullying is the control drama of the Intimidator.

The Intimidator is a villain who attracts a victim called a Poor Me.

Bullying is an active extrovert form of intimidation that can be a physical or a mental abuse that steals emotional energy from its victim.

Nagging is the control drama of the Interrogator.

The Interrogator is the villain that causes their victim to become aloof.

Nagging is a passive introvert form of interrogation that is equally abusive in the way that it steals emotional energy from its victim.

Poor me is a defence mechanism that counteracts bullying.

Aloof is a defence mechanism that counteracts nagging.

Both control dramas are how we sub-consciously compete with other people for our emotional energy.

Becoming conscious of our own control drama is an opportunity for personal growth.

July 9, 2014.

# Being In Equilibrium

Being In Equilibrium is being equally free.

I am free to follow my own path & allow all others to follow their path.

I am free of any unequal duality.

An unequal duality has one aspect that is superior to another aspect that is inferior.

I am in equilibrium when any superiority or inferiority is overcome.

Equilibrium is being in the balance between:

Conflict & appeasement; greed & pleasing; wrath & meekness; anger & patience, arrogance & humbleness or pride & humility.

I am equally free of my male prejudice or my female preference.

I am equally free of being good or bad, right or wrong, with neither a positive nor a negative polarity in my thinking.

When I am in equilibrium, I am equal to my Soul's perspective and free of any relative dual reality dramas.

Being in Equilibrium is an ideal attribute for ensuring an ideal life for my Self.

July 8, 2014.

# An Opportunity

An Opportunity is a present & a gift.

The opportunity of life is a gift that is presented in every present moment.

I can perceive what is being presented as a problem, as a lesson or as an opportunity.

When a problem presents itself, I have missed the opportunity to learn a lesson.

When I am presented with a lesson there is no problem, just an opportunity to learn & grow.

When I see the opportunity there is no lesson and there is no problem, I just take the opportunity with gratitude.

Opportunities are empowered.

Lessons are perceived to be a challenge.

Problems are caused by a lack of emotional energy due to a limited perspective of whatever is occurring.

July 7, 2014.



# A Lesson

A Lesson is always a new perspective of life.

It is learning to see life from a better perspective.

Learning lessons is developmental.

Solving problems is not.

Learning lessons is expansive.

Solving problems is contracting.

Seeing the lessons that life is presenting is always better than seeing the problems of which I am an apparent victim.

Learning a lesson allows a problem to no longer appear.

Changing my perspective allows me to see a problem as a lesson.

Problems only ever appear to be a problem.

When I see the lesson it is never a problem.

The only opportunity that a lesson presents is the opportunity to learn the lesson.

July 6, 2014.

# A Problem

A Problem is a toleration that needs a solution.

With a solution, I can tolerate a problem.

Without a solution, a problem becomes intolerable.

A toleration drains emotional energy, which is always a problem.

A solution stops the energy drain but doesn't find the cause.

A solution solves the symptoms of a problem.

The symptom of every problem is an emotional energy drain.

When the energy drain recurs, so does the problem.

I will have to tolerate any problem & its solution until I no longer see it as a problem.

The only opportunity that a problem presents is to not see it as a problem.

July 5, 2014.

# Problems

Problems are anything in life that I fear may cause me pain.

Small problems are a cause of discomfort.

I tolerate the discomfort that a problem causes until it becomes unbearable and intolerable.

Tolerations drain emotional energy, which is why they are a problem.

Big problems are a huge energy drain, which is potentially very painful.

A toleration is a belief that I have to.

It is a belief that pain is inevitable and I have to bear it & endure it.

Fear is a problem because it causes pain & discomfort.

Pain is a problem because I fear what is apparently causing it.

Fear is an opportunity to change my mind and become fear free.

Pain is an opportunity to raise my perception and become pain free.

Being painless & fearless is a challenge that allows me the opportunity of being free of pain and free of fear and becoming problem-free.

July 4, 2014.

# Fear

Fear is caused by a false belief.

A false belief is unauthorised and is therefore disempowering & disabling.

Using will power to suppress fear is called bravery or courage.

Using emotional energy to overcome fear is called being emotionally intelligent.

Bravery & courage may be seen as rationally intelligent but they are not emotionally intelligent.

There are many examples of brave & courageous dead heroes.

I overcome a fear by challenging and changing the limiting belief that is causing it.

The belief that reality is true makes fear a true reality.

The truth is that the only energy that fear has is the energy that I give to it.

When I confront the fear with an empowering belief, what appears to be real disappears.

What we fear most is the experience of pain.

July 3, 2014.

# Pain

Pain is the result of negative emotional energy manifesting in the physical body.

Low emotional energy appears to be caused by pain, however in reality, pain is the effect of low emotional energy.

Pain killers may or may not kill pain but they do not replace emotional energy.

Replacing emotional energy stops pain.

Removing the cause of an energy drain releases the pain.

Pain is the release of negative emotional energy.

Negative emotional energy is the absence of positive emotional energy.

Changing the polarity of our thinking changes the polarity of our emotions.

Negative emotional blockages can be released by laughing, crying, sneezing, coughing or pain.

Changing the polarity of negative emotional energy releases blocked pain.

Any painful experience, whether physical, mental or emotional, can be suppressed and stored in the body until it is released and healed.

Whatever is painful when it is suppressed is painful when it is released.

Pain is inevitable but suffering only results from a negative perspective of our pain.

There is no suffering from a beneficial perception of pain.

July 2, 2014.

# At Choice

At Choice is a state of being.

Being at choice is accepting what is already chosen.

It is a personal choice of perspective.

It is my perspective that is at choice.

I always have a choice of perspective.

I can allow my choice or disallow my choice depending on my perspective.

My perception determines whether I approve what is occurring.

My perspective determines whether I accept what is occurring.

With my approval, allowance & acceptance of what is happening, I am at choice.

With approval, I choose to accept my allowance.

At choice, my allowance is approved & accepted.

July 1, 2014.

# Dependency

A Dependency is what I depend on for my emotional energy.

I can be dependent on a person to meet my emotional needs.

I can be dependent on a substance to give me an emotional buzz or high.

I can be dependent on a habit, dependent on a substance or dependent on a person to supply whatever I need emotionally.

Dependency on a person forms a dependent relationship.

Dependency on a substance causes an addiction.

Dependency on a belief causes a habit.

A behaviour always follows a belief.

A habit is a consistent behaviour that follows a subconscious belief.

When I change a belief, I can change a habit.

When I change a habit, I can change how I meet my dependent need for emotional energy and give up an addiction.

August 31, 2014.



# Grateful & In Gratitude

I am Grateful for what other people give to me.

I am In Gratitude for whatever life is providing for my Self.

I am grateful for what is given & received.

I am in gratitude when being accepting.

Being grateful gives others the emotional energy to continue to give.

Being in gratitude is the universal power to attract what I have into my future. It allows me to accept and the universe to deliver.

I am grateful for my advice & directions from others.

I am in gratitude for my alignment with my Soul's providential path.

Being grateful is the energy of kindness.

Being in gratitude is the energy of kindliness.

There is no duality when in gratitude, no unkindness & no ungratefulness.

August 30, 2014.

# Equality

Equality is an equal reality.

It is a reality in which we are all equal.

We all have the equal ability to create our own reality.

In absolute reality, we are all equal.

In relative duality, we are either more equal or less equal than others, relative to the reality that we are creating.

An unequal reality is a negative perspective of reality that believes in inequality.

Inequality is a perspective of people who believe that others are better off than them.

It is my belief in inequality that allows others to be more equal than me.

Equality is a measure of potential.

It is the potential of everyone to be equally magnificent.

However, that is only the perspective of those who know themselves to be the equal of all others.

For they have realised that equality is their potential and is potentially theirs.

August 29, 2014.

# Legality

Legality is the reality of law. Laws are real even though they are man made. Man makes laws to control & protect the reality that Man has chosen as legal. Unfortunately, society believes that whereas legality is a personal choice, reality is not. When we all come to realise that we are all creating our own individual reality, there will be no need for legality.

A law is a standard of behaviour that the governors of people enforce on their citizens to assure their safety & security and the legality of their actions.

A law defines the boundaries of behaviour that are acceptable by the majority of people and is enforced by a statute of our governing law makers.

We elect governors to make laws to control & govern the people and protect the people from those who choose to live outside of the law.

Legality is a judgment based on a perspective of an interpretation of a law.

In an ideal reality, no one is outside of the law.

In a law free society, everyone is lawful and no one is lawless.

No one is above the law and no one is a victim of the law.

August 28, 2014.

# Ethicality

Ethicality is the reality of ethics.

Ethics are the standards of behaviour that are derived from philosophical thinking.

Philosophy is the wisdom of love studied by people with a love of wisdom.

Ethical behaviour follows wise perspectives that are perceived to be loving.

Behaviour that is both wise & loving is seen to be ethical.

In today's society, the role of philosophy has been overtaken by science.

Scientists now see themselves as the guardians of what is believed to be ethical.

Ethics are now seen to be rational & logical.

It follows a belief that knowledge must be rational to be wise and love is emotional and therefore irrational.

Sophia the goddess of wisdom has forsaken Philos the god of love in today's ethical reality.

August 27, 2014.

# Principality

Principality is a principal reality & a principle reality.

A principal reality is the first or highest reality.

A principle reality is a reality based on the truth of a belief.

In a family a principle is decided by the principal.

The father is the principal figure in the family.

A father is the head of a principality, whether they are called a prince or not is irrelevant.

The beliefs of the head of the household become the law in that family.

They are called family principles.

The family behaves according to their principal beliefs, which are their principles.

A family member acts or reacts on principle when someone crosses the family boundaries.

A principality is caused by the principal beliefs that determine the behaviour that is the principle truth of that family.

The highest principal beliefs become the principle truths that creates a principality in every family.

August 26, 2014.

# Morality

Morality is the reality of morals.

Morals are standards of behaviour as agreed by a church or religious body of people.

They are the boundaries that are commonly expected of a congregation.

Church followers adopt religious boundaries as their own personal standards.

Crossing the boundaries of acceptable religious behaviour is seen as being immoral.

Immoral behaviour is seen as a sin by the christian church.

Moral behaviour is believed to be a virtue.

Being virtuous is moral and being sinful is immoral.

This is the reality of the christian religion.

Based on their perspective of morality, sin is a reality that is wrong because it is righteous to be virtuous.

It is the reality of morals that makes immorality real.

August 25, 2014.

# Nationality

Nationality is the reality of a nation.

It is the state of a nation state that expresses the reality or state of that nation.

The reality of a nation is an expression of the collective beliefs that the nation holds about itself.

The reality is that a nation is not really real.

It is the opinions, beliefs & convictions of a nation state that are real because that is what creates nationality.

Nationality is a national reality based on the common perspectives of its people.

Nationality is a birthright.

By right of my birth, I belong to the nation of my birth; irrespective of my colour, my creed, my sex or my culture.

This becomes my reality when I believe this to be the reality of my birth.

As a nation is a collective of people, nationality is a collection of common laws, cultures & causes, and the reality that they cause to occur.

August 24, 2014.

# Formality

Formality is the reality of form.

It is the form that reality takes.

Formality is caused by a belief that reality has only one form and that form of reality is formal.

It is the belief that reality happens in a formal way as a formality.

Informality is frowned upon in a formal reality.

A formal reality believes in upholding the status quo.

This requires that this form of reality is imposed on all other people.

The status quo is what everyone conforms to because they believe that it is their reality.

Formality is a common agreement that reality is formed according to a set of rules or guidelines.

When we all conform to such an etiquette, life proceeds as a formality and everyone is informed of the rules that allow reality to form in a formal way.

It upholds the belief that life is a reality that must be taken seriously.

August 23, 2014.



# Normality

Normality is my normal reality.

A normal reality is what is considered to be normal and real.

Normality is normally a consensus view of reality.

Normally reality changes very slowly.

Where reality is a projection of beliefs within a society, what that society believes to be normal becomes their normality.

Normality changes as beliefs & perspectives change & evolve.

A reality that differs from the norm is not seen as normal.

Where people hold different beliefs they experience a different normality.

Where people share the same beliefs they normally share the same reality.

In reality everyone's normality is different even though it may appear to be similar.

Where behaviour follows belief and everyone's behaviour differs, everyone experiences their own reality, which is normal and the true normality.

August 22, 2014.

# Originality

Originality is my original reality.

The reality of my origin is whatever I believe my origin to be.

When I believe that I originate from a fertilised egg in my mother's womb then that is my reality.

But if all atoms, all cells and all eggs are identical, how am I original.

If we all have the same origin, what makes me original.

I am original because of what I began my life with and I brought to this life on Earth.

My qualities, my attributes, my instinct and my intuitive gifts are all original aspects of my Self.

They are an expression of the true essence of my Soul.

I originate from my Soul.

My Soul is my original entity.

My Soul creates for its Self the reality that I am experiencing and is original to me.

August 21, 2014.

# Eating Habits

My Eating Habits are either healthy or unhealthy.

A healthy habit keeps me healthy.

An unhealthy habit does not.

Unhealthy habits are a problem.

Bingeing is a problem of obesity & gluttony.

Purging is a problem of anorexia or scarcity.

Eating enough healthy food is a healthy habit.

Eating is an essential habit.

It is not a habit that I can give up.

But I can change my eating habits.

I change my behaviour by changing my beliefs.

When I change my belief, I change my behaviour and I choose a better habit.

How I eat, what I eat, when I eat & where I eat are all eating habits that can be changed by changing my belief about how, what, when & where I eat.

August 20, 2014.

# Addiction & Habit

An Addiction is a sub-conscious need for a substance.

Addictive substances are emotional energy substitutes.

I am addicted to the emotional energy rush that I get from an addictive substance.

There is no such thing as a healthy addiction.

A Habit is a sub-conscious behaviour that is driven by a sub-conscious belief.

Habits can be healthy or unhealthy.

Core beliefs allow healthy habits.

Fears & limiting beliefs cause unhealthy habits.

The purity or impurity of a behaviour is relative to the purity or impurity of a belief.

An addiction to a substance causes an unhealthy habit, but they are not the same thing.

Addictions can be overcome with will power, whereas habits require to be changed for a better habit.

August 19, 2014.

# Getting In The Way

Until I get that 'In the Way' is where I am going, I won't get where I am going.

To get in the way of my Soul requires me not to get in the way of my Self.

It requires me to have more than one Self & more than one perspective of my Self.

My Higher Guiding Self never gets in the way of my physical Self.

My physical Self is my ego sense of Self.

My sub-conscious Self is my id.

It is my sub-conscious programming that gets in the way and blocks my ego getting how to follow the way of my soul. When my id is out of alignment with my highest perspective it gets in the way of my finding, seeing or getting my way.

I consciously follow the way of my Higher Self when I bring my sub-conscious id into alignment.

It is my sub-conscious beliefs & my emotional needs that block & disallow my way.

They get in the way until I re-align them in the way of my path – get it?

August 18, 2014.

# Getting Out Of The Way

Getting Out of the Way is a belief that my ego is getting in the way.

When my ego is getting in the way, I am not hearing my messages of inner guidance.

My belief is that I need to get my ego out of the way in order to connect with my higher Self.

It is not my conscious ego that is in the way but my sub-conscious id that is the custodian of my emotional needs and beliefs.

Getting my id out of the way often leads to disconnection & denial.

I choose to get my id in alignment with my Soul by being consciously aware of when it is not.

Once I am sub-consciously, super-consciously & consciously in alignment, I am of one Mind and there is nothing in my way.

My id & ego are 'in the way of my Soul' without blocking or disallowing my path.

My path is always to choose alignment with my path.

August 17, 2014.

# Sensuality

Sensuality is the reality of my senses.

I sense what is real with my senses.

I sense the reality of the physical world with my five physical senses.

Through my sight, my hearing, my smell, my taste & my touch, I sense the reality of the physical world of matter.

I sense the reality of my spiritual world with my three intuitive senses.

With my sense of seeing, feeling & knowing, I intuitively sense my spiritual origin & destiny.

The reality of my senses is relative to my conscious awareness.

My sensuality is an awareness of whatever I am conscious of.

Without consciousness there is no sensual awareness.

Without awareness there is no conscious sensuality.

Without sensuality there is no conscious-awareness.

Without conscious-awareness there is no sensual reality.

August 16, 2014.

# Sexuality

My Sexuality is the reality of my sex.

Sex is a characteristic of male & female characters.

Male & female characters may not be characteristically masculine & feminine.

Male characters often have female energy or feminine characteristics.

Female characters often have male energy or masculine characteristics.

The reality of a particular sex is specific to the gender of their particular energy rather than their physical characteristics.

The gender of a person's energy is not necessarily the same as their character's sexuality.

A character's sex may formulate their beliefs about their sexual character & their sexuality, or it may not.

A person's emotions are the product of the gender of the energy that they are expressing.

The gender of their emotional energy is not relative to the sexuality of their character.

Our sexuality is a perception of who we believe our Self to be irrespective of the emotions that we are experiencing.

August 15, 2014.



# Sentimentality

Sentimentality is the reality of my sentiment.

My sentiment is the emotional attachment that I have to people, things & experiences.

I attach myself emotionally to whatever feels good for me.

Emotional attachments have value and I value them.

The reality of my emotional attachments is that I need them.

The more that I need something emotionally the more attached I am and the more sentimental it becomes.

Sentiment is a feeling caused by a perspective that creates a belief that is the effect of a personal experience.

A sentiment is a reality when it is a personal experience that is realised and remembered.

Sentimentality is inherently neither good nor bad.

It is just my perspective that is in judgment or not.

August 14, 2014.

# Eventuality

Eventuality is an eventual reality.

Everything happens eventually.

Whatever happens is an event.

Events occur as they eventually happen.

My perspective of what is occurring is relative to how I perceive what is happening.

An event is just an event but I have a choice of perspective in how I perceive it to be unfolding.

The reality of an event is a personal realisation of what is occurring.

The event itself has no reality unless I am there to realise it is happening.

Reality is a personal experience of present events that are presently being presented.

All realities are possible because all possibilities potentially exist.

All eventualities will eventually unfold and be realised as a reality.

August 13, 2014.

# Liberality

Liberality is Real Freedom.

The reality of freedom is choice.

With freedom of choice, I am free to choose my reality.

I am free to choose what my reality is free from.

I choose to liberate my Self from pain, fear & problems.

I choose to be care-free, toleration free, resistance free & unlimited.

Liberality spends freely.

It spends time freely & money freely, but never extravagantly.

It has an abundance mentality, not a scarcity mentality.

It knows & experiences the freedom of an unbounded universe.

Liberality allows expansive creativity.

I am free to create my reality expansively.

This is the real freedom of a liberal reality.

August 12, 2014.

# Neutrality

Neutrality is a Neutral Reality.

A neutral reality is without a positive or a negative polarity.

It has neither a positive nor a negative charge.

It has a moderate intensity with an even balance.

It is being detached from life's dramas.

It has no need to compete with others for emotional energy.

It has no limiting beliefs and no strong convictions.

It has no prejudice because it has no judgment of what is good or bad & right or wrong.

Neutrality is the perspective of the Observer.

It allows all others to follow their own path in life.

It is sensitive to the dramas to which others are attached without being influenced, affected or involved.

It is neither for nor against as there are no pros or cons in a neutral reality.

Neutrality causes no resistance, which allows pure potential to flow.

August 11, 2014.

# Vitality

Vitality is the reality of my energy.

The reality of my energy determines my vitality.

In reality, vitality is vital.

Without vitality, life is less than ideal.

Vitality is the ability to live life well.

The ability to live life well requires mental & emotional energy.

Mental & Emotional energy are both real & vital.

Emotional power & mental authority allow vitality.

Authority is vital for direction.

Power is vital for clarity.

With clarity & direction, vitality is evident & apparent.

When life really has direction & clarity, vitality is present.

Power is vital as vitality is empowered.

Authority is vital as vitality is authorised.

With power & authority, vitality is enabled.

August 10, 2014.

# Ideality

Ideality is my Ideal Reality.

My ideal reality is the reality that I consciously choose to create.

It is the reality that I deal for my Self.

My idea of an ideal reality can belong to my ego or become from my Soul.

My Soul's idea for my ideality is ideal for my Self.

My ego's idea of what I think is ideal for me may not prove to be so.

My ideal reality allows my destiny to unfold.

My destiny is to fulfil my vision, experience my purpose & complete my mission in life.

My Soul's choice of journey is ideal for my Self.

Any other journey will be less than ideal for me.

The Soul always creates an ideality for its Self.

My Soul creates my ideal reality when my Self allows it to do so.

August 9, 2014.

# Potentiality

Potentiality is the reality of my potential.

Potentially, I can experience any reality.

My potential is relative to my power.

My power is potent and allows my potential to be realised.

Being disempowered disallows my potentiality being realised.

My limiting beliefs disallow & disempower my potential.

Faith allows my potentiality to be empowered.

Faith in my potential connects my authority.

My authority allows my power to flow.

My power allows my potential to be realised.

My Soul knows its potential.

My Soul is omnipotent.

My Self realises my potential when aligned with my Soul.

When I realise the reality of my potential, the reality of my potential becomes realised.

August 8, 2014.

# Causality

Causality is the reality of cause.

Cause is the duality of effect.

Every effect that is experienced has a cause.

I experience the effect of my own cause.

I cause the effect that I experience.

Whatever I believe, I cause to happen.

Whatever I cause to occur, I experience as my reality.

When I change a belief, I change a cause and I change the effect.

When I change the effect, I change the experience and I change my causality.

The reality is that the cause is always my perspective.

My perspective aligns with my beliefs.

My beliefs cause my reality.

What I think is real, is real.

August 7, 2014.



# Personality

Personality is a personal reality.

My personal reality is my perspective of what I believe to be real.

My beliefs create my reality and cause my behaviour.

How I interact with others is determined by my emotional needs.

My personal emotional needs influence my personality and how I relate to other people.

How I behave forms my character as a consequence of my beliefs about what is real.

I live in my own personal reality even when I believe that other people all share the same reality.

The reality is that we all share the same true identity yet all differ in our behaviour, beliefs, character & personality.

Choice allows personality to be unique to each individual person.

Relative dual reality allows choice.

August 6, 2014.

# The Capability of My Ability

The potential ability of my Self is relative to my physical capability.

What I am physically capable of is relative to my mental capacity & my emotional competence.

My ability in life is both authorised & empowered.

When my ability is not authorised, I will need will power.

When my ability is not empowered, I will need motivation.

Rational knowledge & intuitive knowing authorise my mental capacity.

Emotional awareness & intuitive feeling empower my emotional competence.

With rational & emotional intelligence and my intuitive instinct, I clearly see my physical capabilities.

Realising my potential requires the ability to see the extent of my capabilities as boundless.

I am only ever incapacitated by my incompetence.

Boundaries serve to limit the capability of my ability.

August 5, 2014.

# The Competence of My Power

The magnitude of my power is relative to my emotional competence.

My emotional competence is a reflection of who I am being.

Who I am being determines the magnitude of my emotional power.

Negative emotional attributes express negative feelings as a measure of my emotional incompetence.

Positive attributes express positive feelings as an expression of my emotional competence.

The more positive my state of being the greater the magnitude of my emotional power and the more competent I am.

I am only ever challenged by my lack of competent power.

Low emotional power causes the problems of being incompetent.

Emotional power is never incompetent.

The same cannot be said for will power.

August 4, 2014.

# The Capacity Of My Authority

The force of my authority is relative to my mental capacity.  
Mental capacity is relative to intuitive awareness & rational consciousness.

It is my capacity to consciously realise my reality with intuitive awareness.

My authority to choose wisely is allowed by the capacity of my intuition.

Intelligent choice is relative to the capacity of my mental intelligence.

A wise choice requires both rational & emotional intelligence.

Authorised intelligence is both knowledgeable & wise.

It is the capacity of my authority that determines its power.

Wisdom connects me to my power not knowledge.

The greater my wisdom the greater is the capacity of my authority.

August 3, 2014.

# Virtuality

Virtuality is a virtual reality.

Virtual & actual are often seen as a duality.

Matter actually exists in material form.

Energy actually exists in virtual form.

Energy virtually forms into anything & everything.

All matter is created from energy.

All material form has an energetic origin.

Imagination allows virtual creativity.

It is also the origin of actual creativity.

All of actual creation originated in virtual form.

Virtual creativity is created in the mind, by the mind, and is a projection of the mind.

It is a reality of the mind that is not yet manifest in physicality.

The virtues of spirituality remain virtual until grounded in physical experience.

All possibilities virtually exist as a potential waiting to become manifest.

August 2, 2014.

# Perpetuality

Perpetuality is continuous reality.

Perpetuity is eternal time.

Eternal time allows continuous reality.

Infinite space allows eternal time to be a continuous reality.

In a perpetual reality, reality is perpetual and change is perpetual.

Reality is perpetually changing.

Continuous change is the reality of the Universe.

Perpetuality allows the Universe to continuously evolve.

Evolution is expansive growth.

Expansive growth thrives in perpetuality.

Consciousness creates perpetuality in which to expansively grow and evolve.

The evolution of Consciousness is a perpetual reality.

August 1, 2014.

# Fatality

A fatal reality is the reality of fate.

The reality of my fate is a perspective of life that survives death.

It is my fate to survive a long slow lingering existence towards an eventual death.

This excludes any vision of the existence of my destiny.

It is my destiny to succeed in life.

It is my fate to be the victim of my fears & my limiting beliefs.

It is my destiny to follow the messages & direction of my inspired revelations.

My fears & beliefs convict my fatality.

My faith allows my destiny to unfold.

Fatality is the reality of life & death.

To live in a duality of life & death is my fate.

The reality of Life is my destiny.

September 30, 2014.

# Logicality

Logicality is the reality of logic.

A logical reality is confused with a rational reality.

Logicality can be rational and it can also be emotional.

Logia means divine words.

Divine words are words of wisdom.

Words of wisdom are inspired revelations.

Logically, divine thoughts are not the result of a thinking process.

Inspired revelations are super-conscious thoughts that become words of logic.

Restricting logic to rational thinking disallows emotional intelligence & intuition, which is illogical from a higher perspective.

When logic becomes scientific it is no longer intuitive.

It has become a thinking process that excludes divine thought.

Rational logic creates a purely physical reality that excludes emotional experience and spiritual growth.

Intuitive logic allows spirituality to exist.

September 29, 2014.



# Passivity

Passivity is being passively active.

It is also being actively passive.

It overcomes the duality of being either passive or active.

It is doing nothing very well indeed.

Passivity allows my awareness of the essence of my  
Beingness.

It allows my adjective awareness with clarity.

Passivity allows me to focus on who I am being rather than  
the activity that I am doing.

A river can flow actively and it can also flow passively.

Passivity expresses qualities of stillness, depth, calm & flow  
in a very active way.

I cannot do passivity but I can be actively passive in a very  
positive way.

September 28, 2014.

# Expansivity

Expansivity is being actively expansive.

Being expansively active allows expansive growth.

Expansive growth is exclusively mine when I have a Soul connection.

Exclusivity & Connectivity allow Expansivity.

My Soul seeks to be expansively growing.

I seek to experience, explore & discover the expansiveness of my universe.

My Soul is expansive and my Self is contracted.

My contract with my Self is to be actively expansive.

My contract is my covenant with my Soul.

My covenant is my blue-print for expansive growth in this life-time.

My vision, mission & purpose is my blue-print for expansivity.

Being actively expansive has true value for me.

September 27, 2014.

# Connectivity

Connectivity is being actively connected.

It is being actively connected to life.

I actively connect to life through my Soul.

My Soul causes my life to flow through my Self, as long as I am connected.

Connectivity actively connects my Self to my life force energy through who I am being.

The authority of my enlightened Self empowers & enables my activity.

Being actively authorised, empowered & enabled requires my connectivity.

Being disconnected disallows my authority and disempowers my ability.

Disconnected activity requires a great amount of will power.

Connectivity though is totally allowing.

It totally allows activity to flow.

Even passive activity flows effortlessly to me.

September 26, 2014.

# Exclusivity

Exclusivity is being exclusively active.

It is actively following my exclusive path.

It is knowing that I am a unique & individual exclusive Human Being.

I am actively doing what has true value for me.

I am being truly selfish by actively being my True Self.

I am fulfilling my vision, my mission and my purpose in life.

I know my true identity is being actively expressed.

I know that my choice is exclusively mine and that my choice creates my exclusive reality.

My reality is exclusively my own creation.

Exclusivity may or may not include or exclude others, yet it is always inclusive of my Soul.

My exclusivity requires my Soul's inclusivity.

My Soul exclusively includes its Self.

September 25, 2014.

# Adjectivity

Adjectivity is the state of being actively aware.

It is actively describing the emotional state of being that I am aware of being.

It is feeling my emotional state of being and knowing exactly what that feeling is.

When I can describe my emotional feeling, I can choose it as my state of being.

Adjectivity allows me to be emotionally at cause.

Being at the effect of my emotions is either irrational or unemotional and is not adjective.

Being adjective allows me to consciously create my own emotional experience.

I can tune in my emotional instrument and play with my emotional feelings.

I have an adjective choice of who I choose to be, relative to what I have and whatever I am doing.

September 24, 2014.

# Being Active

Being Active is a state of being.

It requires neither activity nor action.

I can be actively aware without having to do anything.

Actively being is emotional.

I feel emotionally active when my vitality is activated.

I am actively aware of who I am being.

When I am actively aware of my beingness, I am being adjective.

Adjectivity requires neither mental activity nor physical action.

Being emotionally active requires an awareness of my life force energy.

It is actively feeling the love of my life force flowing through me.

Being active is the feeling of being alive.

September 23, 2014.

# Surprise

Surprise is to accept the unexpected.

It is a feeling of amazement & wonder.

I am continually surprised and in awe of my Soul's path for my Self.

A surprise is like a miracle, when they happen as a matter of course I am no longer surprised by the miracle of life.

Surprises are caused by the expectation of something more usual occurring.

Surprise means to take on.

When I take on the path of my destiny, life becomes one surprise after another.

I surprise my Soul and my Soul surprises my Self.

I am never surprised by my fate because I expect it.

When I move out of expectation there is no disappointment and I allow surprises to flow freely into my life.

Planning my expectations disallows surprises.

Without surprises there is no amazement or wonder.

I wonder what will amaze & surprise me next on my journey through life.

September 22, 2014.

# The Entitler

The Entitler is entitled to their entitlement.

My entitlement is my provision & my allowance.

I am entitled to my choice.

To choose my ideal choice, I am required to name it or give it a title.

I cannot choose that which I cannot define.

With definition it can become definite in my reality.

I am not entitled to that which I cannot define as my reality.

The Entitler defines their own meaning, reason, & purpose for their life.

I am entitled to the vision of a mission in life that has true value for me.

I am entitled to that which I entitle & define as my manifest.

An indefinite manifestation is not a reality.

I am entitled to define & manifest my own reality.

This is the entitlement of the Entitler.

September 21, 2014.



# Illude, Elude, Allude

I Illude to a false perspective of reality.

A false perspective of reality is an illusion.

My sub-conscious id illudes to a false perspective of reality,  
which is an illusion of its own creation.

I Elude a perspective of reality that my ego chooses to  
avoid.

My lack of awareness renders my ideal reality elusive and  
an elusion.

My awareness of my true Self eludes my conscious sense of  
Self.

I Allude to my true sense of Self.

My true sense of Self is my Soul.

My Soul alludes my super-conscious messages of inspired  
revelation.

It continuously alludes the allusion of my true reality.

My Soul alludes, my ego eludes & my id is illuded.

September 20, 2014.

# Surcome & Succumb

To Surcome is to overcome.

I overcome the drama of a duality.

To overcome is to meet the challenge.

When I overcome a challenge, I learn a life lesson and I see an opportunity for growth.

I overcome the trials of physical existence by seeing a third way.

I see the triality of life, not the duality of existence.

I become the cause of my own destiny.

To Succumb is to surrender to my fate.

It is being overcome by the duality of life by being at the effect of life.

It is being lost & overwhelmed with confusion & frustration.

I succumb to an apparent problem that has no solution.

I surcome a challenge and accept my opportunity.

I succumb to an overpowering external force.

I surcome with the power of my inspired intuitive inner guidance.

September 19, 2014.

# Empowering

Empowering is the skill of connecting to one's own source of emotional power.

I empower my Self by connecting to a pure sense of emotional feeling.

Doing what feels good is always empowering.

I empower others by connecting them to whatever feels good.

I empower others by detaching them from any external dependency that supplies their emotional need for power.

I empower others by disconnecting them from any disempowering beliefs.

I empower others by consciously meeting their emotional needs and clarifying their true values.

I empower my Self with authorised thoughts.

Authorised thoughts are empowered.

Limiting beliefs & fears are not.

When I am empowered with authority, no motivation is required.

September 18, 2014.

# Listening

Listening is the skill of hearing my messages.

I listen with my physical hearing, I hear with my intuitive knowing.

When I truly hear someone, I hear their message for me.

I cannot hear someone unless I first learn to listen.

Listening requires a quiet mind.

A quiet mind allows messages to be received intuitively.

Listening to what someone is saying allows me to listen to what they are not saying and hear the right question to ask.

What they are not saying is what they are not seeing.

The right question allows another to see the answer for themselves.

It also allows me to hear what they are saying but not hearing because they are not listening.

Listening to others allows me to hear my Self.

September 17, 2014.

# Challenging

Challenging is the skill of overcoming a problem.

I am compromised by a problem, I am never challenged by a problem.

I am either challenged to overcome a problem or I have the problem of finding a solution.

Finding a solution doesn't make the problem go away.

The solution to every problem is having enough emotional energy not to see it as a problem.

With enough emotional energy, life is never a problem.

The only challenge in life is to have enough emotional energy.

With enough emotional energy, I always meet the challenge because I see every opportunity in my life.

My only challenge is to see everything as an opportunity.

I only ever challenge others to see their opportunity for development & growth.

September 16, 2014.

# Being In Obedience

Being in Obedience is following the guidance of my Soul.

My Soul leads & I intuitively follow.

Being in obedience approves my power & allows my authority.

Accepting whatever is present and is presented enables life to flow effortlessly to me.

In obedience, there is no disobedience and no need for motivation because I am ever inspired & empowered.

I am in obedience of my vision, my mission & my purpose.

I am in obedience of my truth.

I am in obedience of life.

Life is always in abeyance when I am in obedience & allowing it to turn up.

I am in obedience of every opportunity to experience life.

September 15, 2014.

# Surmise

To Surmise is to choose to place above.

I choose to place my intuitive knowing above my rational knowledge.

The place above is the realm of my super-conscious intuitive Self.

I always surmise correctly.

When I am wrong, it is because I have made an irrational guess based on a lack of rational knowledge.

My Intuitive Sense is never wrong.

When I know it logically & feel it emotionally, I see it clearly and I surmise it correctly.

A surmise is an inspired revelation.

It is a message of direction from my higher guidance system.

My Soul places my path above everything else.

When I surmise what my path is with vision, my destiny flows effortlessly to me.

September 14, 2014.

# Surrender

When I surrender to my problems, I tolerate being beaten.

I surrender to the false beliefs & the fears that are causing my problems & my tolerations.

I surrender to the malignant authority of my sub-conscious negative programming.

When I surrender to my challenges, they defeat me.

I am defeated by my insufficient emotional power to meet my challenge.

When I surrender to a challenge, I see a problem.

When I surrender to my opportunities, I allow them to flow to me.

Everything that flows to me, I approve of and gratefully accept as an opportunity for my expansive growth.

I surrender to the flow of life that brings my providence, my allowance and my opportunity for new experiences.

Opportunity is 'sur-rendered', it is rendered over or unto me.

I am never beaten by an opportunity, I either accede to my success or I concede my ability to accept it and take it.

Life can only be effortless when I surrender to the flow of life.

September 13, 2014.



# Survive

When I see life as a problem, I will have to survive the chaos & disaster of having too many things to tolerate & endure.

When I see life as a challenge, I will have to meet the challenge to survive what is testing me.

When I see life as an opportunity, I survive life.

Sur-vive means over or above – life.

Taking my opportunities allows me to experience life beyond the expectations of others.

Most people in life are trying to survive the problems of living their life.

I survive problems by not having them.

I survive challenges by having enough emotional energy to overcome them.

I am only ever challenged by a lack of emotional energy.

I survive my lessons by learning the lessons that confront me in life.

I do not need to survive an opportunity, I just flow with it.

My Soul will always survive my Self.

September 12, 2014.

# Philosophy

Philosophy is a perspective.

My perspective of life is my philosophy on life.

Philosophy is not a religion, it is a personal collection of core beliefs.

My core beliefs determine my world view & my philosophy.

My philosophy is my view of love & wisdom.

My beliefs about love & wisdom determine my philosophy.

With wisdom, my love empowers me.

With love, my wisdom enlightens me.

With a love of wisdom & the wisdom of love, I am enabled with life.

In the light of my wisdom emanates the power of my love that inspires my life.

The magnitude of my love empowers the force of my wise authority and enables my potential.

My Philosophy enables my ideal life to be experientially realised.

September 11, 2014.

# The Perspective of the One

The Perspective of the One is Oneness.

Oneness is the Singularity of All That Is.

It is without Individuality.

It is the Divinity of the Divine One.

It is the Ultimate Intention.

The ultimate intention is the Divine Plan to experience Divinity through the physical & spiritual experience of its Conscious & Unconscious States of Beingness.

The Divine seeks to experience its own Divinity through four distinct aspects of its Self.

- Its sub-conscious physical Self – the Id.
- Its conscious physical Self – the Ego.
- Its super-conscious spiritual Self – the Soul or spirit ego.
- Its supra-conscious spiritual Entity.

When all four levels of Consciousness come into alignment they co-operate as One and become at one with the singularity of Oneness.

From the perspective of Oneness, One is All & All is One and One is All That Is, all that was and all that ever will be.  
September 10, 2014.

# The Perspective of the Spiritual Entity

My Spiritual Entity is Sovereign.

It is a Sovereign Entity with its own part to play in the Universal Experience of Life.

It sees the Big Picture of Everything as a Grand Design.

It sees all three aspects of my Self as One.

It is omniscient, omnipotent & omnipresent.

It is pure imagination.

It is the Captain of my Ship of Consciousness.

It is an Individual Creative Spark of All That Is.

It has a Super Vision for the Divine Plan.

An Individual Aspect of God that is a Sovereign Entity.

A Divine Perspective that can create whatever it can imagine.

It is the combined consciousness of my ego, id & entity.

It is my Conscious-Id-Entity.

It is my Supra-Conscious Self.

September 9, 2014.

# The Perspective of the Spiritual Ego

The Spiritual Ego is my spiritual sense of Self. It is my awareness of being a spiritual Being, it is me being Mindful. I call my spiritual sense of Self, my Soul, my Higher Self, my real Self or my True Self.

My Soul knows my vision, mission & purpose for my life. It is always in full awareness of my destiny, even when the physical ego is unaware & unawakened and following my fate.

Disconnected from my spiritual ego, I follow my fate or my doom, my fortune or my misfortune with varying degrees of luck or chance. The perspective of my spiritual ego is beyond the dual reality of space & time.

There is no paradox, there is no problem, there is no fear and there is no conflict from the perspective of my spiritual ego. It sees only the bigger picture of Life.

However, it does require the alignment of my physical ego, to achieve its goals, accomplish its skills and attain its attributes to expand & develop my spiritual success.

My spiritual ego has the awareness and my physical ego has the conscious ability. Together they co-operate with conscious-awareness of all that is.

September 8, 2014.

# The Perspective of the Physical Ego

The Perspective of the Physical Ego is that of my conscious sense of Self.

It is my perspective of who I believe my Self to be.

The ego has a finite choice of seemingly infinite possibilities of who it can be.

How my ego sees itself is a reflection of my sub-conscious programming.

My physical id & my physical ego work together to make sense of a seemingly senseless world.

My conscious sense of Self seeks for my Self to make sense.

It seeks comfort & security from a seemingly insane world.

The physical ego needs to see itself as sane.

It does this by comparison with what all other people deem to be normal behaviour aligned with common beliefs.

The fear of being abnormal disallows my perspective of a non-physical existence.

The physical ego sees itself as a physical human being having a physical experience called life.

September 7, 2014.

# The Perspective of the Physical Id

The Perspective of the Physical Id is to keep the human being alive.

My Id is my sub-conscious mind that controls my physical body emotionally.

My physical experience is emotional, based on the beliefs & convictions of my sub-consciously active programming.

The Id is responsible for my survival & how well I survive. It has access only to local knowledge of my physical situation.

It is programmed by my physical senses & my experience of life.

As with a computer programme, garbage in equals garbage out.

My Id is my voice of reason.

It supplies my reasons why to act and why not to act.

When I listen to reason, I am hearing my sub-conscious programmed beliefs.

Limiting beliefs & fears are a bug in my data base of experiences.

The capacity of my Id is relative to the purity of my programming.

September 6, 2014.

# The Five Trees In Paradise

The Five Trees In Paradise appear in the Gospel of Thomas “#19”

It is an allegory of Jesus that explains that whoever attains the 5 levels of Consciousness will overcome the duality of life & death.

With all five levels of Consciousness in alignment, life is absolutely ideal.

Absolute choice allows each level to operate autonomously with very interesting outcomes that can be less than ideal.

Paradise is synonymous with an ideal life. Jesus adds that the five trees do not change with summer or winter and their leaves do not fall.

This is to say that from an absolute perspective all five levels exist at once and for all time, simultaneously, connectedly & continuously.

The five trees are a symbol of the five levels from which life can be perceived with five uniquely different perspectives:

- The Physical Id – the Sub-conscious
- The Physical Ego – the Conscious
- The Spiritual Ego – the Super-conscious
- The Spiritual Entity – the Supra-conscious
- The One – God Consciousness



As a physical Human Being, I am only conscious of the perspective of my physical ego sense of Self.

September 5, 2014.

# Disappointment, Bitterness, Devastation

Disappointment is an unmet expectation.

An expectation is awaiting the arrival of what I think that I want and I do not have.

The more that I need something to arrive, the more disappointed that I become with its non appearance.

The greater is my expectation, the more intense my disappointment.

I am bitterly disappointed by the continued absence of what I believe that I need to have.

Bitterness is the intense disappointment of an unmet need.

I am bitter at being denied the sweetness of my expectation.

When my highest expectations are dashed, I am devastated.

Devastation is the feeling of intense bitterness that what I need will not be forthcoming.

It is the extreme disappointment that my expectations will remain unmet.

I am devastated by my absence of emotional power to manifest what I believe that I am entitled to.

September 4, 2014.

# An Urge & A Surge

An Urge is a strong inkling.

An inkling is a feeling of intuitive knowing.

It is my Soul urging me into action.

A Surge is the emotional power to fulfil an urge.

It is a Soul urge.

It is the magnitude of emotional power required to manifest an authorised thought.

An urge is a thought.

A surge is a powerful feeling that always accompanies a pure thought.

I never receive an inspired thought without the power to fulfil it.

An urgency is often required to overcome a negative belief that is disallowing or blocking an urge.

Inspired thoughts come in divine time.

Not acting on an inspired revelation may cause an urgency to appear.

My id never urges me into action but it may dissuade me from my path and suppress a surge of positive emotion.

September 3, 2014.

# Economy

Economy is how I manage my provision.

With a scarcity mentality, I see my provision as limited.

A limited provision needs managing carefully & frugally.

Extravagance is seen as luxury not as economy.

Economy is for the lower classes when first class is reserved for the elite.

Even the rich & privileged class need to manage their assets carefully and ensure they are managed economically when they have a scarcity mentality.

With an abundance mentality, I do not need to manage or control an allowance that is delivered by providence.

I just allow it to manifest in divine time & in divine order.

I know that my allowance is provided as long as I maintain my abundance mentality.

An economic outlook sees scarcity or gluttony, never abundance.

September 2, 2014.

# Tension & Attention

Tension allows continuous reality in time.

Attention is my focus on reality in time.

Without tension time cannot be linear.

Linear time allows a past & a future.

Tension allows a past & a future tense to be present.

Focusing my attention on the past or the future takes me out of the present moment of time.

Attention to the past or the future causes tension.

It causes a tension of 'but no' & 'what if'.

With my present attention, there is no tension, no past thinking, no future projection, no ifs, no buts.

When I pay attention to my tension, I am aware of my limitations and my opportunities for growth

September 1, 2014.

# Emotional Intensity

Emotional Intensity is caused by the attraction of opposites. Opposing genders of emotional energy attract when they have a similar polarity.

The more similar the polarity and the more opposing the gender, the greater the intensity of attraction.

Energy that is divided by male or female gender loses its creative potential in favour of an emotional intensity.

Male energy attracts female energy of the same wavelength because it is like energy.

Positive energy attracts positive energy & negative energy attracts negative energy because they are like frequencies.

Divided & opposing genders of an energy vibration can manifest with either a positive or a negative intensity.

They can cause intensely positive or intensely negative emotional experiences.

Emotional energy has a range of intensity that is experienced as low, medium or high.

October 31, 2014.

# Touch & Feel

Touch & Feel are one of five ways that I sense my physical world.

I objectively touch an object that I choose to physically feel.

Touching & feeling are one of my five physical senses.

Touch & Feel are not just a physical sense.

I can subjectively feel wavelengths of emotion.

I can be subjectively touched emotionally.

Feeling & being touched are an intuitive sense as well as a physical sense.

I can touch someone sensitively by who I am being emotionally.

I can feel someone emotionally when I am sensitive to whom they are being.

I touch someone emotionally with my emotional state of being.

I feel someone emotionally with my awareness & my sensitivity.

I feel & I am touched intuitively as distinct from touching & physically feeling an experience of life.

October 30, 2014.

# Wrath & Anger

Wrath is the power of the will.

My will power is my wrath.

My lack of will power is my meekness.

Wrath is the male energy that opposes my female energy of meekness.

Meekness meekly follows the will power of another.

My will power is authorised by my sub-conscious id.

When my divine power is divided by gender, I will need will power to meet my ego's desires.

My disconnection will default me to either wrath or meekness and either anger or patience.

Anger is an emotional reaction to not getting what I need.

Anger is without the patience to conform to another person's wrath.

Anger is the male energy that opposes my female energy of patience.

I get angry when others defy my will, oppose the authority of my ego and deny me whatever I desire.

October 29, 2014.



# Shut or Closed

As I move through a door, I close it behind me.

Closing a door completes a past that I have no reason to revisit.

I close a door on a past experience and move forward with completion.

As I close one door another door opens.

Closing a door allows my path to unfold.

Shutting a door disallows my path unfolding and bars my way.

A shut door blocks my path.

When my path is blocked, I am proceeding in the opposite direction to my path.

My path is never blocked, unless I am blocking my own path by shutting the door to an opportunity.

All doors open to an opportunity.

Whether a door is shut or closed is just a matter of personal perspective.

October 28, 2014.

# Pick, Opt or Choose

I Pick a random selection.

A random selection has no distinction.

A lucky dip is either a lucky pick or an unlucky pick.

I pick at the options and desperately hope to find one with distinction.

I Opt from a range of options.

Different options allow me to opt for my favourite preference.

I prefer the option that I believe is best for me.

The more options that I have, the harder it is to rate them and the harder it is to opt for just one.

I Choose an inspired choice.

An inspired choice always feels right.

My choice is enlightened & empowered when I am inspired to choose it.

I always have a choice.

I can sub-consciously pick, I can consciously opt or I can super-consciously choose.

October 27, 2014.

# Idle, Lazy, Slothful

Idle is a period of inactivity.

I am idle waiting for my next task.

I am idle when I am not moving, inactive or not doing.

Lazy is the state of applying no effort.

I am lazy when I am applying no effort to a required task.

I am only lazy when confronted with someone else's need to achieve.

I am needing motivation to be busily employed in achieving someone else's objective.

Slothful is the state of being disempowered.

Lazy is a lack of motivation, slothful is a lack of purpose that is disempowering.

Slothful is being off track because I am not following my own inspired path.

When inspired & empowered, I am never slothful.

Idle is waiting for direction, lazy is not applying will power and needing motivation, slothful is being disempowered because I am uninspired by someone else's direction.

October 26, 2014.

# Envy, Jealousy, Outrage

Envy is a desire for something that another person has and I do not. I envy someone's assets, achievements, accomplishments or attainments. It can be seen as a motivating force to envy what is wanted or desired.

Envy is the desire to follow someone else's path by having what they have.

Jealousy is a passion for what someone else has and I do not. A jealous passion is driven by an emotional need.

I have a passion for what I need and they can give to me emotionally.

I am jealous of someone whose needs are being met whilst mine are not.

Jealousy is intense emotional envy.

Outrage is intense jealousy.

I am outraged when someone else is continually getting what I emotionally need.

Outrage is my intense reaction to someone else getting what I need emotionally or someone else depriving me of what I passionately need.

October 25, 2014.

# Selectivity

Selectivity is selective activity.

It is an activity that I have selected or chosen.

It is also the activity of choosing as well as the activity of choice.

Relative duality allows selectivity & choice.

My Soul's choice is always available for selection by my Self.

It allows me to either choose or select the activity of my choice.

Not selecting an activity is also a choice.

Non-selectivity is refusing all available options for activity.

I actively choose to be selective.

Selecting a choice for my Self is an activity.

When I actively choose my choice for my Self, I am having a selective experience.

My active ability to choose is my selectivity.

My Soul has choice, my Self has selectivity.

October 24, 2014.

# Resistivity

Resistivity is resistive activity.

What I actively resist disempowers me.

False beliefs & fears cause my resistive activity and disempower me.

They disallow the natural flow of life and cause resistance.

My resistivity is relative to my fears and limiting beliefs.

Resistivity is being busy finding reasons not to do things.

It is getting people to do it my way by trying to stop them doing it their way.

My personal development allows me to desist from my resistivity.

With the presence of a clear vision for the direction of my life there is no need for resistivity.

It is being lost, confused & frustrated that is the cause of my resistivity.

My resistivity is a sub-conscious choice that is relative to the quality of my mental programming and my emotional power.

October 23, 2014.

# Reflectivity

Reflectivity is reflective activity.

It is actively reflecting on what I have subjected my Self to.

Being a reflection to others is not reflectivity.

With reflectivity, I am the subject of the reflection, the one who is reflecting and not the object of someone else's reflection.

Other people may be mirroring my reflection to allow my Self more beneficial reflectivity.

On reflection, I am usually reflecting on what other people have done to influence my Self.

Reflective activity is bringing my perspective into alignment with my highest vision for my Self.

By seeing a reflection in my Self or others of my misalignment, I am able to perceive my Self from a better perspective & in a new light.

From a new perspective, I am able to express a better reflection of who I really am.

October 22, 2014.

# Subjectivity

Subjectivity is subjective activity.

It is activity that I subject my Self to.

My activity is my subjective behaviour.

It is my personal choice of activity.

Personal behaviour always follows personal belief.

My beliefs drive my behaviour and influence my choice of activity.

I am the subject of the activity that I subject my Self to.

Subjectivity is the state of having things to do.

Having things to do is not the same as having to do things.

Having to do things is a toleration.

Having things to do allows me to express who I am being.

I express my Beingness through my subjective activity.

Subjectivity allows me to be me.

October 21, 2014.



# Receptivity

Receptivity is the state of being actively receptive.

Being actively receptive to life is being accepting.

Being actively accepting of all opportunities in life requires receptivity.

With receptivity, I am in gratitude & appreciation of whatever I am receiving.

I am receiving life with open arms and an open mind.

My mind is open to every opportunity that is potentially being presented.

I am receptive to my messages and the signs that direct me along my path.

I am receiving my inspired revelations that allow my daily activity to effortlessly flow.

I am being receptive to my exclusive path of inner guidance.

I am receiving & hearing my Soul's transmission.

My reception is loud and my direction is clear.

October 20, 2014.

# Frivolity

Frivolity is frivolous activity.

It is emotional activity that is seen as irrational & without logic.

A rational view of frivolity sees it as a folly that is without levity or gravitas.

An emotional perception of frivolity sees it as a source of fun & amusement.

Frivolity is without serious intention.

It is light-hearted activity.

Activity with a light heart is inspired & empowered.

New born lambs gambol with innocence & frivolity.

I can be innocent of frivolity, guilty of frivolity or innocent with frivolity.

Frivolity without judgment is a pure activity.

It is the pure enjoyment of flowing effortlessly with life's intuitive connection.

October 19, 2014.

# Insensitivity

Insensitivity is insensitive activity.

It is rational activity that lacks awareness.

It is emotionally unintelligent.

It is unaware of other people's emotional state of being as well as being unaware of one's own.

It appears to others as being apathetic & uncaring.

Insensitivity is the effect of a rational analysis of what is occurring with a disconnected sense of feelings.

It is without the sympathy of sharing another's negative thoughts & emotions.

It is without the compassion of sharing another's positive feelings & experiences.

It is without the empathy of sharing another's intuitive path.

It is the effect of sub-conscious reactivity that is disconnected from my empowered higher awareness.

It is the consequence of a belief system that sees emotion as irrational and therefore inconsequential.

October 18, 2014.

# Nativity

Nativity is native activity.

Native activity is the daily activity that I am born into.

I become a native of other people's activities.

My nativity is relative to my native beliefs.

My native beliefs are common to my nation of native people.

I behave in character with the nationality of my nativity.

How I am raised and where I am brought up determine the behaviour that becomes native to my Self.

My tribal mentality determines my nativity as it is native to my Self.

I associate with the characteristics of my tribe, society or nation.

Native activity meets my need to belong.

I belong to the nation of my nativity.

I act in life according to the nativity of my birth.

I am a born native of my environment.

October 17, 2014.

# Captivity

Captivity is capped or captive activity.

My activity is capped when I am trapped within my comfort zone or held captive within an uncomfortable zone.

I am not captivated by the comfort & safety of my environment.

Nor am I captivated by the discomfort & security of my detention.

I can be imprisoned by the boundaries of society and I can become a captive of my own need for comfort & security.

Captivity stops me crossing other people's boundaries.

It also disallows other people crossing my boundaries.

It encourages retentivity & endorses my limiting beliefs.

I am free to explore the limits of my captivity.

I am only ever a prisoner of my own self-imposed boundaries that form my comfort zone.

My need for security causes my captivity and caps my spiritual growth.

October 16, 2014.

# Retentivity

Retentivity is retentive activity.

I act retentively when I hold on to my limiting beliefs.

Firmly held beliefs are convictions.

I am convicted by my retentive beliefs.

Retentive beliefs cause retentive behaviour.

Retentive behaviour is habitual & routine.

Habit & routine can feel safe & comfortable.

A retentive comfort zone offers security but no expansivity.

Letting go is expansive; retaining is constrictive, contracting & retentive.

I hold on tight to survive the chaos of an impending disaster.

I let go of my retentivity to effortlessly flow with life.

Effortless flow allows expansive activity, never retentivity.

October 15, 2014.

# Reactivity

Reactivity is reactive activity.

Reactive behaviour is sub-conscious & instinctive.

My reactivity is relative to my emotional energy level.

With enough emotional energy, I can respond with full awareness of what is happening.

Challenged by not enough emotional awareness, I will react relative to my emotional competence.

My emotional competence is determined by my mental capacity.

My mental capacity determines my reaction or my response.

A reaction is a sub-conscious choice.

A response is a conscious choice.

A choice is a super-conscious ability.

My super-conscious choice enables empowered activity and is never reactive.

October 14, 2014.

# Negativity

Negativity is negative activity.

Negative activity is behaviour that I don't like or I don't want.

Choice allows negativity as opposed to positivity.

Negativity is subject to my perspective.

A negative perspective is caused by negative beliefs.

It is caused by the belief that I do not want what I do not like.

I don't like what I believe is not of my liking or of my likeness because it has an opposing negative vibration to mine.

Negativity always opposes positivity.

They are opposing directions of perspective.

Perspective is a choice that is relative to perception & experience.

How I feel determines my perception of an experience that determines my perspective of what is occurring.

What I think about an experience determines how I react to an experience.

Negativity is a reaction that is not a positive response.

October 13, 2014.



# Relativity

Relativity is relative activity.

Relative activity is subjective behaviour.

Subjective behaviour is relative to personal beliefs.

The beliefs that I have, determine the behaviour that I am be-having.

I am having subjective behaviour relative to my personal beliefs.

Experience is relative to behaviour that is relative to beliefs.

Experience is emotional.

Emotional experience is relative to mental thought.

Mental thinking is relative to mental beliefs.

How I think is relative to how I feel.

How I feel is relative to my perspective of life.

My perception of life, the experience that I feel, is relative to my perspective.

My activity is relative to my perspective.

Relativity is a matter of perspective.

That's the way I see it.

October 12, 2014.

# Autonomy

Autonomy means Self-governing.

It is the self-determination of one's own laws.

Personal laws are called standards of behaviour.

As behaviour follows belief, my personal standards are relative to my core beliefs.

Limiting beliefs cause resistant boundaries that inhibit freedom of action.

High personal standards are relative to the purity of my core beliefs.

The truth of my core beliefs determines the authority of my behaviour.

Empowered behaviour is always authorised.

I govern my behaviour by controlling my emotional power.

Emotional power authorises & enables action.

I am governed only by the Laws of Attraction.

October 11, 2014.

# More Of What A Life Coach Does Do!

A Life Coach Guides & supports the client to:

Become Truly Selfish.

See a third way out of every dilemma.

Overcome fear.

Live their true values.

Create an ideal life.

Discover their vision, mission & purpose for their life.

Develop the presence to see every opportunity as it is presented, in the present as a present.

Live in the zone of the gap, the flow & the now.

Enjoy an effortless life.

Help their Self.

Make conscious & empowered choices.

Get a Life worth living.

October 10, 2014.

# What A Life Coach Does Do!

A Life Coach guides the client along the client's unique & individual path of personal development.

A Life Coach supports the client by connecting them to their own source of personal empowerment.

A Life Coach guides & supports the client to:

Become the effective cause of their own reality.

Connect to opportunities they didn't know existed.

Become conscious of what they already know & remember what they are already aware of.

Develop unconscious competence.

Learn emotional intelligence.

Become problem free.

Become intuitively connected.

Become authentic.

Follow their own inner guidance.

October 9, 2014.

# What A Life Coach Doesn't Do!

A Life Coach doesn't teach knowledge – that's a Teacher.

A Life Coach doesn't train skills – that's a Trainer.

A Life Coach doesn't solve emotional problems – that's a Counsellor.

A Life Coach doesn't practice therapy – that's a Therapist.

A Life Coach doesn't solve behavioural problems – that's a Psychologist.

A Life Coach doesn't cure mental illness – that's a Psychiatrist.

A Life Coach doesn't teach from personal experience – that's a Mentor.

A Life Coach doesn't give advice – that's a Consultant.

A Life Coach doesn't teach theology – that's a Theologian.

A Life Coach doesn't solve spiritual issues – that's a Minister.

A Life Coach doesn't speak to the dead – that's a Spiritualist.

October 8, 2014.

# Positivity

Positivity is being positively active.

Acting in a positive way requires emotional energy.

I connect to my emotional energy when my actions are authorised.

When authority is positively charged it is empowered.

Unauthorised choices of the ego will require will power.

Will power is required to overcome negative resistance.

Negativity is being negatively active.

Will power is not a positive force.

Positive activity & action always feels good & right.

Activity & action that is negative feels wrong & bad.

Limiting beliefs cause fears that can override negative feelings and allow negative actions to predominate.

Positivity always feels good & flows effortlessly because it is empowered & authorised.

October 7, 2014.

# Sensitivity

Sensitivity is being actively sensitive. Being actively sensitive is being aware of other people's emotional states of being.

Being aware of other people's emotional states of being allows my detachment from their dramas.

Detachment from the dramas of others allows my connection to my exclusive path.

When I allow other people to follow their own path they do not interfere with my ability to follow my own path.

Without sensitivity, my detachment becomes my disconnected insensitivity.

Insensitivity is acting in ignorance of another's emotional state of being. Being too sensitive is the effect of my attachment to other people's dramas.

My emotional needs, my dependency on others & my attachment to others sub-consciously pull me into other people's dramas, to which I become either over sensitive or I become insensitive.

Positively balanced sensitivity allows compassion.

Detachment without disconnection allows positive empathy.

Negative sensitivity is called sympathy.

Insensitivity is experienced as negative apathy.

October 6, 2014.

# Perceptivity

Perceptivity is being actively perceptive.

It is my perception of being in alignment with my emotional power.

My perception is my emotional feeling.

My emotional feeling is relative to my mental perspective.

My conscious perspective is accompanied by my perceptive awareness.

Perceptivity allows emotional intelligence.

My emotional intelligence allows my experience of life with an awareness of who I really am.

Perceptivity is my intuitive feeling connection to my life path.

I intuitively feel my choices perceptively.

Perceptivity is my intuitive inner guidance system.

October 5, 2014.



# Impulsivity

Impulsivity is being actively impulsive.

Being actively impulsive is being energised to act.

My Soul energises my actions impulsively.

The impulse is the emotional power that my soul gives to its Self in order to act.

I am never authorised to act without being impulsed with the power to act.

An impulse starts with an inspired thought.

An inspired thought is empowered.

Thinking blocks impulsive action.

In alignment with my Soul's path, my authority is always empowered and my thoughts are always inspired.

My impulses are always potentially expansive.

I cannot plan to be impulsive.

I can allow my impulses to guide my path intuitively.

October 4, 2014.

# Creativity

Creativity is being actively creative.

Being actively creative is creating my reality with conscious-awareness.

Consciously creating my reality is being creatively active.

I can be at the effect of my reality and see other people as the cause.

I can be a victim of my circumstances or the creator of the cause of the experience.

When I take responsibility for causing the effect of my reality, I can responsibly start to create or recreate my reality.

When I recreate my reality with awareness, life becomes an enjoyable recreation.

Recreation is a creative joy.

Playing at life can be fun or it can be dramatic & serious.

My soul creates my reality.

When my self co-creates my reality, I discover my creativity.

October 3, 2014.

# Regality

Regality is the Reality of a Monarchy.

The reality of the Monarchy is seen by its Subjects to be regal.

Only chosen Subjects are chosen to share the reality of the Monarch.

All monarchs are sovereign over their own reality.

Their subjects, as Commoners, are subjected to a common reality.

The Monarch creates their regality to which others are subjected.

In a regality, the monarch is King.

All others are humble to the regality of the King.

Those who fail to respect the regality of the king are cast out of the kingdom.

The Subjects of a Monarchy conform to the regality imposed objectively by its Monarch.

October 2, 2014.

# Popularity

Popularity is a Popular Reality.

A popular reality is a reality of the people.

The people or 'populous' determine what is popular.

Whatever is popular is whatever is generally preferred.

Trends & fashions are a reflection of a changing popular reality.

Popularity is often confused with personality.

For a personality to have popularity they need to have a popular personality.

Pop stars are personalities who sing popular music.

Film stars are actors who star in popular films.

Football stars play for popular teams.

The need to be popular drives an extrovert personality.

Popular people have a life style that is envied by the general public.

Their popularity is a reflection of their ability to live a life that is the envy of the general population.

October 1, 2014.

# Practicality

Practicality is a practical reality.

A practical reality requires practice.

The actions that I practice become more useful in my reality.

Useful actions form my practicality.

A practicality is well drilled & well practiced.

The more I practice something the more my skill becomes practical.

It practically becomes my reality.

A practical reality is devoid of imagination, invention & innovation.

It lacks spontaneity.

It is without emotional feeling.

To be practical requires only my rational logic that sees its usefulness for me.

When something feels good, I don't need to practice, I just do it.

November 30, 2014.

# A Vocation

A Vocation is a calling.

I am called to follow a spiritual path.

A spiritual path is one of personal development.

It is aligned with the vision, mission & purpose for my life-time.

I am called to do what has true value for my Self.

I am first awakened to my calling.

Many are called but few choose to fully awaken.

I follow my vocation with faith in my calling.

I intuitively know that my power comes with my emotional state of being; my authority comes from the choices that I make; and my physical ability is the product of my emotional power & my mental authority.

My vocation is not a faith that follows a religious doctrine or dogma, but a personal faith in my own inner guidance system & intuitive intelligence.

I am intuitively called and I intuitively follow my calling.

Following my path is effortless as my lessons are class-free.

November 29, 2014.

# A Career

A Career is a path of professional development.

When I develop in my chosen profession, I have a career.

A career is driven by the need to achieve, the need to be better than & the need to be acknowledged.

It is the effect of the belief that money makes you wealthy, which gives you the power to achieve; the belief that status gives you the authority to influence others, which make you better than them; and the belief that knowledge give you the ability to be acknowledged as a powerful authority and a wise person.

A career is followed by 'white-collar' workers.

White collar workers go into businesses or professions.

The most knowledgeable profess to be a professional.

The most powerful run their own business,

The highest status comes with the leadership or governance of others.

Professional accomplishment determines authority & status.

Careers are the path of the Middle Classes.

Traditionally, the Upper Class had no need to work and no need of a career.

November 28, 2014.

# A Job

A Job is a path of personal proficiency.

I am trained to do the tasks that fulfil the purpose of my job.

A job is driven by the need to earn a living.

The need to earn a living wage is caused by the belief that without a job, I cannot afford to live.

Jobs are carried out by 'blue-collar' workers.

I am programmed to earn a living.

I deserve a good living when I can hold down a good job and earn my wages.

A good job is a job for life.

A job for life allows me to work hard until I retire.

Jobs are for the working classes.

It is the duty of the working class to get a job and earn a living.

November 27, 2014.



# Three Dimensional Energy

In Relative Dual Reality, an energy wave has three dimensions. A forward vibration is its potential. A lateral wavelength is its magnitude. A vertical frequency is its force. A frequency of time & a wavelength of space allows a potential vibration of reality.

A gravitational magnitude with a magnetic force allows an electrical potential.

A force of authority & a magnitude of power allows a potential ability.

A frequency of light & a wavelength of love allows a vibration of life.

A force of volts & a magnitude of amps allows a potential of watts.

The polarity of a frequency & the gender of a wavelength determines the intensity of a vibration & the intensity of life.

A force of mental thought & a magnitude of emotional feeling allows a potential for physical action.

The polarity of a limiting belief & the gender of an emotional need determines the intensity of a physical drama.

November 26, 2014.

# Particularity

Particularity is a particular direction.

I am particular about my own choice of direction.

We all have our own particular direction in life.

We all have our own unique path to follow.

Physical existence is particular.

Particles of matter allow reality to be particular.

My physical perspective allows my particular reality to manifest as my experience.

My reality is my particular perspective of life.

My perspective allows my particular direction of choice that creates my experience of reality.

My experience of reality is particularly mine.

As I change my perspective, I change my direction and I change my experience of life.

I am particular about my experience of life.

I am particular about the choices that I make in my life because they determine the direction of my path & my experience of the journey.

November 25, 2014.

# Familiarity

Familiarity is a family choice.

It is a choice to follow the direction of the family.

As the head of the family, a father's direction is most familiar.

The family choice is based on familiar principles.

A families principles are most familiar.

The family direction is its lineage.

I chose my family because of its lineage.

My lineage allows my best opportunities for spiritual growth.

I share the early years of my path with my family.

As my father determined my familiar direction, my mother supported my family's direction.

As I grow up and leave my family, my path becomes less familiar.

Until I settle down and raise my own new family along my own new familiar path.

November 24, 2014.

# Similarity

Similarity is a similar choice of direction. My choice of direction may be similar, or not, to others but it is never the same. My choice is unique to me as your choice is unique to you. As we all have our own choice, it is never the same although it may be similar.

Similar choices follow a similar direction.

I make a similar choice when I am on a similar path to another.

The same choice follows the same direction.

The same path follows the same direction as another.

When I follow the same direction as another, I follow someone else's path instead of my own.

When I follow a similar direction as another, we travel as soul mates.

We travel along our own paths together.

We are separate in togetherness.

I either follow a similar path to another or a different path to another, I never follow the same path as another.

I choose the same path as my Soul.

I follow the direction of my Soul's path by making my Soul's choice.

November 23, 2014.

# Popularity

Popularity is a popular choice.

A popular choice follows the direction of the populous.

Whether that is positive or negative is a personal choice.

When people choose the same choice or direction it is popular.

A popular direction to follow is in agreement with the majority of people.

Popularity has no conflict with the general populous.

Following the choice of others is not always popular with me.

It is the direction of my perspective that is either popular or not.

It is my perspective that is either similar or not.

My perspective, my direction & my choices determine my popularity or not.

November 22, 2014.

# Jocularity

Jocularity is a positive choice.

A positive direction requires positive emotional energy.

Jocularity has the positive emotional energy of good humour.

Good humour shares positive humorous experiences.

With good humour, I am happily following my physical path.

Life is fun with jocularity.

Bad humour is never jocular.

Life is designed to be full of fun.

Happiness is an inherent quality of life.

Jocularity is an expression of my happiness.

With jocularity, I take my joking seriously.

I have no concerns, no sarcasm, no cynicism & no criticism of my experience of life.

November 21, 2014.

# Clarity

Clarity enables a choice of direction.

My direction is clear when I see with clarity.

There is no entropy, no inertia, no resistance.

With clarity, I see the physical world through my eye sight  
and I see the spiritual world with my intuitive insight.

Physical sight allows my rational choice.

Insight allows intuitive choice.

My Soul directs my Self with the clarity of intuition.

When intuition is clear & direct, my direction has clarity.

Without clarity, my choice is confused.

The relative physical world allows choice to exist.

My direction requires just one choice at a time.

When that choice has clarity, my life path is effortless.

November 20, 2014.

# Polarity

Polarity is direction.

Direction is my perspective of where I am going.

The direction of my perspective determines my path in life.

My perspective can be positive & going forward or it can be negative & going backwards.

Polarity can also be neutral and standing still.

My polarity is a matter of perspective.

Standing still can be perceived to be a positive perspective, a negative perspective or a neutral perspective.

I choose my direction with the polarity of my thought, which determines the gender of my emotional energy.

I choose my path, I choose my polarity and I choose my direction in alignment with my perspective of reality.

To change my reality, I require a change of perspective, a change of direction and a change of polarity in my thinking.

November 19, 2014.



# Locality

Locality is a local reality.

It is the reality of what is here rather than there.

Here & there are locations in space.

My location in space affects my reality.

Reality is relative to space & time.

Locality is a spacial reality.

It is the reality that is local to my Self.

Locality allows reality to be unique to each & every location.

A location is an individual perspective of a reality in time.

Every reality has a time & a space.

Locality has a unique place in time & is a unique time in space.

My present reality is local to my Self.

When I locate my Self in time & space, I experience my own unique reality.

November 18, 2014.

# Positive Potentials

Positive Potentials are personal attainments that allow my potential to be realised.

They are personal attributes that are potentially mine.

My potential to realise a positive potential is relative to the magnitude of my emotional power.

The greater the magnitude of my emotional power, the more positive is my potential.

My potential is to be positively potent.

The highest potential is omnipotence.

Omnipotence means all powerful.

It requires all my attributes to attain their positive potential.

Realised potentials that are attributable & attained become personal qualities.

All of my qualities are potentially positive.

It is not my potential to be negative.

November 17, 2014.

# Hope, Expectation, Knowing

Hope is the feeling that something positive will turn up.

Expectation is the positive feeling of being sure that what I want is on its way.

Knowing is the intuitive certainty of what will occur.

When I positively know that something will be, it will be.

When I positively expect something to turn up, I may be disappointed.

When I positively hope something is on its way, the matter is not in my hands and the chances are that it may not turn up.

Knowing has the potential for certainty to be realised.

Expectation has the will power but not necessarily the authority to manifest.

Hope puts the power of manifestation in the hands of the gods.

Knowing has no gender duality and therefore no uncertainty.

I can expect to be disappointed and I can hope that I am not.

When I know that I will be disappointed, I certainly will be.

November 16, 2014.

# Negative Emotional Intensities

Anxiety – Fear – Dread

Assertive – Aggressive – Violent

Coy – Shy – Embarrassed

Criticised – Humiliated – Condemned

Displeased – Sad – Desolate

Disapproving – Disgusted – Repulsed

Disappointed – Bitter – Devastated

Disliked – Hated – Loathed

Envious – Jealous – Outraged

Guilty – Sorrowful – Ashamed

Impatient – Angry – Furious

Irritated – Annoyed – Vexed

Idle – Lazy – Slothful

Meek – Weak – Inadequate

Tired – Exhausted – Desperate

November 15, 2014.

# Reactive, Proactive, Responsive

Reactive is a sub-conscious choice.

I do not plan to react.

I react instinctively when in fear or danger.

I react according to my sub-conscious beliefs & programmes.

I do not train to react.

I train to become proactive.

Proactive is a conscious choice.

Being proactive is consciously planning my intention & my choice.

Being proactive is a skill & an accomplishment.

Being responsive is an attainment & a quality.

Responsive is a super-conscious choice.

The ability to respond is an unconscious competence.

Being able to respond in a responsive way requires emotional power & mental authority.

Being reactive, proactive or responsive is a choice.

November 14, 2014.

# Pro-Activity

Pro-Activity is pro-active action.

Pro-active action is planned activity.

It is deciding in advance what action to take.

Pro-activity plans future action.

An action plan is pro-active.

It plans for pro-activity.

Planned activity is designed to be beneficial.

No-one plans for detrimental action.

Pro-activity follows a belief that without planning, things can go wrong.

It avoids reactive action, which is sub-conscious & instinctive.

Pro-active action is consciously planned.

Pro-activity excludes an intuitive response & unconscious competence.

November 13, 2014.

# Festivity

Festivity is festive action.

The festive season is a time of gratitude & joy.

Every season is an opportunity for festivity.

With festivity, life is a feast of experiences waiting to be experienced with joy.

Festive action celebrates life.

It feasts upon the experiences of life.

Every action is a celebration of life.

It presents life as a present in each present moment of festivity.

At festive times, we give thanks and we give presents.

We are in gratitude for the allowance & the providence that is received in each festive moment.

Festivity requires presence.

Presence allows festivity to be festive action.

November 12, 2014.

# Expressivity

Expressivity is expressive action.

Expressive action presents who I am being.

The action of doing anything allows the expression of who I am being.

Expressing who I am requires expressivity.

The quality of my actions expresses the quality of my beingness.

Without expressive action there is no way of expressing my feelings.

Expressing my feelings allows my emotional experience of life.

It allows me to know who I am being.

Life is an emotional experience when I express my feelings through whatever I am doing.

Expressivity allows me to see who I am in relationship to what I am doing.

It allows me to be an expression of my Self through whatever action I am taking.

November 11, 2014.



# Inactivity

Inactivity is too little action.

Too little action is caused by low emotional energy.

Highly intense negative thinking causes inactivity through fear of taking action.

A low magnitude of emotional energy is caused by a disconnection from source energy.

No authority equals no emotional power.

Low self-worth & low self-confidence cause low self-esteem and inactivity due to low emotional power.

Inactivity can be just temporary idleness, the laziness of being demotivated or the sloth of being disempowered.

Too little action is never beneficial.

The right amount of action is just enough to allow life to effortlessly flow.

Just enough action is always enough to ensure my allowance.

November 10, 2014.

# Reproductivity

Reproductivity is being actively reproductive.

Actively reproducing reproduces continuity and a continuously active reality.

Reproducing offspring ensures the continuity of a species.

Continuity of beliefs causes & reproduces a continuous reality. I reproduce my reality according to my beliefs about my reality.

Gratitude is my power to reproduce my present reality as my future reality.

Appreciation is my power to reproduce more of my ideal experience in my future.

My limiting beliefs & fears continue to reproduce limitation & danger as my reality.

I reproduce my reality in alignment with the power of my emotional state of being.

My negative beliefs reproduce negative experiences.

My positive beliefs reproduce positive experiences.

Pure thoughts reproduce balanced experiences.

I reproduce my physical experiences in alignment with my mental beliefs and my emotional power.

November 9, 2014.

# Overactivity

Overactivity is too much action.

Too much action drains emotional energy.

Action requires emotional power as well as physical activity.

Emotional power enables physical action to be active.

High intensity power burns out quickly.

Balanced emotional power has a greater magnitude of energy.

Overactivity is not authorised because it is not emotionally balanced.

To be empowered action needs to be authorised.

Overactivity & under-activity are never authorised.

Action flows when it is effortless.

Overactivity causes entropy, inertia & resistance and invokes Murphy's Law of what can go wrong will go wrong.

A positive intention has potential without intensity.

Intense activity is overacting.

The need to achieve, accomplish or attain success is the usual cause of overactivity.

Too much action is not idle laziness but it is slothful.

November 8, 2014.

# Productivity

Productivity is productive action.

It is the action of producing produce.

Productivity produces a material outcome.

Performing tasks efficiently & effectively is productive.

Inefficiency is ineffective & counter productive.

Skills & accomplishments allow tasks to be carried out well and production to be productive.

I cannot produce the goods unless I first proceed with action.

Productivity is the action required to produce goods.

Good productivity produces good products.

It is the process of taking action that makes productivity productive.

By taking appropriate action, I produce a product by means of my productivity.

November 7, 2014.

# Collectivity

Collectivity is collective action.

Collective action is called teamwork.

I can act alone or I can act collectively.

Collectivity requires co-operation & collaboration.

It requires all participants to be working with the same intention or objective.

It is all pulling in the same direction & singing from the same song sheet.

It is following a team objective rather than a personal agenda.

Having a unique vision doesn't stop me sharing a team objective.

Collectivity combines the unique strengths of each individual into a unified force for achievement.

Collective action is not necessarily similar action.

It is the collective action of many different tasks that achieves a common objective.

November 6, 2014.

# Motivity

Motivity is motive action.

It is putting action into motion by putting motion into action.

Motivity is doing motion. It is the action of doing as distinct from the activity of having or actively being.

The motivity of motive action requires a state of matter.

The state of matter can be motive & mobile or immobile & motionless. It can be stationary or moving.

The motion of energy is called emotion.

Energy is in continuous motion.

Life is a continuous emotional experience, whether motivity is present or not.

Energy is emotive, matter is motive.

Emotion allows emotive activity.

Motivity allows action to matter.

I can be physically active or inactive.

I can be emotive or emotionally demotivated.

Unauthorised action requires motivation.

Authorised intention has motivity.

November 5, 2014.

# Objectivity

Objectivity is objective action.

It is acting objectively with a clear objective in mind.

My objective is to achieve my intention through action.

An objective is an active intention.

The object of the exercise is to achieve the objective.

My intention is the object of my action.

I may object to someone else's actions when they are contrary to my intention.

Other people may object to my objectivity.

Objectives are what I achieve by doing tasks.

Doing a task requires action.

A task that is designed to achieve an objective requires objectivity.

November 4, 2014.

# ‘Just Is I’ & ‘Just If Y’

My Faith Just Is.

My Beliefs are just if.

A belief is just, if it is proved to be true.

When I believe my belief to be true, I believe it to be just.

However, it is just my belief.

When I believe it is just if it is true, I am living at the the effect of life being ‘just if’.

Whatever I cause, just is.

It just is the effect of whatever I cause.

I have faith in the ‘just is’ system.

Life just is a reflection of what my thoughts cause to become my reality.

I believe in the ‘justice system’ that decides what is just ‘if’.

I can justify my actions and prove them to be right, or I can accept that Life Just is I.

November 3, 2014.



# The Way

There is not just one way.

There are many ways, as all possibilities exist as a potential to be realised.

‘The’ is a definite article.

Every way is a possible way until I define my way.

The way for my Self is my way.

My way is one particular definite way that is my choice.

I choose my way, my way.

You choose your way, your way.

The way is the direction of my journey that I choose to follow, my way.

My journey is a journey that I choose, all the way.

The only way is to choose my journey, my way.

That is the Way.

November 2, 2014.

# Tired, Exhausted, Desperate.

With enough emotional energy, I am never tired.

Being Tired is the experience of low emotional energy.

As I deplete my emotional energy, I get tired.

I get tired of pushing in the wrong direction.

Physical exertion is an antidote to tiredness when it meets an emotional need.

Sleep is designed to naturally replenish emotional energy.

Physical exhaustion occurs when muscles run out of fuel.

Muscles recover from exhaustion as and when adequate blood supply is restored.

Mental exhaustion accompanies emotional exhaustion.

I am Exhausted when my emotional energy is exhausted & I switch off mentally and go to sleep.

I am Desperate when my mental exhaustion stops me from seeing any way of replenishing my emotional energy.

When I wake up with no emotional energy, life looks extremely desperate and I have reached the depths of my despair.

Despair is one extremely negative experience of life in a relative dual reality world.

November 1, 2014.

# Duality

Duality means dual reality.

In every duality, vibrations of energy are divided & in opposition.

They are divided by frequency & wavelength.

Frequencies of a vibration are divided by positive or negative polarity.

Wavelengths of a vibration are divided by male or female gender.

Male & female gender may be polarised as being either positive or negative.

Duality allows choice.

Without duality there is no choice.

Without choice every vibration of energy is Oneness, Singularity & Sameness.

The duality of space & time allows choice to be experienced as a reality.

The duality of polarity & gender allows an experience of reality to have an intensity.

A really intense experience is called a drama.

Drama can only exist in a dual reality world.

December 31, 2014.

# Continuity

Continuity is the nature of reality.

Reality is continuously changing over time and through space.

Every space has a different reality because space changes through time.

As the Sun's journey through space is continuous in time, realities are contiguous.

Reality appears to be continuous in time when each space is contiguous to the next space.

Every moment of time & particular space allows a new reality to continue to form.

As each moment in time is contiguous with the last moment in time, each space in reality is contiguous with the last space of reality.

Just as each frame of a movie clip is contiguous with the last, reality moves through time & space at a continuous speed.

Every past reality is captured in its own space & time frame for a continuity.

A continuity is the everlasting nature of a continuous reality in space & time.

December 30, 2014.

# Eternity

Eternity is the nature of Time.

Time is an eternal frequency of Light energy.

An eternal frequency is a straight vertical line.

A definite frequency is a pulse of energy that causes a wave to bend or curve.

The pulse that curves energy is a frequency called time.

Time frequencies are magnetic, they resonate in time.

The frequency of a pulse causes a moment in time that allows a force of authority called thought.

Thought is a light wave that exists for eternity and continuously occupies a space in time as a reality.

In each moment of time, a reality is etched in space as the solar system travels on its continuous journey through the space-time reality of our galactic universe.

December 29, 2014.

# Infinity

Infinity is the nature of space.

Space is an infinite wavelength of energy.

An infinite wavelength is a straight horizontal line.

A definite wavelength has a curve or wave that has a definite measurable length.

Infinity is the indefinite nature of space.

Wavelength causes a definite time in space called reality.

Curvature is caused by gravity.

Curved space realises gravity.

Infinity has no wavelength & no gravity but infinite potential to create both.

Infinite potential is unbounded and unlimited.

It has an infinite magnitude and an eternal force.

An infinite magnitude of space allows an infinite magnitude of power with infinite creative ability.

Infinity allows all possibilities to exist as a potential, forever.

December 28, 2014.

# Reality

Reality is relative to Time & Space.

It is a snapshot of space in a moment of time.

A moment of time is the span of a thought wave.

The length of a thought wave is its emotional wavelength.

Reality is relative to the emotional experience caused by a particular frequency of thought.

The light frequency of thought causes the effect of a wavelength of emotion.

A wavelength of emotion is an aspect of love.

An aspect of love that is a wavelength of emotion is carried on a frequency of thought that is the authority of its light and the real potential for its life.

Reality is continuously changing on an eternal journey in time through infinite space.

The reality of space is infinite.

The reality of time is eternal.

December 27, 2014.

# Space Is Not Empty

Space is not empty.

Space is full of energy in continuous motion.

The continuous motion of spatial energy is called time.

Time, Space & Reality are the three dimensions of a metaphysical universe.

Reality is relative to the time in which space exists.

Space is the energy that forms a present time into a reality.

Space is the energy, time is the motion of spatial energy and reality is the matter realised from energy in a specific space & time.

From a purely physical perspective only matter matters.

From a metaphysical perspective: Space, Time & Reality are all relative to each other.

They are three dimensions of the same universe experienced from different viewpoints.

December 26, 2014.



# Time

Time is the Reality of Space.

In a space-time reality; time, space & reality are all relative.

As I move in space, I move in time.

Our solar system is on a continuous journey through space.

As we travel through space, we travel in time.

Looking out through space is looking back in time.

We are seeing stars & galaxies in our present sky that are images from our past.

Even our nearest star is four years in our past.

It takes over four years for the light from the nearest star to reach our planet.

Four years in time is four light years distance in space.

What is real on Earth today takes four years to reach the nearest star in space.

The reality of the past, the present & the future spreads out in every direction through space.

December 25, 2014.

# Light

Light is the authority of energy in time.

The omniscient energy of time is the all knowing force of light that is pure conscious thought.

Time allows moments of reflective thought.

Moments of reflection allow unique thoughts to form & create unique thought forms.

Unique thought forms allow a unique reality to form in space & time.

Different frequencies of light allow different thoughts to form.

Pure thoughts create a pure form of reality.

Impure thinking is caused by frequent opposing polarities of light.

When the frequency of light is divided by positive or negative polarity, impure thinking becomes the perspective.

Negative polarities of thinking are neither authorised nor empowered.

Negative polarities disempower the thinker because they are not authorised.

Authorised thought is empowering & enlightening because it has the creative ability of eternal time as its Source.

December 24, 2014.

# Love

Love is the power of energy in space.

The omnipotent energy of space is the all powerful magnitude of pure Love.

The magnitude of space allows love to flow as emotion.

Different wavelengths of love allow different emotions the space to flow.

The purity of an emotion determines its power.

Pure whole emotional wavelengths of energy are powerfully creative.

Divided wavelengths have an emotional gender.

Male & female genders are disempowered and will compete for emotional energy.

Divided genders of emotional energy are disempowering because they are disconnected from their potential.

They can be experienced at varying degrees of intensity but have little potential for an ideal life.

December 23, 2014.

# Life

Life allows the potential of thought energy to be realised experientially.

Life is the real experience of energy & matter in motion in a space-time-reality.

Life requires space & time to allow reality to flow.

The combination of a magnitude of Love & a force of Light allows a potential reality called Life.

Light is authorised & Love is empowered when Life is enabled.

Life is the awareness of an emotional perception of a conscious perspective of thought.

Conscious thought experiencing frequent emotional wavelengths of reality is called living a vibrant life.

The reality of life requires the space for emotional wavelengths of energy to exist as separate frequent thoughts isolated by time.

Life is the separation of thought & emotion in a reality of time & space.

December 22, 2014.

# Potential

The Potential of any energy vibration is the product of its force & magnitude.

Every vibration is divided by frequency & wavelength. The force of the frequency plus the magnitude of the wavelength determines the potential of a vibration.

The potential ability of a thought energy is the product of its force of authority & its magnitude of power. Therefore mental authority plus emotional power equals physical ability. Physical ability is the potential of Human Beings.

Mental capacity & emotional competence enable physical potential.

The force of Light & the magnitude of Love allows the potential for Life.

The force of authority of the Father with the magnitude of the power of the Holy Spirit enables the potential ability of the Son.

The potential of electrical watts is equal to its force of volts and its magnitude of amps. A magnetic force with a gravitational wavelength equals an electrical potential that is experienced as Thunder & Lightning.

All vibrations of energy have their own potential. Infinite possibilities exist because energy has the potential to exist in

an infinite number of ways and combination of ways.  
Definite possibilities exist because energy is currently  
realising the potential to exist in a definite number of ways,  
which we call reality.

December 21, 2014.

# Wavelength

Wavelength is the distance or expansiveness of an energy vibration. The most expansive wavelength of energy is emotion. Emotion is energy in expansive motion.

Thought & Emotion is Consciousness is action.

Every vibration of consciousness is a distinct thought form transmitted on a distinct wavelength of emotion.

It is not that vibrational energy has consciousness but that Consciousness is a vibrational energy.

Energy that has no vibration has no consciousness and therefore cannot & does not exist as a reality.

A Wavelength of conscious energy may be divided by male or female gender. Gender allows choice & intensity but disallows a magnitude of clarity. A choice of gender allows a duality of clarity or confusion, order or chaos, calm or intensity and a whole host of emotional states of being.

The polarity of a frequency of thought is a matter of personal perspective.

The gender of a wavelength of emotion is a matter of personal perception.

The intensity of a personal experience is a matter of choice.  
December 20, 2014.

# Frequency

Frequency is the speed of an energy wave.

Thought is an energy wave of consciousness in motion.

The speed of thought is the speed of light.

Physical reality is Consciousness experiencing its own thought forms. The frequency or speed of an energy wave determines its force. The force of a thought wave determines its authority. An authoritative force has creative ability, it is authorised to be creative. An unauthorised force can have inability or destructive disability.

Frequency may be divided by polarity, which allows opposing directions of force. It allows creative force to be authorised and unauthorised force to be destructive.

Unauthorised force causes, resistance, entropy & inertia with varying degrees of intensity.

Resistance causes heat: High resistance causes intense heat.

Heat has the ability to turn solids into liquids, liquids into gases, gases into plasma or reform completely as energy in motion with absolute frequency.

Whereas thought has the potential to be creative, heat has the intensity to be destructive, from a physical perspective of reality.

December 19, 2014.



# Vibration

Vibration is a rate or a level of energy.

All matter is energy in motion.

The level of vibration determines the form that energy takes as matter.

As the motion or vibration of energy decreases, it materialises as matter.

At a low vibrational rate energy becomes matter.

Gas has a higher rate of vibration than liquids.

Liquids have a higher vibration than solids.

We rate matter as a solid, liquid or a gas according to its level of vibration.

The lower the rate of vibration the less its energy is apparent and the colder matter appears to be.

At absolute zero there is no apparent vibration.

However this is a theoretical infinity that is physically unattainable because energy or matter without motion is not actually possible.

All vibrations of energy are the product of their frequency & wavelength of motion.

December 18, 2014.

# Spin, Orbit, Rotation

Planets & Stars spin around their axis.

Planets orbit their Sun.

The Solar System rotates on its axis of spin on its orbital journey of the Milky Way Galaxy.

Galaxies rotate around their directional axis on their orbital journey through the universe.

Electrons spin around their axis & orbit their atomic nucleus.

Atoms rotate on their journey through material form.

Spin, orbit & rotation is common to all energy & matter in motion.

The motion of the energy of matter is relative to its frequency of spin, its wavelength of orbit & its vibrational rotation.

December 17, 2014.

# A Galaxy

A Galaxy is a collection of solar systems.

Each solar system is a physical energetic form.

Each system is physically formed from the sun at its centre.

Like energy unto itself is drawn.

Like solar systems are drawn together to form a galaxy.

Galaxies rotate around a black hole at their centre.

A black hole is the gateway between the realms of matter & the realms of pure energy.

It is a portal between the realms of spirit & the worlds of matter.

It is the heart of the galaxy, the nucleus from which all matter is formed and all matter eventually returns.

It is the energy of the black hole that keeps the matter of the galaxy in motion.

Solar systems of a similar wavelength gravitate in the same galaxy, whilst their magnetic frequencies keep them apart.

Thus separate solar systems travel separately together in the same galaxy.

December 16, 2014.

# A Solar System

A Solar System is a particular form of material reality manifest from & within the energetic universe.

The heart or centre of a solar system is a sun. The Sun is the Soul of the solar system.

The Sun emits a frequency of Light on a wavelength of Love.

The frequency & wavelength of the sun's vibration determines the matter of Life in that solar system. Energetic Love & Energetic Light allow Energetic Life to be experienced in a physical realm of Body, Mind & Emotion. A physical human body sees physical light or dark and feels physical warmth or cold.

A spiritual mind knows mental light, feels emotional love & sees physical life from an intuitive perspective.

A solar system is in continuous motion over a matter of time through the energy of space. Our planet Earth spins, orbits the sun, rotates around the sun's axis and revolves with the solar system as it circulates the galaxy.

Spin, orbit, rotation, revolution & circulation are the 5 galactic dimensions through which the planet earth is travelling.

Energy, matter & motion allows a time-space-reality of love, light & life. The Sun is a matter of energy in motion that emanates light & love to form life within its solar system.

December 15, 2014.

# The Physical Realm

The Physical Realm is part of an energetic universe.

The majority of the universe is energetic Space.

Energetic space is a pure wavelength of energy with absolute gravity.

A pure frequency of universal energy is called Time.

Universal Space-Time allows a universal reality to exist.

Reality is relative to its time & space within the universe.

The physical realm is a physical manifestation of universal space-time.

Spiritual reality is a matter of continuous experience in eternal time & infinite space.

Relative space-time allows a physical reality to be a definite experience.

The physical realm allows a definite experience of space-time-reality.

Thought energy becomes a thought form and manifests as a physical experience.

Pockets of physicality in an energetic universe are called Galaxies with stars or solar systems with planets that allow the physical realm to exist.

December 14, 2014.

# Spiritual Energy

Spiritual Energy is a triality of body, mind & emotion.

Spirit is an energy that has a physical vibration, a mental frequency & an emotional wavelength.

Spirituality is the reality of a spiritual frequency, wavelength & vibration of energy in a physical, mental & emotional state of being.

A Spiritual Being is a vibration of energy.

A Physical being is an energy vibration that has materialised into a physical, mental & emotional reality.

All of physical reality is formed from energy that is manifested into physical form.

Physical reality allows mental consciousness the ability to experience itself emotionally.

Mental thought energy & emotional feeling allow a physical being to experience Life.

A physical body requires a physical realm in which to experience the emotion of its thoughts.

All Physical Beings originate from the Spiritual Energy of Mental Thought & Emotional Feelings.

December 13, 2014.

# Physical Form

Everything is Energy in different form. The form an energy takes or forms into is determined by the motion of its vibration.

Its vibration is determined by its frequency & wavelength.

Physical form is a perspective of reality determined by the frequency of the consciousness of a particular thought.

The wavelength of a physical form causes the perception or awareness of an emotional feeling when experiencing that particular form of matter.

The magnetism or force of attraction of a particular form of matter determines the gravity of its expansiveness.

Magnetic force plus gravitational magnitude allows an electrical potential.

It is the electrical potential of energy that allows it to manifest into a particular physical form. Energy can potentially manifest into an infinite variety of physical forms relative to its rate of vibration & electrical potential.

Material form is the expression of a particular electrical vibration, which is relative to its magnetic frequency and its gravitational wavelength.



Metaphysically, all energy is in motion and a matter of its magnetic force, gravitational magnitude & electrical potential.

December 12, 2014.

# Emotion

Emotion is consciousness feeling the experience of its own thought form.

The division of a pure energy vibration of consciousness allows a frequency of thought to have a wavelength of emotion. This allows consciousness to experience its own creation. Whatever conscious energy creates with thought it experiences with emotion.

Experience is created by dividing pure consciousness into thought & emotion.

Pure consciousness is a vibration, thought is a frequency & emotion is a wavelength.

The purpose of spiritual thought is the experience of spiritual emotion.

The frequency of a transmitted thought determines the wavelength of the emotion received.

Frequency of thought is a force that is magnetic.

The wavelength of an emotion determines its gravitas or the magnitude of its gravity.

Like frequencies & wavelengths unto themselves are drawn.

This is the potential of the Law of Attraction.

The potential of Life is electric.

December 11, 2014.

# Thought

Thought is the consciousness of spirit in motion.

Energy in motion is called emotion.

Thought & emotion are inseparable in absolute reality.

They are two sides of the same energy vibration.

They are the frequency & wavelength of an energy vibration of consciousness.

All consciousness is energy in motion. The frequency & wavelength of a vibration determines its form.

The vibration of energy is its potential to manifest in the form of a plasma, a gas, a liquid or a solid, relative to its frequency & wavelength.

The cause of that creative activity is thought.

Without the conscious thought of an observing creator, nothing exists in physical reality.

It is the pure thought of consciousness that forms physical & spiritual existence.

Consciousness forms pure energy into a matter of spirit & then into physical matter.

As a part of the physical existence of spirit, I am a part of that thought process yet apart & separate from that thought process; until I remember that I am that thought process.

December 10, 2014.

# Metaphysics

Metaphysics is beyond Physics.

Physics is the scientific study of the physical world.

Metaphysics is the study of the energy that allows the physical world to exist.

That energy used to be known as the ether and is now known as Spirit.

Spiritual energy is what gives matter its form.

Energy forms into matter and matter forms from energy.

Energy is a matter of its motion.

Spirit is the consciousness that forms energy into matter.

All matter is formed from the consciousness of spirit.

Matter is a conscious form of spiritual energy.

Spirit is the energy of consciousness and consciousness is the energy of spirit.

Spirit is a matter of consciousness, as consciousness is a matter of spirit.

The spiritual energy of consciousness is called Thought.

December 9, 2014.

# Sins & Virtues

Sins are male emotional energy. Virtues are female emotional energy. When a wavelength of pure emotion is divided by gender it causes the effect of a sin or a virtue. Seeing an experience as a sin or a virtue is a perspective based on a perception of gender.

When sins or virtues are judged to be good or bad, my perspective is divided by polarity. Polarity determines the direction & of my thinking relative to the attitude of my beliefs. My thinking can be in positive alignment or negative misalignment with my Soul's vision.

My Soul has no negative polarity only clarity of direction. It has a pure frequency of thought transmitted on a pure wavelength of emotion.

My Soul's feeling is never divided by a perception of gender. God has no male or female inclination.

When my ego self sees a sin as bad & wrong and a virtue as good & right, my perspective is misaligned & mistaken.

My Soul sees only the Good in all Sin & Virtue and the purity of their Holy Communion. In absolute reality, yin & yang are never in opposition.

December 8, 2014.

# Sloth & Diligence

Sloth is the male energy of being off track.

Diligence is the female energy of following another's path.

I diligently do my duty as ordered & authorised by another.

I am idle & lazy when I am not following another's orders diligently.

I am slothful when I am not following my own path.

I follow my own path effortlessly.

I follow another's path diligently & dutifully.

When I dutifully follow my Soul's path with diligence, my life is effortless.

Following another's path is always hard work.

Taking the easy way out is seen as lazy & idle.

It is my destiny to flow effortlessly on my path.

Effortless is neither with effort nor without effort.

I cannot be effortlessly off track.

Following my own path is never hard work.

December 7, 2014.

# Wrath & Meekness

Wrath is the male energy of my will power.

It is the will of Man not the will of God.

Meekness is the female energy of following the will of another.

It is never God's Will for me to follow the path of another.

Meekness is the will of a woman who follows her man.

It meekly obeys the wrath of another's authority or will.

Anger is the male energy of being without feminine patience.

When my will power is depleted, i get angry.

With enough emotional energy, I have the patience to meekly follow the wrath of another.

Will power is the wrath of my ego self.

Meekness requires the will to be patient.

Being slow to anger requires the wrath of meekness.

Following my Soul's path requires no will power, no patience, no anger, no meekness, no wrath.

It does require the ability to allow all others to follow their own path.

December 6, 2014.

# Greed & Pleasing

Greed is the male energy of competing to be better than others.

Pleasing is the female energy of helping others to be better than they are. I please others to help them win and appear better than they are.

Needing to win by competing against others is greedy.

Greedy people need others to please them.

Pleasers support & promote greedy people.

Greedy people need followers who please them.

A group of pleasers is called an entourage of yes-men.

Pleasing is an unselfish act that makes another selfish.

Fulfilment comes with being better than I am.

I do not need to compete with others for my emotional energy when I am feeling fulfilled.

I compete only with my self to improve & become better.

My Soul pleases only its Self by providing a unique personal path to fulfil & to follow.

My ego is greedy & selfish when it pleases itself.

I am greedy for the pleasure of fulfilling my destiny, which is truly selfish.

December 5, 2014.



# Love & Lust

Lust is my male energy of wanting.

Love is my female energy of needing.

I would love to have whatever meets my emotional needs.

When I balance my yin & yang, I realise that there is nothing that I want or need.

I want & lust after what I believe that I physically need.

I love & value what I believe that I emotionally need.

What I need and have emotionally has value for me.

What I want & lust after physically has value for me.

Neither wanting nor needing has true value for me.

There is true value in the gratitude & appreciation of having everything that I want & need.

I cannot truly love my life when there is something that I need.

I do not truly love life when I am lusting after what I believe that I want.

Wanting & needing are a statement of 'not having' that attracts the experience of lusting for love or wanting what I think that I need.

December 4, 2014.

# Pride & Humility

Pride is the male energy of being outstanding.

I stand out when I am proud.

I am proud of standing out from the crowd.

Humility is the female energy of not standing out.

It is the modest way of not being outstanding.

It sees the best way as the modest way.

Being modest is the best way to be outstanding.

Modesty sets me apart from the crowd that is trying to be outstanding.

Humility is being proud of not being proud, which is the best way.

Standing out from the crowd is an achievement.

Being at one with my soul is an attainment.

My soul expresses humility with pride because pure energy has no division by gender.

Being at One with my Soul is the best way.

December 3, 2014.

# Scarcity & Gluttony

Gluttony is my male energy of excess.

An excess is a glut of more than enough, which is too much.

Scarcity is my female energy of poverty & abstinence.

Poverty is the experience of not having enough or having too little of something.

Abstinence causes my own limitation because of my scarcity mentality.

A scarcity mentality sees a world of limitation.

It seeks more than enough now to ensure plenty in the future.

It believe that plenty now will ensure enough for the future.

My Soul lives in the eternal now of abundance.

In each present moment there is always enough.

With enough, I am content because life is abundant right now.

Any experience to the contrary is the effect of my perspective of scarcity that causes my extravagant outlook.

I do not need plenty for the future when I always have enough for now.

December 2, 2014.

# Envy & Kindness

Envy is the male energy of desire.

Kindness is the female energy of passion.

I have a desire to have what others have and I do not.

I have a passion to be kind to my kind of people.

People who I envy are my kind of people.

I want to be like the people who I am like.

I desire others to like me and to be like me.

My passion is to be like other people whom I like.

I envy other people's kindness.

I desire life with a passion when I want a passionate life.

I choose to desire only gratitude in my passionate appreciation of my kind of life.

I choose to be in gratitude of everything that I have and in appreciation of everything that my Soul provides for its Self.

December 1, 2014.