



# Daily Life Lessons 2015

Keith Collins



## The Heart

The Heart is the core of my Beingness.

It is my spiritual centre where I connect to my Source.

My Heart connects my Self to my Beingness, my essence.

An open heart allows my connection to source.

A closed heart disallows my Soul connection.

My heart connects my Self to its inner guidance and whatever I call the source of my inner guidance.

The heart is synonymous with love because my connection to source is empowered.

My Soul is the source of my Beingness and the source of my power.

I connect to my heart when my mind or mental processor is aligned with my solar plexus or emotional processor.

When I know my mind & see my place (plexus), I feel with an open heart.

January 31, 2015.

## The Solar Plexus

My Solar Plexus is my feeling centre.

It translates as the place of the sun.

It is my emotional brain.

The solar plexus does not appear on any anatomy charts.

It is not a physical organ.

Neither is it an energy chakra.

It is the source of my gut instinct.

It is my intuitive feeling centre.

It is the spiritual centre where my intuitive feeling is processed.

It is where I feel the love that my Soul has for its Self.

It is where my Self receives the pure feeling that emanates from my Soul.

It is my own source of inner feeling.

It is my Love Processor.

January 30, 2015.

## Extra Sensory Perception

Extra Sensory Perception or ESP is how a spiritually unawakened Being sees instinct & intuition. ESP is seen as a sixth sense or an extra sense.

It is a collective word for instinct and the three intuitive senses of seeing, feeling & knowing.

Knowing is a thought frequency transmitted by my spiritual Self to my physical ego Self.

My spiritual Soul communicates with my physical ego Self with a thought frequency of intuitive knowing.

My physical mind has the capacity to receive intuitive revelatory thoughts of knowing, when I allow them.

My Soul's communication with its Self is always delivered on a wavelength of pure intuitive feeling.

Every frequency of thought is transmitted on a wavelength of emotion, you see.

Intuitive feeling (sometimes called gut instinct) is received by the emotional brain in the feeling centre of my solar plexus.

When my mind & my solar plexus are aligned, my heart is open to intuitively see the source of my inspired perception.

I can perceive an extra sense, I can sense a new perspective & I can see with ESP.

January 29, 2015.

## Sentient Beings

Sentient Beings sense both physical vibrations of matter and spiritual vibrations of energy.

They see, touch, taste, smell & hear the energetic vibrations of physical matter as their physical reality.

They also feel, see & know the energetic vibrations of spiritual energy as their instinct & intuition.

Instinct & intuition is how spirit becomes a reality to a Sentient Being.

A Sentient Being is both the energetic Creator & the material creation.

It has both physical consciousness & spiritual awareness.

Conscious-awareness is the ability to receive energy vibrations in 5 physical ways & 3 spiritual ways.

It is also the ability to transmit Thought & Feeling as distinct from emoting & thinking our beliefs & emotions.

Thought & Feeling are intuitively super-conscious communications, whereas thinking, talking & emoting are physical ways of communicating with my self & other people.

January 28, 2015.

## Spiritual Senses

Spiritual Senses are intuitive.

All Sentient Beings have an intuitive awareness of spirit, even when they may not be conscious of it.

Unawakened Human Beings use only their conscious physical senses.

Awakening to spirit means opening to an awareness of one's intuitive spiritual senses.

Thought vibrations that are sensed & received are called an intuitive knowing.

Thinking frequencies that are transmitted are called physical knowledge or knowledge of the physical.

Physical knowledge is learned through the experience of the five physical senses.

Emotional vibrations that are sensed & received are called intuitive feeling.



Emotions are transmitted or emitted as wavelengths of emotional feeling.

Emotional feeling can be confusing and seen as irrational by an unemotional & unawakened physical Being.

With intuitive knowing and intuitive feeling a sentient Being attains spiritual insight or inner vision that allows the ability to spiritually & intuitively see from a higher perspective.

January 27, 2015.

## Physical Senses

All Sentient Beings have the ability to sense both physically & spiritually.

Human Beings are conscious of their physical senses.

Physical senses are how sentient Beings sense & experience their physical reality.

It is our physical senses that make our reality a physical experience.

The vibration of the light cones in the retina of the human eye is translated by the brain into a picture of visible coloured light.

The vibration of the ‘anvil’ in the inner ear is a sound that is heard in our brain.

Why visible light travels as a ray of particles called photons and audible sound travels as a wave called a sound wave is still a mystery to modern science.

The vibration of molecules is received as a frequency called smell that is sensed in our nostrils, whilst a frequency called taste is sensed by the taste buds on our tongue.

The energetic vibration of atoms is sensed as a physical feeling of touch by receptors on our skin; whether those atoms are formed into solids, liquids or gases is determined by the temperature of the physical vibration of each particular atom.

Our physical senses all have one thing in common: What they are physically sensing in every scenario is a particular energetic vibration of matter in motion.

January 26, 2015.

## Energetic Energy & Matter

Whether Energy is energetic or material is dependent on its vibrational frequency & wavelength.

The Vibration of Consciousness is an energy with a frequency of thought & a wavelength of emotion. Consciousness is an energetic or spiritual Beingness.

The physical Beingness of Consciousness is a creature or a creation called a Human Being. A creature is a creation of a creator.

Matter is a creation of the energy of a Creator Being creative.

A dual reality world allows the creation to be separate from its creator, so that the creator can experience the creation and the creation can experience its creator.

A Physical Being, the creation, experiences the vibrational energy of matter as a physical experience through its physical senses.

A Spiritual Being, the creator, experiences the vibrational energy of spirit as a spiritual experience with its intuitive senses.

Physical senses sense material vibrations that have a long wavelength and a low frequency that are called sound, taste, touch, smell & sight.

Spiritual senses sense intuitive vibrations that have a very short wavelength and a very high frequency that are called knowing, feeling & seeing.

Physical consciousness is just a limited range of Spiritual Consciousness.

January 25, 2015.



## Specific Reality

Human Beings are vibrational energy receivers & transmitters.

The specific variations of frequencies & wavelengths of energy that exist within a specific space-time allow the experience of a specific reality.

As spaceship Earth continuously travels through space & time, reality is experienced in every moment of now.

As time is continuously flowing through space, reality appears to flow contiguously with time.

Vibrational energy is continuously received & transmitted in each moment of time realising each now of reality as a physical, mental & emotional experience.

As the human entity travels through space-time, it transmits & receives energy vibrations that create an individual experience of reality.

The whole spectrum of energy vibrations are potentially available to explore & receive or experience & transmit.

The entire Light energy spectrum extends from thought waves at one extreme to sound waves at the other.

Specifically, we each individually & collectively specify our reality with the particular energy that we transmit & receive as thoughts, words & deeds.

January 24, 2015.

## Coloured Light

Coloured Light is a small range of frequencies & wavelengths of energy at the centre of the full white light spectrum.

It is the balance point between low frequency vibrations of a high magnitude, experienced as sound, and high frequency vibrations with a low magnitude called thought.

It is the vibrational point at which the sound of the word exists with thought & emotion.

It is the point where what is intuitively seen, known & felt can also be physically seen, heard & touched.

An inventive imagination can become a physical experience.

A spiritual feeling can touch you emotionally.

An intuitive knowing exists as knowledge.

Coloured light allows the physical sight of a spiritual vision and the physical vision of a spiritual insight.

It allows a small picture of reality to exist in the bigger picture of life.

January 23, 2015.

## White Light

White Light is the light of a star.

A star is a solar system.

The nucleus of that system is a sun.

The sun is the energy source of that system.

The source is a sun, the energy is white light.

White light is a range of energy vibrations.

Energy vibrations are experienced as wavelengths & frequencies.

In a balanced solar system, wavelength is inversely proportional to frequency.

As the wavelength increases, the frequency decreases; and vice versa.

As the magnetic force increases, the gravitational magnitude decreases.

This balances the electrical potential for life.

White light is the full spectrum of electro-magnetic-gravitational energy.

January 22, 2015.

## Light Energy

Light Energy is Pure Thought.

Pure thought is prime, natural or divine.

Pure thought is Source Energy carried on a wavelength of pure feeling.

Light energy is a matter of Consciousness in motion.

It is a pure vibration divided only by a frequency of thought & a wavelength of emotion.

A frequency of thought is always transmitted on a wavelength of emotion. This allows Consciousness to experience or feel its own thought forms.

Light energy allows Love energy to come alive as Life.

Light Energy is the Source of all Creation.

It is a prime, natural or divine thought from which reality forms in space & time.

From a male negative perspective of reality it may appear to be a dark energy.

January 21, 2015.



## Light Matter & Dark Energy

Light Matter is Dark Energy.

Dark Energy is Dark Thought.

Dark Thought is Light Thinking.

Light thinking is without gravitas.

It is impure thinking that is without creative ability because it is divided by gender or polarity.

Impure thinking has intensity but no substance.

It is a physical energy vibration that causes density without form.

Light matter creates dark moods & dark reflections.

Highly intense positive or negative energy does not have the density to manifest physically but has an emotional wavelength that affects physical experience.

Light Matter & Dark Energy are opposing genders of perception, whereas matter and anti- matter are polar opposites of perspective.

Light matter may be seen as dark matter from an opposing negative perspective.

January 20, 2015.

## The Flow of Reality

Reality flows through the gap of space in the now of time.

The now of time allows a gap in space for reality to flow into.

As one moment of time gives way to the next moment in time, a gap appears in space into which the current reality flows.

Reality is a current in which the present reality is current.

As time continuously passes from one moment of now to another, reality is caused to flow into each gap in space.

Each & every moment allows a divine thought to create a reality that flows effortlessly through time & space.

As thought flows through space in time, it creates the reality of that time in space.

Reality is a series of moments in time flowing through a gap or a void in empty space.

Space is full of potential energy waiting for a time for reality to be created by Consciousness.

January 19, 2015.

## The Now of Time

My physical body is always present.

It is present now in time.

It was present in the past and it will be present in every moment in the future.

My mind can travel in time.

I project my mind into the future when I ask 'if'.

I can reflect on my past memories and say 'but'.

I can merge the two perspectives with 'but if'.

My emotional state of being is relative to my mental thinking.

Past memories are stored with the emotion with which they were experienced and they can both be projected into my future.

The Now of Time excludes all past & future thinking and all past & future emotional attachments.

It allows the present moment to be presented as a present called Presence.

The presence of my emotional clarity allows me to know my direction in time & space.

The messages of inner guidance & direction from my Soul are only ever present in the now of time.

January 18, 2015.

## The Gap of Space

The Gap of Space is the void between physical & spiritual reality.

It is the balance between the realm of the physical & the realm of the spiritual. It is the realm of Absolute Space. It is the singularity of Pure Energy that overcomes the duality of physical & spiritual existence.

Overcoming duality connects exclusively & absolutely to the Light of Pure Consciousness. The magnitude of my wavelength of emotional power is relative to the authority, frequency & force of my mental thoughts.

In the gap of space, I connect to pure thoughts that allow a pure wavelength of emotional power. It is in the gap of space that I connect to the pure emotional energy of my Soul. It is the feeling of total empowerment. It is running on a full tank of high octane fuel. It is being plugged in to the mains supply.

It is being Omnipotent.

January 17, 2015.



## An Exclusive Connection

An Exclusive Connection aligns my Self with my Soul.

My Soul is always exclusively connected to its Self.

My Soul is inclusively connected to every one else.

The connection of my Self to my Soul is exclusively intuitive.

I intuitively know my exclusive connection.

I intuitively feel the emotional power of my Soul.

I intuitively see my Soul's vision for my life.

Seeing my Soul's vision, mission & purpose for its Self requires an exclusively intuitive connection to the inner guidance of my Soul.

When exclusively connected to my life path, I am on track, I am inspired & I am empowered.

I am in the zone, in the gap, in the now & in the flow.

Being in the gap of space, the now of time & the flow of reality puts me in the zone of allowing my effortless path.

January 16, 2015.

## A Personal Path

We all have a Personal Path in life.

No two people ever follow the same path throughout their whole life.

Some people intuitively know the purpose of their path in life.

A few people intuitively know their vision for their life-time.

Most people follow the path of their forefathers.

We inherit a path to follow from our parents.

Many dutifully follow this path believing it to be their fate.

Some believe that they have their own destiny to fulfil.

Seeking a personal path to one's destiny is a statement of not knowing what is destined to be.

A personal path is a covenant with the Soul.

The Soul holds the blue-print for each individual personal path.

To intuit one's path clearly requires a personal connection to one's Soul.

That connection is only possible with the personal emotional power to attain it.

I am required to be on my personal path to connect to the power to be on my personal path.

On my personal path, I am empowered with life and I am empowered by my path.

Deviating from my path will disempower my Self.

January 15, 2015.

## Personal Spirituality

Spirituality is the reality of Spirit.

Spirit is Conscious Energy or the energy of consciousness.

Personal Spirituality is the reality of my personal conscious energy.

It is the physical, mental & emotional energy that I am personally conscious of myself.

Everyone thinks differently, even when their thinking is similar.

The mental energy of thinking is unique to each Individual Being.

My emotional experience is relative to my mental perspective not my physical activity.

We individually perceive actions as different emotional experiences relative to our own beliefs about what is occurring.

Personal thinking causes personal emotions based on personal experiences that is our personal spiritual reality.

Personal Spirituality is the sum total of an Individual's unique thoughts, actions & emotions based on their personal perspective, perception & experience of their reality of physical life.

January 14, 2015.



## The Battle of the Sexes

The Battle of the Sexes is caused by a conflict of emotional energy genders.

Opposing genders of male & female energy clash when personalities are in conflict.

In a co-dependent relationship, two people depend on each other for what they need emotionally.

When our partner fails to meet our emotional energy need, our personalities come into conflict.

When both partners need to be cared for by the other, they have to compete with each other for the emotional energy that they need.

Intense needs cause an intense competition that becomes a battle of the genders.

For peace to be declared:

- Arrogant people need a humble partner
- Greedy people need their partner to please them
- Lustful people need their partner to be passionate & love them

- Jealous people need a kind & caring partner
- Slothful people need a partner who is dutiful & diligent
- Proud people need a modest partner
- Wrathful people need their partner to be meek & accommodating

When the yin & the yang of a marriage is balanced by each partner there is no need to compete, although the relationship remains potentially unstable.

All relationships are potentially volatile as the intensity of any unmet emotional needs gathers momentum.

January 13, 2015.

## Character

Character is determined by personal beliefs.

My beliefs that form my perspective of reality also determine the character of the role that I play in that reality.

As my environment changes and my role in that environment changes, my character changes accordingly.

I may have the same personality & character at home as at work, or they may differ.

I may have the same beliefs about the reality of my home life as I do about my work life, or they may be different.

My character will change according to my beliefs about my environment.

A very distinct change in my belief system, caused by a dramatic or traumatic fearful experience, can cause a very distinct change in my character.

A similarly positive dramatic experience, such as a lottery win, can have the opposite effect on both my personality & my character.

Character is a choice, although that choice may be made at a subconscious level of the mind.

January 12, 2015.

# Personality

Personality is driven by emotional needs.

We all have our own set of emotional needs that may be similar or different to other people but are always unique to our Self.

Emotional needs determine personality because emotional needs are personal to the reality of each Individual.

An extrovert personality needs other people to meet their emotional needs.

An introvert personality meets its own emotional needs.

An overt personality has no emotional needs.

An overt personality is open to and accepting of all situations & occurrences.

Personality & mood is driven by the need for emotional energy and the sub-conscious strategies for competing with other people to gain emotional energy.

People with similar or opposing needs attract people with similar or opposing needs.

The need to care for others attracts the need to be cared for.

The need to approve of others attracts others who need approval.

Emotional needs are energetic & directly subject to the Law of Attraction.

January 11, 2015.

## Spiritual Chemistry

Spiritual Chemistry is the Law of Attraction in action.

Physical atoms of matter attract similar atoms of matter because they have like energy.

Like energy at the atomic level is determined by the spin of the proton, the orbit of the electrons and the rotation of the atom.

The spiritual building blocks of life is energy in motion, which is emotional.

Like energy in motion unto itself is drawn.

Like wavelengths of emotion are mutually attractive.

Unlike or different wavelengths are non-attractive.

Opposing genders of wavelength are the attraction of opposites.

Opposing polarities of the same frequency are unattractive & repulsive.

The emotional chemistry between men & women is the chemistry of their spiritual energy conforming to the Law of Attraction.

The physical body secretes chemical hormones relative to the emotional experience of a situation, the mental belief about that particular experience and the spiritual chemistry that is occurring.

January 10, 2015.



## Consciousness

Consciousness is the originator of thought.

Super-consciousness is the creator, the cause & the transmitter of thought.

Physical consciousness is the experiencer of thought & the receiver of the physical effect of conscious thought.

Sub-consciousness is the processor of whatever physical consciousness is receiving.

It is usual in modern society for the sub-conscious mind to become disconnected from its super-conscious mind by the age of 5 years old.

Many Seers, Sensitives & Gnostics remain connected to their super-conscious source of origin throughout their life-time.

Whether an individual sub-conscious is disconnected or remains connected to its source and to what degree is always the choice of the super-conscious Soul.

Physical Consciousness is aware of only what the sub-conscious mind allows.

It is mostly normal to be completely unaware of one's super-conscious higher capacity, one's unconscious competencies and one's intuitive capabilities.

January 9, 2015.

## Spiritual Science

Spiritual Science is the knowledge of Conscious Energy called Spirit. It is the study of the reality of spirit.

Science means being scient or knowing. Modern Science studies & expands its knowledge of the physical world.

Spiritual Science requires the art of intuitive knowing. Intuitive knowing is a spiritual sense. It is the awareness of a sense of what is beyond or behind physical form. Intuitive senses of seeing, feeling & knowing are extra sensory perceptions additional to the five physical senses of sight, hearing, smell, taste & touch.

Being scient is an intuitive knowing that is an energetic awareness of a spiritual reality. Omniscient means all knowing.

Gnostics are ancient spiritual scientists.

Alchemists are medieval spiritual scientists.

Astrologers are modern day spiritual scientists.

Metaphysicists are future spiritual scientists.

They all have their own philosophy of spiritual science.

January 8, 2015.

## States of Being

States of Being are emotions.

Emotions describe my state of being.

The state of my 'Beingness' determines my emotional power.

I can be powerfully empowered or powerfully disempowered.

I can be elated or depressed and my mood can swing instantly relative to my experience and my belief about what is occurring.

My mental beliefs based on my physical experiences determine my emotional state of being, the level of my emotional energy and my need for emotional energy.

My emotional power or my emotional need for power are determined by the purity of my thoughts.

Pure thoughts allow a pure state of being.

Impure beliefs cause impure thinking and a less than ideal state of being with a less than divine experience.

January 7, 2015.

## Power

Power is emotional. Pure emotional energy is powerful. Pure emotional energy is pure Love. Whether pure or impure, emotional energy is an aspect of love. Positive feeling empowers.

Negative emotions, caused by negative thinking as the result of negative beliefs, are disempowering because their authority is disconnected and therefore their power is disallowed.

Unauthorised thinking is disconnected & disallows emotional power.

Power is relative to authority. Power plus authority enables action.

Unauthorised power disables activity.

Limiting beliefs invoke Murphy's Law of reversed action and what can go wrong will go wrong.

The more emotional power that I have the more authority I have to choose with confidence and the more ability that I have to live well.

January 6, 2015.

# Authority

Authority is choice, mental choice.

We all have the authority to choose.

We are authorised not to choose, if we so choose.

We can choose male or female personalities, good or bad characteristics with intense or less intense experiences.

Divine authority is divinely empowered.

When I am doing what feels good for me, I am empowered.

When I am choosing what I am not authorised to have, I will need will power to achieve it.

Choice allows impure thinking that is not empowered and not enlightened.

Unenlightened choice is not authorised and I will need motivation to achieve it.

My highest authority is empowered.

My ego's authority needs motivation.

January 5, 2015.

## Limiting Beliefs

A Limiting Belief is a belief, an opinion or a conviction that disconnects an individual from their true source of authority.

Pure Source Energy is absolutely unlimited, unbounded, infinite & eternal.

Thought Energy that is divided by the polarity of its frequency becomes impure thinking and forms an impure memory of an impure experience based on a limiting belief or fear.

Fear is a very intense limiting belief or conviction.

A limiting belief limits the believer's creative ability.

Limiting beliefs are not truly authorised because they are not ideal or divine.

Unauthorised beliefs disempower the believer.

Limiting beliefs limit emotional power, which causes an emotional need.

A limiting belief may be believed to be true, but a truth that is a duality of truth & untruth has no divine authority and no absolute Truth.

My emotional power is limited by the relative truth of my limited belief system.

January 4, 2015.



## Attachments

I attach my Self to whatever supplies my emotional needs. As emotional needs operate as a sub-conscious strategy to ensure my emotional energy supply, I am mostly unaware of my attachments.

I attach my Self to objects through ownership. I am attracted to my own things.

I attach my Self to memories & experiences that are my own because I own them.

I attach my Self to friends, family & acquaintances who meet my emotional needs for me.

I attach my Self to a partner in a co-dependent relationship. A co-dependent relationship is where each partner meets the needs of the other partner. This may or may not involve a legal contract called a marriage. Long after a union of two people fails to share holy communion in marriage, it may continue as a co-dependent relationship based on the meeting of mutual needs.

January 3, 2015.

## Emotional Needs

When emotional energy is divided by gender, it is no longer a pure feeling.

Pure feeling is my connection to my source of emotional power.

When I feel good, I am connected to pure source energy.

Gender disconnects source energy.

Disconnected by gender, I will sub-consciously seek my other half.

Male energy seeks to re-unite with female energy as female energy seeks to re-unite with male energy.

Reconnected whole energy attains Holy Communion and shares an experience of togetherness when polarities are alike.

When polarities differ, rejection, repulsion & indifference cause emotional needs; the emotional need for either a loving or a like partner.

Disconnected from source & a partner who fulfils my emotional needs, life becomes a huge drama.

January 2, 2015.

# Drama

A Drama is the experience of pure energy being out of balance.

The more extreme the extent of a duality being experienced, the more intense the drama.

An intense drama is a very real experience.

The more that a pure energy is divided by either gender or polarity, the greater the mood swings and the more intense the dramas.

Individuals of opposing energy genders are attracted to each other for both a positive & a negative experience.

It is the drama of a relationship that allows the greatest opportunity for choice & for learning.

The battle of the sexes is a prime-time drama.

Control dramas are how we individually & collectively compete with others for emotional energy.

Whether a drama is a positive or a negative experience is just a matter of individual perspective.

January 1, 2015.

## Relative Truth

Relative Truth is relative to the beliefs of the believer.

In a relative dual reality, whatever a believer believes to be real is believed to be true. Truth & reality become a singularity, the same thing. Whatever is true is real and whatever is real is true. People seek the truth of their reality rather than the reality of their truth.

The reality is that everyone's reality is true for them. The pursuit of Science is scientific truth, the science or truth of what is real.

The pursuit of Religion is religious truth, the theology of spiritual truth. In a dual reality, science & religion have opposing perspectives of reality & truth. Their opposition is based on the belief that there can only be one truth that is true for everyone.

In an absolute reality there is one universal truth for everyone.

In a relative dual reality, truth is relative to the beliefs of each individual believer, whether scientific, religious or atheist.

There are as many potential truths as there are thinkers or believers.

February 28, 2015.

# Truth

Truth is the perspective of my Soul.

At the Soul level there is unity & oneness.

There is only one perspective, which is the absolute truth.

There is no distinction between my Soul & your Soul.

The Soul exists in the Realm of the Absolute.

An Individual Ego Self lives in the realm of the relative.

Each individual ego has its own choice of perspective.

Choice allows duality.

Duality allows two perspectives to be relative to each other.

In relative duality, I have a choice of truth or untruth.

Truth becomes relative to fear & false beliefs that are untrue.

Thought becomes relative to personal thinking.

Oneness becomes relative to choice.

Choice becomes relative to truth & untruth.

February 27, 2015.

## Fear

Fear is a false perspective of reality.

A false perspective is the effect of a limiting belief.

What I believe to be real, I experience as my reality.

How I see reality is relative to my perspective, which is relative to my beliefs.

My beliefs dictate my thinking that causes my perspective, which causes my reality to be my experience.

Positive thought is always transmitted on a wavelength of positive emotion.

Negative thinking is conveyed on a wavelength of negative emotion.

The feeling of fear is the result of a negative perspective and judgment of what is occurring.

The false evidence that is being presented appears to be real.

Fear is an acronym for False Evidence Appearing Real.

The opposite of fear is truth or true thought.

February 26, 2015.

## Wisdom

Wisdom is an expression of authority.

My choice is wise when it is authorised.

Wisdom is always authorised.

It is a pure frequency of thought that allows authority to flow.

Wisdom has no negative polarity.

My super-conscious mind is wise.

My sub-conscious mind is judgmental.

A judgmental mind allows a positive or negative discernment of perspective.

A negative perspective has no wisdom.

A negative perspective is not authorised.

A negative perspective has no emotional power.

My conscious mind has choice. It can choose wisdom or it can choose a belief that is limited by its polarity.

Negative polarity causes anxiety & fear.

Wisdom flows effortlessly from its wise source.

February 25, 2015.

# Health

Health is an expression of Purity.

When I am experiencing my purity, I am healthy.

Pure emotional energy is exceptionally healthy.

Being healthy is a divine state of being.

Disease & illness are an expression of impure emotional states of being.

Impure thinking causes impure emotions that are unhealthy.

Healthy thoughts allow a healthy state of being and a healthy experience of life.

Pure thoughts are undivided by polarity.

The Word or Logos has no impurity.

Negative thinking is transmitted on wavelengths of unhealthy negative emotion.

Pure thoughts create a healthy experience of life.

February 24, 2015.



## Wealth

Wealth is an expression of Abundance.

When I am experiencing abundance, I feel wealthy.

Abundance is the wealth of the Universe.

The Universe is abundant.

Wealth is my personal connection to the abundance of the Universe.

It is my approval of the power of universal abundance flowing through me.

When I channel the power of the Universe, I feel the unbounded nature of my wealth.

Wealth is a state of being that is attributable to my Self.

I am either expressing my wealth or I am not.

I am either being wealthy or I am not.

Being poor in any form disapproves my wealth.

I either approve of my wealth or I do not.

February 23, 2015.

## Grace & Favour

Grace is emotional power.

With emotional power, I am full of grace.

I have the emotional power to flow gracefully through life.

My grace is my ability to express & to share my emotional power.

I gracefully express my emotional power.

When I am in gratitude & appreciation of my emotional power, I say grace.

Favour is mental authority.

With mental authority, I am in favour.

I always favour being in authority.

Being out of favour disconnects my emotional power because I am not in authority.

I favour my authorised choice because it is graced with the power to manifest.

Grace & Favour is always given freely by my Soul to its Self.

February 22, 2015.

# Abundance

Abundance is always enough.

It is enough always, all ways and for ever.

I either have abundance or I do not.

I am either on track or I am not.

I either have enough or I do not.

I am either content with enough abundance or I am not.

I cannot have too much or too little abundance.

Abundance is the feeling of being content because I know & I see that there is enough of everything all ways.

The Universe is abundant.

It is infinite, eternal & abundant.

There is infinite space, eternal time and an abundant reality.

When I choose abundance as my reality, I see abundance as my reality and I experience abundance as my reality.

February 21, 2015.

## Providence

Providence is the Universal Provider.

Everything is provided providentially.

On my life path everything is provided for my journey.

Providence always provides enough.

When my perspective is offtrack, I will encounter scarcity or gluttony; poverty or extravagance; luxury or destitution; but never abundance.

Providence is my allowance when I allow it to abound.

Those with a chosen path in life always choose to provide enough on their path.

I am always provided with enough to ensure that I experience my purpose and discover my destiny on my mission in life.

My Soul is my provider.

My Soul always provides enough for its Self in every way to ensure its continuous spiritual development & growth.

My Soul is my highest Providence and my best Provider.

February 20, 2015.

# Supernatural

Supernatural is above nature.

The nature of the physical world is seen to be natural.

The nature of the spiritual world is seen as supernatural.

Miracles are seen as supernatural because they are not believed to be the nature of the physical world.

From a supernatural perspective, miracles are an everyday occurrence.

Serendipity is a supernatural force in action.

Co-incidence is when the physical world interacts with the super nature of spirit.

When the physical & spiritual worlds co-operate, they are co-incidental.

When my conscious mind connects with my super-conscious mind they become co-incidental.

Co-incidence is the nature of my super-conscious mind.

February 19, 2015.

## Virtual Reality

Virtual Reality is the reality of the imagination.

It is the imaginary reality that is not manifest in physical reality.

It is a vision that can be seen in the mind's eye but not in the physical world.

Dreams are a virtual reality.

Films display a virtual reality.

Television creates a virtual reality as well as projecting an actual reality.

Actual reality exists in physical form.

Virtual reality is yet to become physically manifest.

All physical form originated as the projection of an imaginary thought form.

Every physical invention started life in the imagination of Consciousness.

Everything is required to be virtually real before it can become actually real.

February 18, 2015.

## Virtue

A Virtue is seen as a good quality.

Virtuous behaviour is believed to be good & right.

Virtues are female genders of emotional energy.

Female emotional energy is inherently neither good nor bad.

Being modest, kind, poor, caring, pleasing, patient & dutiful are not necessarily beneficial qualities on an exclusive path of development.

Virtues may be virtuous but they are not divine.

They may make one a saint in the eyes of the church but they are not the attributes of a Messiah, an Overcomer or a Redeemer.

Female energy is virtuous from the perspective of a male perception that is seeking to become whole or holy.

It is the holy communion of male sin & female virtue that determines a divine quality of human Beingness.

It is the division of pure energy by male sin & female virtue that allows an intensity of different life experiences.

# Sin

Sin is seen as bad or wrong behaviour.

Good or bad, right or wrong, is a judgment.

Behaviour is a personal judgment based on what is believed to be personally good & right or bad & wrong.

Bad behaviour is seen to be a sin and therefore wrong.

Sins are male emotional energy.

Pride, envy, gluttony, lust, greed, wrath, & sloth are all male emotional energy.

They are personal emotional attributes that are inherently neither good nor bad.

However, they are not divine attributes either because they are divided by gender.

Sins are not inherently bad:

Pride can be seen as outstandingly good; a glut can be seen as abundance; a lust for life is to be encouraged; envy can be seen to motivate; and we are all seen to be slothful on restful holidays.



The true meaning of greed is to win & be better than others, which can be highly prized & rewarded.

Sins are a divided wavelength of emotional energy that has an opposing female gender that is called a virtue.

February 16, 2015.

## The Devil

The Devil is a figment of the imagination.

Imagination is powerful enough to be creative.

A powerful imagination can create a perspective of real evil & curses or a perception of real goodness & blessings.

The devil is the imaginary authority that makes things go really wrong.

It is the idol that we blame when we are not ascending to the highest authority of our Self.

In my own authority of choice, I would never choose to live in a negative world that is ruled by an evil devil; whether created by my own beliefs or those of someone else.

It is only in the denial of my highest authority & creative choice that I invent something to blame for my ills, my woes & my victimhood.

The devil is always in the detail of my mental programming.

Overcoming fears, limiting beliefs & perspectives of duality  
disallows the existence of evil.

Of evil is the d'evil.

Pure authorised thought knows that the devil does not exist in an  
ideal life, in an ideal world.

February 15, 2015.

# Hell

Hell is not a place in time or space. It therefore has no reality of its own.

Hell is a perspective & a belief. It is the experience of a negative perspective of life caused by limiting beliefs & fears.

In a relative dual reality world, a perspective can be polarised as either positive or negative. As my perspective creates my experience, my life can be ideal or it can be hell.

Religion teaches that god creates an ideal heaven and the devil creates a world called hell. It is a very confused religious view that does not believe in reincarnation yet preaches the existence of either heaven or hell in the afterlife.

We are all free to believe whatever we choose and experience the reality of our own creative belief system.

Those who believe in hell will surely create it as their experience on earth, without waiting to visit it in an afterlife.

February 14, 2015.

# Heaven

Heaven is not a place in time or space. It therefore has no reality of its own.

Heaven is a state of Being. It is the experience of Prime, Natural & Divine attributes that allow an ideal life. The experience of an ideal life is Heaven.

There are many names for Heaven: Paradise, Xanadu, Shangri-la, Eldorado, Shamballa, Nirvana; because there are many different spiritual perspectives.

A heaven that is a duality of earth is a metaphor for spiritual reality as opposed to the physical reality of earth.

A heaven that is a duality of hell is a metaphor for good as opposed to the bad or evil of hell.

A Heaven that is divine is an ideal reality that is the experience of a divine state of Being.

Overcoming duality allows Heaven to be experienced on Earth and banishes the devil forever.

February 13, 2015

## Creation

Creation is the act of a Creator.

A Creator actively creates.

A Creation experiences the act of a Creator. It is the effect of what is caused to be created.

Consciousness is both the creator & the creation. Without Consciousness there is no creation & no reality created.

The Creator Consciousness creates a creation that is both conscious & real. Creation is a creation of Consciousness.

Sub-consciousness is a creation of the super-consciousness of a super conscious creator.

As the creation, I am a conscious participant in life.

As the Creator, I am a conscious observer of the participant in life.

It is the act of creation that allows the observer to participate and the participant to observe.

Creativity requires the creation to be aligned with the creator and the Creator to be aligned with its own Creation.

February 12, 2015.

# Manifestation

Manifestation is a thought form.

It is a form of thought that manifests into physical form.

The art of manifestation is to formulate one's thoughts into alignment with one's ideal reality.

Who in their right mind would manifest a reality that was not ideal?

Every Soul manifests an ideal reality for its Self.

The Self does not choose the manifest.

The Self experiences the manifestation of its Soul's choosing.

The Self always has a choice of whether it aligns with the thought form that is manifesting or not.

The thought form that is manifesting is the manifest that thought is forming.

It is the form that a thought manifests into.

My Soul uses creative thought energy creatively.

My Self experiences the creation of that which is made manifest.

February 11, 2015.

## An Inkling

An Inkling is an intuitive insight. It is an intuitive knowing accompanied by an intuitive feeling. It is an intuitive perspective with an intuitive perception.

When I have an inkling, I have an insight with my inner vision.

I intuitively see what is good & right for my Self.

When I had an inkling, I experienced hindsight. In hindsight, I had an inkling but I ignored it.

An inkling about the future is foresight. With foresight, I know, feel or see what is in my future.

I have a strong inkling about what is imminently on my path in life. An inkling is a powerful feeling that my thoughts are about to be realised. Realising a thought requires the power of manifestation. The power of manifestation is felt as an inkling.

The authority to create is known as an inkling.

I intuitively see my ability to manifest & create my ideal life in an inkling.

February 10, 2015



## A Perception

A Perception is a feeling. I perceive feelings as emotions, although I may perceive emotions as feelings. How I perceive emotions & feelings determines the level of my perception.

Emotions are states of being.

Feelings are my perception of my state of being.

I feel emotions and I emote feelings.

I transmit & receive emotional wavelengths of emotional feeling because I am a sentient Being.

Being sentient allows my perception of my own emotional state of being and how I feel about it.

I also perceive other people's emotional states of being with my sensitivity.

Being sensitive to other people emotionally as distinct from being emotional and sensing my own emotional state of being.

I perceive my Self emotionally and I perceive others with sensitivity.

February 9, 2015.

## A Perspective

A Perspective is a viewpoint.

From a particular individual viewpoint, I form a perspective.

My perspective is my point of view.

I may share a point of view with another person sharing the same view point, or I may see life from a different perspective.

Every point in space offers a unique view of the reality of that time.

My perspective is my view of my reality based on how I see the reality that I am experiencing.

My reality is my truth that forms my belief about my experience that becomes my perspective of my reality.

A new perspective allows a new belief to become a new truth and create a new reality that becomes my new experience.

My perspective may change with time or it may change with location because these are the circumstances that determine the reality of my every perspective.

February 8, 2015.

# Clairvoyant

Clairvoyant means clear seeing.

With a clear knowing & a clear feeling, I clearly see my path in life.

Without the eyes to see, I am spiritually blind to my path.

Intuitively seeing my path requires that I know my vision for my life & I feel my purpose in life.

It is my mission in life to clearly see the path that I am taking.

Clear seeing allows my creative imagination to flow and my flow of imagination to be creative.

With creative imagination, I can clearly see the path that I am creating & experiencing.

I create my path in the image of my creator and in the imagination of my creation.

We are all created in the image of God as a creation of the Creator.

Clairvoyant ability allows my Self to be the Creator of my own creation.

February 7, 2015.

## Clairsentient

Clairsentient means clear feeling.

With an open heart, I clearly feel the presence of my Soul.

An open heart connects my Self with my Soul.

We are all sentient Beings with the potential ability to connect to our emotional power.

Clear feeling is pure feeling.

Pure feeling is not polarised by impure thinking.

Clear feeling is a clear communication with my Soul at my Heart.

I feel the essence of my Beingness.

I process my emotions through my solar plexus.

My solar plexus is my feeling centre & my emotional brain.

My emotional brain processes my intuitive feelings often referred to as my gut instinct.

It is the emotional centre that is sensitive to my path through life.

February 6, 2015.

## Clairaudient

Clairaudient means clear hearing.

‘For those with the ears to hear, let them hear’.

All the rest will have to listen to the sermons & the parables.

The ‘ears to hear’ is the intuitive sense of knowing.

Intuitive knowing is hearing one’s inspired revelatory messages.

When I hear my messages, I intuitively know the way of my path.

Clairaudience is not a tool for telling the future but a signpost for the present.

Intuition is only present in the moment.

My Soul only communicates with its Self in the present moment.

In each present moment, I clearly hear my direction for my path.

Clear hearing requires clear listening, which requires a clear & present connection to know my direction.

February 5, 2015.

## Capability

My Capability is enabled by my power & authority.

It requires my capacity to be competent.

My inability derives from either my incapacity or my incompetence.

Incapacity disallows competence and causes incapability.

I am incapable of doing whatever is beyond my capacity or my competence.

I am capable of being competent & powerful.

I am capable of having the capacity of my authority to choose wisely.

My self-esteem is the product of my self-worth & my self-confidence.

My capability is the product of my competence & my capacity.

My physical ability is enabled by the capacity of my mental authority and the competence of my emotional power.

February 4, 2015.

## Capacity

Capacity is the measure of my mental authority.

Authority is accompanied by power.

Mental authority always has emotional power.

Capacity allows competence to flow.

An absence of emotional power is not authorised.

My mind can choose consciously, sub-consciously or super-consciously.

My sub-conscious choice is based on my beliefs and my programming and may or may not be authorised.

When my sub-conscious choice is aligned with my super-conscious capacity, it is authorised & empowered.

My super-conscious choice has the capacity to manifest with confidence.

Any incapacity is the result of my unauthorised choices that are based on the fears and the limiting beliefs of my sub-conscious programming.

February 3, 2015.

## Competence

Competence is the measure of my emotional power.

My emotional power approves with competence.

The greater the magnitude of emotional power, the greater my competence.

Incompetence is my lack or absence of competent emotional power.

Emotional needs cause incompetence.

Incompetence is the effect of needing emotional power.

Emotional states of being either approve or disapprove the competence of my emotional power.

Negative emotions render me incompetent.

Positive emotions are the power of my competence.

The more competent that I feel, the more powerful my emotional state of being.

My competence is a measure of my value & my worth.

February 2, 2015.



## The Mind

My Mind is my authority to choose. In dual reality life, I have two minds. My conscious mind experiences the past, the present & the future realities of space-time. My sub-conscious mind is the recorder and the data store of all my experiences in life.

In absolute reality, I have a super-conscious mind that holds the blue-print of the vision, mission & purpose for this life-time.

I call my super-conscious mind that is my inner guidance, my Soul. I call my sub-conscious mind that is the guardian of my emotional needs and my mental beliefs, my id. I call my conscious sense of Self, my ego.

My id has the capacity to be unconsciously incompetent.

My ego can choose conscious competence or incompetence.

My Soul is the source of my unconscious capacity to be competent.

Unconscious competence is always my best choice.

February 1, 2015.

## Prayer

Prayer is my communication with my Higher Self, my Soul.

I commune with my Soul through prayer.

In communion with my Soul, I am both the Prayer & prayer.

As the Prayer, I am the one who prays.

As the prayer, I am the subject of what is being communicated.

In prayer, I ask for direction, I ask for support, I give gratitude, I give my appreciation.

I already have everything that I need for my path, even before I ask.

Asking for what I believe that I do not have will only bring more experience of what I do not have.

Repeating other people's prayers will direct me along their path, not my own.

I ask a question in prayer to gain clarity or direction.

My Soul is always present to hear my questions & reassure me that my prayers are already answered.

March 31, 2015.

## Conscience

Conscience is a moral judge. It is the sub-conscious programming that determines right from wrong. When I go against my conscience, I judge myself to be wrong. When someone has no conscience, they appear to not know right from wrong.

Morality is the set of beliefs that are agreed to be right for that religion. Religious morality that conflicts with empirical science is said to be a con-science.

Religious morals, philosophical ethics & scientific laws all contribute towards a personal conscience.

My conscience may influence me to follow the beliefs held by my society or my community but it may hinder my ability to follow my own exclusive spiritual path.

When my conscience is clear, I have no inner conflict.

When I challenge my fears & my limiting beliefs and I own my own core beliefs as my personal truth, I clear my conscience and my exclusive connection to my path is unrestricted.

March 30, 2015.

# Religion

A Religion originates as one Man's perspective of their own spiritual path.

One who clearly leads in their own spiritual way attracts followers to their path.

When a group of followers or disciples continue to follow that path after their leader's death, a religion forms.

Religion is a dogma & a doctrine formed from the spiritual teachings of a charismatic leader.

It is a carefully presented spiritual package for the unawakened spiritual egos of its followers.

Unaware of their own unique path in life, followers seek a path authorised by the religious leaders of a religion.

Religious followers follow a religion religiously.

Religious leaders express an inclusive attachment to their religious teachings.

A true spiritual leader has an exclusive connection to their own spiritual vision for their life.

Religious leaders are the guardians of the dogma & doctrine of their particular sect, section or denomination, which express their beliefs about how their religion should be practiced.

Spiritual leaders follow their own faith, whereas religious leaders follow their beliefs about their faith in another's spiritual path.

Religion is based on beliefs, whereas true spirituality is a personal faith based on a personal set of truths.

March 29, 2015.

# God

God is the Word used to describe the Creator of All That Is.

All That Is is the phrased used to describe the Universal creation of the Creator.

From an absolute perspective, the creator & the creation are a Universe or One Version of the same.

From a relative dual reality perspective, the creator is separate from the creation.

Physical Man sees himself as the creation of God the Creator.

Unless that is, he sees himself as an accident of natural evolution.

God made (created) Man (the creation) in his own image.

Man is a creation of the Imagination of Pure Consciousness as Man was originally conceived in the imagination of pure Consciousness.

Man is one version of how God sees his Self in physical form.

Man may see God as a spiritual soul or entity that is a guiding force in Man's life.

How one sees God is a matter of individual perspective & intuitive experience.

March 28, 2015.

# Source Energy

Source Energy is the creative ability of Pure Consciousness.

It is the conscious energy of the Creator.

Creative ability has both creative power & creative authority.

The power of source energy is pure emotional feeling.

The authority of source energy is pure mental thought.

Accessing individual emotional power & mental authority requires alignment with source energy.

I can only connect to source energy when I am in alignment with source energy.

When my individual consciousness aligns with pure consciousness.

When my emotional feelings align with the pure power of divine Love.

When my individual thinking aligns with the pure creative thought of my Creator.

The Source of all that is created is the pure consciousness of the Creator of All That Is.

Aligning with the creative Source Energy allows individual creatives to create their own ideal creation of reality.

March 27, 2015.

# The Physical Plane

The Physical Plane is the Realm of Physical Science, where physical laws govern physical existence.

It is where Spiritual Beings incarnate for the purpose of spiritual development & growth. It is the physical dimension of Spirit.

It is where Spiritual Beings experience a physical experience called being physical.

There is no such thing as a purely physical being.

Being physical is a state of being that is a mental & an emotional experience.

The Planet Earth is a physical realm on which Spiritual Beings experience a physical reality of their own creation.

It is a particularly useful place to experience growth because in the physical plane thinking, unlike pure thought, is not instantly creative.

The physical plane is a creation of long held beliefs, convictions & experiences of several billion individual creative consciences that are limited only by their lack of creative power.

A consciousness that is disconnected from its Source of Spiritual Creative Power creates an experience of being a creation that is disconnected from its Spiritual Creator.

March 26, 2015.

# The Etheric Plane

The Etheric or Ethereal Plane is the emotional dimension of Spirit.

It is the dimension of awareness as an emotional feeling.

It has a duality of emotion & feeling.

It is the plane on which all emotions are felt & experienced.

The Solar Plexus or Emotional Brain is the gateway to the etheric plane.

Etheric or ether is the magnitude of emotional energy of Consciousness.

The etheric plane consists of the full spectrum of wavelengths of emotion that make up the vibration of Pure Love.

An Ethereal Traveller is called a Sensitive or a Clairsentient Being.

The ether, once known to science as the energy of space, now has no significance in a rational scientific philosophy of physical reality.

The etheric plane is the channel through which empowered states of being are connected to Source and through which empowered Beings feel their connection to the power of their Source Energy.

March 25, 2015.



# The Astral Plane

The Astral Plane is the mental dimension of Spirit.

It is the dimension of Consciousness as mental thought.

It has a duality of thought & thinking; physical consciousness & spiritual awareness.

It is the plane on which all knowledge is accessible as an individual consciousness or as an intuitive awareness.

It is the medium through which minds are read and information is channelled.

It is the place to which prayers are sent and from whence requests are answered.

It is the mythical home of the Principalities of Darkness and the Angels of Light.

Travelling in the astral plane is by the Astral Projection of the mind.

It is where the sub-conscious & super-conscious mind are either in opposition or in alignment, with the individual conscious mind.

March 24, 2015.

# Heaven

Heaven is a state of Being created by a perspective of the Mind.

When heaven is a duality of earth, I am stuck in a duality of male & female gender.

When heaven is a duality of hell, I am stuck in a duality of positive & negative polarity.

When Heaven is an opportune experience on Earth, I can raise my perspective in alignment with my vision.

Heaven is: Paradise, Shangri-la, Xanadu, Eldorado, Shambala or any other place name that describes my ideal experience in physical form.

I see the beauty of this wonderful planet Earth as I am able to experience my bliss in physical reality.

Overcoming the gender & polarity of an intensely divided perspective allows the vision of a reality with a potentially balanced experience.

A Heavenly experience encounters no problems, no pain, no fear, no tolerations & no resistance.

These are all experiences created by a lost, confused, frustrated & out of balance mind.

Heaven is my vision of my ideal experience of my life on Earth.

March 23, 2015.

# Ascension

Ascension is a process of the Mind. The mind proceeds to descend into a lower level of consciousness for the purpose of raising its level of awareness.

To access a higher level of awareness requires the experience of a lower level of consciousness.

The physical Earth is a contextual field that allows a low & restricted level of consciousness and, in many cases, a total lack of awareness.

Ascension is the process of raising awareness to a higher level of consciousness.

It is a journey through levels of consciousness, or relative levels of unconsciousness, that allow relative dimensions of reality.

In a singularity there is no awareness of reality because Consciousness is not aware of its Self. It has no Self to be aware of.

A duality allows the awareness of consciousness.

Consciousness & awareness become a duality in a relative world, with an opportunity to ascend to a state of being consciously-aware or attaining a conscious-awareness of a triune reality.

The Holy Trinity of the Light of the Father & the Love of the Holy Spirit allows the Life of the Son on Earth.

The authority of mental Light with the power of emotional Love allow the ability of physical Life to be lived as Heaven on Earth.

We just have to ascend to a level of awareness where this is our own reality & our personal experience.

March 22, 2015.

## A Fourth Choice

In a dual reality there are always three choices.

There are two opposing energies and a balance of the two.

In a triune reality there are always four choices.

There are three choices and the choice of acceptance.

The choice of acceptance sees whatever turns up as a gift or an opportunity.

I don't need to choose an opportunity, I just accept it and I take it.

A dual reality allows the choice to seek the third way.

A triune reality allows the acceptance of a third way with unconditional approval.

It is with intuitive knowing that every opportunity in life is for-given.

It is given by the Soul for its Self.

It is choosing the balance without seeking the balance.

On balance, my Soul always sends my Self opportunities that are a gift and they are very acceptable.

March 21, 2015.

## A Third Choice

Duality allows choice.

A Singularity is a singular reality that has no choice of reality.

It is a singular unchanging reality.

Duality allows the experience of a changing reality.

A changing reality allows effortless expansive growth.

It also allows resistance & contraction.

Resistance is part of the contract.

Choice allows me to resist making a choice or choosing a path of least or most resistance.

I can go forward, go backward or stand still.

I can expand, contract or be in limbo. I can choose this or that or neither.

I can choose here or there or somewhere in-between.

I can choose now or then or sometime never.

I can choose now here, nowhere or where now?

There is always a third choice out of a duality.

The third choice is how I overcome the extremes of a dual reality experience.

March 20, 2015.

# The Third Way

The Third Way is a triune reality.

It is a triality or third way out of duality.

It is the balance point of two opposing extremes.

It is the vibration of wavelength & frequency.

It is the potential of a force & a magnitude.

It is the intensity of a polarity & a gender.

It is the ability of power & authority.

It is the intensity of the ability of my potential energy vibration.

It is balancing the potential ability of my energetic vibrational intensity.

It is balancing the polarity of the frequency of the force of the authority of my thought.

It is balancing the gender of the wavelength of the magnitude of the power of my emotion.

It is balancing the intensity of the vibration of the potential of the ability of my experience.

It is balancing the pure thought of light with the pure emotions of love, to enable a pure experience of life.

March 19, 2015.

# The Age of Awareness

The Age of Awareness allows the discovery of a 4th dimension of our own Consciousness.

A three dimensional Being has a physical, a mental & an emotional aspect.

A two dimensional physical consciousness is confined to a reality that is both physical & mental.

The duality of a physical mentality excludes the aspect of emotion.

A society without emotional intelligence is stuck in the duality of a two dimensional reality.

Emotional Intelligence is a personal awareness of my Beingness or my emotional states of being.

A Being without the awareness of their emotional state of beingness believes themselves to be a physical Being in a purely physical world having a physical experience called life.

Emotional Intelligence is the gateway to three dimensional Beingness & the 3rd dimension of Emotional Awareness.

Three dimensional consciousness is the gateway to an awareness of a 4 dimensional Spiritual Reality, a four dimensional Beingness & a fourth dimension of Consciousness.

March 18, 2015.

# The Age of Aquarius

As the Solar System travels through the void of space on its galactic journey, it completes one revolution of spin around its solar axis every 26,000 years.

The 21st December 2012 marked the end of one 26,000 year solar cycle and the start of a new one.

It marked the end of the Age of Pisces and the start of the Age of Aquarius.

It marked the Dawning of the Age of Awareness and the end of the Age of Comfort & Security.

It is the age of an awareness of entering through a portal to a higher dimension of Consciousness.

Only with personal awareness will the higher dimensions of reality become apparent.

In the Age of Pisces there were many people on Earth still living in the Arian Age of Survival.

In the Age of Aquarius, there will still be many who continue to live and pursue life with a consciousness of overcoming survival with their own comfort & security, but with no awareness of the dawning of a New Age of Spiritual Beingness.

March 17, 2015.



# An Expanding Universe

The Universe appears to be a physical entity that is expanding.

The Universe is also a spiritual entity that is evolving.

The purpose of an expanding physical universe is the evolution of a spiritual universe.

The one version of spirit is Consciousness.

It is the consciousness that is the universe that is expanding.

It is Universal Consciousness that is expanding the physical universe.

The universe is not just expanding in three imperical dimensions that is a volume of length x breadth x height.

It is expanding in all dimensions of reality.

An atomic holon is ascending into a cellular holon that is ascending into an organic holon that is ascending into a cosmic holon.

Physical awake-ness is expanding into mental alertness, emotional awareness & spiritual aliveness.

Consciousness is evolving sub-consciously, super-consciously & supra-consciously.

The universe is ascending, expanding & evolving through multi-dimensions of reality.

March 16, 2015.

# Dimensions

Dimensions are a measure of Reality.

Reality is defined by its dimensions of Consciousness.

A one dimensional reality is only conscious of one dimension.

An atom has one dimension of consciousness.

It is only conscious of other atoms in a similar singular alignment.

A one dimensional reality has two directions – up & down.

An organic cell has two dimensions of consciousness.

It is conscious of four directions – up & down, right & left.

A cellular organic Being has three dimensions of consciousness.

It is conscious of six directions with the addition of backwards & forwards to up & down and right & left.

A cosmic spiritual being has four dimensions of consciousness.

It is conscious of eight potential directions – up & down, right & left, back & forth, plus in & out.

Each dimension of consciousness allows a different Holon of existence to be experienced.

A four dimensional reality has four holons of existence that all exist simultaneously – Atomic, Cellular, Organic, & Cosmic.

As Consciousness evolves, reality expands through time & space and the dimensions of reality evolve & expand also.

March 15, 2015.

# Perception

Perception is how reality is individually received as an experience.

It may be perceived physically, spiritually or both.

It may be perceived with the physical senses, the intuitive senses or both.

It may be perceived, consciously, sub-consciously or super-consciously.

Perception is unique to the Perceiver.

What I perceive as real may be different to what others perceive to be real.

What I perceive to be my truth may not be true for another.

Perception is based on beliefs & feelings.

How I feel about a belief is how I perceive it to have true value for me or not.

With the ability to change my mind and change my belief, I can change how I feel emotionally, which changes my perception of whatever is occurring.

My perception is my feeling about what I believe to be true.

March 14, 2015.

# Perspective

Perspective is a personal view of reality.

Reality causes perspective when perspective is the effect of reality.

Perspective affects reality.

Reality is the conscious physical perspective of what I see with my own eyes as real.

Perspective creates reality when reality is the creation of an Individual's perspective.

This is the super-conscious perspective of seeing & creating the bigger picture of life.

A relative dual reality perspective sees cause & effect.

I am at the effect of a reality that I was physically born into, and that reality causes my experience.

An absolute perspective sees a higher vision for an Individual's life, with reality being the realisation of that vision.

There is always a choice of perspective and every perspective is a personal choice.

Reality is continuously changing to come into alignment with the personal perspective of its creator.

March 13, 2015.

# An Oxymoron

An Oxymoron is a contradiction in terms.

A flying boat is an oxymoron because aeroplanes fly through the air and boats sail through the water.

A sea-plane is a plane that lands on water without being a boat.

A flying boat is an oxymoron whereas a sea-plane is not.

When a contradiction in terms is caused by the energy polarity, it is a paradox.

A paradox requires two different perspectives of the same energy vibration, as in is light a wave or a photon.

An oxymoron is an attempt to put two different vibrations of energy into the same energy perception, as in a photon of sound or the sound of light.

Like energy unto itself is drawn, by the Law of Attraction.

A paradox is similar polarities of energy with opposing genders that are attractive.

Or opposing polarities with similar genders that are unattractive.

An oxymoron, by the Law of Attraction, is unlike energy unto itself is not drawn.

It is non-attractive because it is not universally in integrity.

March 12, 2015.

# Paradigm

A Paradigm is a world view.

It is the perspective of the majority.

It is a set of beliefs held by the common populous.

A particular paradigm is that there is only one reality.

A fixed reality that is shared by all is a paradigm shared by the majority.

As perspective creates reality, the world view of what is believed to be real becomes the experience of those in that reality.

As personal reality is a reflection of personal belief, a paradigm is a reflection of a collective belief.

As the collective belief changes, paradigms can shift.

A paradigm shift is a change in what is perceived to be an accepted world view.

The change from a belief in a 'flat earth' to a 'global planet' was a paradigm shift of global proportions.

The change from being an 'accident of science' to becoming a 'creator of our own creation' is the next possible global paradigm shift.

March 11, 2015.

# Paradox

Paradox is where two opposing aspects of reality appear both to be true.

Choice is a paradox.

From one perspective, we all have choice and from another perspective we have no choice.

Paradox is caused by the fact that 'Like attracts Like', as per the Law of Attraction.

The paradox of the Law of Attraction is that like attracts like but also opposites attract. Opposites attract because like wavelengths of emotion are divided by male & female gender.

Opposites repel because like vibrations of thought have a choice of positive or negative polarity.

When emotional energy is divided by both polarity & gender, it can both attract & repel and push & pull me in two directions at the same time.

Paradox can be very stressful with the strain of being mentally pulled in two directions at once.

Understanding paradox requires a third perspective, which allows a bigger picture of reality to emerge.

It is this bigger picture that is the Soul's perspective, which allows expansive development & growth.

March 10, 2015.

# The Ego

The Ego is the physical sense of a conscious Self.

How Consciousness sees its Self in physical form is the ego.

It is the ego that consciously uses the physical senses of sight, hearing, taste , smell & touch.

How the ego sees its Self is determined by its level of physical consciousness & spiritual awareness.

The ego may be aligned with Soul or it may not.

The ego may be in alignment with the id or it may be in two minds.

The mind that is the conscious ego is not always in alignment with the mind that is the sub-conscious id.

This misalignment causes a dilemma that is often a paradox.

The Soul sees both sides of the paradox whereas the ego chooses a perspective of what it believes to be real that is often a dilemma.

March 9, 2015.



# The Self

The Self is a physical incarnation of Soul as a physical Being.

The physical Self has a physical sense of Self called the id & the ego.

The ego is an aspect of Soul that is physically conscious.

The id is an aspect of Soul that is physically sub-conscious.

The id functions below the level of physical consciousness to ensure that the physical Being stays alive.

Physical Organisms are organised to function sub-consciously, without consciously thinking about it and without physical consciousness being necessary for the organism to function.

The ego is in control when an Organism is awake or conscious.

The id ensures that the Organism continues to function when asleep or unconscious.

Each Self having an id & ego allows it to individually or collectively explore & discover through physical experience.

March 8, 2015.

# Life Purpose

The Purpose of Life is the expansive growth of Consciousness.

Living is the expansion of Consciousness in action.

In an expanding Universe, it is Consciousness that is expanding.

Universal Consciousness is the one version of Pure Consciousness that is the 'Over-Soul'.

It is all that is expanding and it is the All That Is expanding its awareness of its Self through its Self.

Each Individual Self is an aspect of Soul experiencing growth and growing through experience.

The more individual aspects of Soul that experience expansive growth, the more the collective Consciousness expands & grows in new & innovative ways.

The Soul experiences growth through the Lives of its many aspects of its Self.

The Soul has many aspects of its Self and each Self has many aspects of its Soul to choose to experience.

March 7, 2015.

# Soul

Soul is an acronym for Self Organising Unsupervised Learning.

It is the aspect of Consciousness that seeks expansive development & growth.

Expansive development & growth is spiritual.

Spiritual growth is metaphysical.

This means that it does not have a physical reason, meaning or purpose for developmental growth.

The Soul is self-organising, it organises its Self.

An 'organised' Self is a physical living Being.

Unsupervised learning means that each living Being is free to explore, experience & discover physical life without supervision.

My Soul has super vision but does not supervise my Self.

It does not delegate, direct or supervise.

It oversees, encourages & endorses individual action that allows expansive learning.

Expansive learning is the purpose of Life.

March 6, 2015.

# Universal Truth

Universal Truth is the one version of what is true.

It is a universal truth that all individuals have their own truth.

We all have our own Individual life path.

We all have our own vision, mission & purpose in life.

We all have our own choice.

A universal truth is true for everyone.

It overcomes the duality of truth & untruth.

I can only experience a universal truth when I intuitively see it to be true.

It is then both a universal truth and a personal truth.

Truth & untruth is a duality.

Universal truth is a metaphysical perspective.

Science proves physical experience to be true or untrue.

Meta-science sees the bigger picture of reality that is a universal truth.

It is the Soul's sole perspective of Life.

March 5, 2015.

# Universal Reality

If Reality were Universal, there would be no conflict, disagreement or argument about what is true or untrue, real or unreal.

The fact that everyone disagrees about the truth of reality is because there is no universal reality.

The Universe is Real.

It really exists as a contextual field for thought to form as a reality.

The universal reality is that all possible realities exist.

Whatever I can imagine, I can bring into the reality of my own experience.

All possible realities can be realised and experienced as real.

The real universe is there to allow reality to be experienced personally, uniquely, individually & exclusively.

It also allows reality to be experienced collectively, inclusively, nationally, ethnically, religiously and summarily.

The only universal truth is that whatever we think to be real, becomes real because we are all a figment or creation of our own imagination.

March 4, 2015.

# Personal Reality

Personal Reality is based on personal truth.

Personal truth is based on personal experience.

When personal experience is based on a reality that is created by other people, there appears to be just one truth; the truth of other people.

Because other people cannot agree on what is true, they appoint specialist scientists, judges & investigators to decide what is true or untrue for everyone.

The belief in one universal reality disallows the belief in personal reality.

When reality is believed to be a universal truth, this becomes everybody's personal reality.

In this scenario, everyone stops believing that they are the cause of their own personal reality.

Their personal reality becomes one of being a victim of other people's reality.

We are all the victim of what we do not believe that we have created.

My reality is personal to me whether I believe it to be or not.

March 3, 2015.

# Absolute Reality

Absolute Reality is an oxymoron.

An absolute state of being is not real.

An absolute state of being has no state of being and therefore has no reality.

The singularity of nothingness is without something or anything.

Nothingness is the absence of reality.

Relative duality allows a reality to be real and to be realised.

It allows Consciousness to become conscious of its Self.

In absolute reality, Consciousness is not aware of its consciousness.

Reality allows Consciousness to consciously explore, experience & discover its Self.

In absolute reality there is just Oneness with everything.

Pure energy has no distinction unless it has a distinct vibration.

A distinct vibration of energy is relative to its frequency & wavelength.

In absolute reality there is no motion or matter, just energy.

March 2, 2015.

# Absolute Truth

Absolute Truth requires an absolute reality.

An absolute reality is unchanging.

An unchanging reality disallows choice and disallows growth.

An absolute reality is a Singularity.

A relative reality is a Duality.

A personal reality is a Triality.

A personal reality allows a third choice to overcome the perspective of relative dual reality.

A third choice overcomes the opposition & conflict of a dual reality perspective.

It overcomes the duality of truth or untruth.

In a triune reality, truth is relative to the person who is experiencing it.

Nothing is real other than the reality that is being personally experienced by each Individual.

The absolute truth is that nothing is true, nothing is real and everything is potentially true & potentially real.

March 1, 2015.



# IQ & EQ

IQ is my Intelligence Quotient.

My intelligence quotient is my capacity to use my rational mental processor to make right choices.

IQ measures my ability to use the processing power of my brain to make rational choices.

It is knowing the answer because of a higher knowledge of how to process the solution to a problem through the mental calculation of probable possibilities.

EQ is my Emotional Intelligence Quotient.

My emotional intelligence is the measure of my competence to understand and equate to my feelings.

EQ measures the feeling ability of my solar plexus.

It is the ability to know what my solar plexus is feeling.

When my IQ & my EQ are balanced, I am centred in my Heart.

My Heart or Soul is both rationally & emotionally intelligent in equal measure.

April 30, 2015.

## Rational or Unemotional.

Rational is a male positive energy state.

Unemotional is a male negative energy state.

Being unemotional doesn't mean I do not have an energetic state of being.

It means that I deny it or I am unaware of it.

Disconnecting my emotional feelings denies access to my emotional brain.

My emotional brain is my solar plexus.

Every thought is transmitted on a wavelength of emotion.

A wavelength of energy is emotional when I feel it as an emotion In my solar plexus and rational when I see it as being rational in my brain.

I have a choice of experiencing life with rational thinking, emotional feeling, or I can use both.

Suppressing my feelings makes me unemotional and allows rational thinking only.

Using only my rational mind without my emotional feelings is paradoxically irrational.

April 29, 2015.

# Irrational or Emotional

A rational mind attaches me to the Earth.

An emotional mind connects me to my Source.

A rational mind rates positive experiences as good, better or best.

An irrational mind is believed to make negative choices that are bad, worse or worst.

An emotional mind feels what is good for my Self.

Negative feelings are caused by limiting beliefs not an irrational mind.

Negative limiting beliefs are sub-conscious and can therefore appear to be irrational.

It is not a belief that is irrational but the behaviour that is driven by that belief.

Negative emotions are the effect of negative beliefs, not irrational emotions.

When all emotions become rational, irrational behaviour no longer occurs.

Irrational behaviour is purely a judgment of the observer based on their belief system.

Irrational behaviour is driven by a belief not an emotion.

It causes an irrational reaction instead of a rational response.

Emotional is a female positive energy state.

Irrational is a female negative energy state .

All emotion is rational when it is comprehended.

April 28, 2015.

## Disconnected or Detached

Disconnected from other people, I am insensitive & unemotional.

Detached with other people, I am sensitive to their emotional needs yet unattached from their dramas.

Being attached to other people by what I need emotionally draws me into their dramas.

Being emotionally detached with other people allows me to approve of their path with compassion without being involved in their drama.

I accept where another is emotionally without resonating in sympathy with them.

I tolerate where others are emotionally when I am disconnected & apathetic.

The more apathetic & disconnected that I am, the more tolerant that I need to be of their irrational dramas.

Being disconnected from my true source of emotional power, I compete for emotional energy by being aloof & insensitive, unemotional & apathetic.

Being detached with other people allows me to accept where they are, have empathy with their path and compassion for their journey.

I can choose to be disconnected emotionally from other people or emotionally detached with other people.

April 27, 2015.

## Connected or Attached

I Connect to my true source of emotional power.

I Attach my Self to what I need emotionally.

I connect to my inner guidance system.

I attach myself to an external authority for direction.

I connect to my Soul with my spirituality.

I attach myself to god through a religion.

When I need god, I have a religious attachment.

When I am my Soul, I have a spiritual connection.

I connect with God through my Soul.

I am attached to my soul through god.

My connection with spirit is a communion.

An attachment to spirit is a church.

A church is a collection of people attached to one religious view.

A spiritual connection is a personal communication with one's higher Self.

When I love my Soul as my Self, I have a religious attachment.

When I love my Self as my Soul, I have a divine connection.

April 26, 2015.

# Apathy

Apathy is negative male energy.

It is the control drama of the aloof.

It is the insensitive disconnection from other people emotionally.

My disconnection from my own source of emotional power allows me to un-attach from other people emotionally.

A rational mind may see emotion as irrational.

Apathy is the disconnection from the irrational experience of other people's dramas.

The more introvert my personality the less I need other people to meet my emotional needs for me.

The less we need other people emotionally, the greater our emotional apathy can become.

With apathy, no emotional intelligence is required.

Life is a purely rational experience devoid of any emotional logic.

In my emotional disconnection from other people, I am also disconnected from my own emotional power source, so I will need to meet my own emotional needs or control other people emotionally by being aloof.

April 25, 2015.

# Sympathy

Sympathy is negative female energy.

I resonate in sympathy with another's negative emotional energy.

I have compassion with another's positive opportunities.

I have sympathy with another's negative problems.

The greatest fear and the biggest problem in life is believed to be death.

Death can be a great problem to the descendants of the deceased.

We are taught to have great sympathy for those who are bereaved and have lost a loved one.

Our loved ones are the ones we need, depend on & are attached to for the emotional energy that we receive from them.

In grief & mourning, we are bereft of their source of emotional energy.

We resonate in sympathy when we feel & share their emotional loss.

Sympathy is our way of showing that we care because when we care for others, they care for us.

April 24, 2015.

# Empathy

Empathy is a positive male energy.

I empathically know my Soul's path for its Self.

With empathy, I am inspired to share my path with another.

In empathy with another, we share our life path together.

We share our path for the purpose of mutual learning.

Both the Teacher & the Student require empathy to share their learning experience together.

There is no empathy between a Master & a Slave.

I have empathy with my Soul Mate.

A Soul Mate is one who shares a similar spiritual path for the purpose of higher learning.

At the Soul level, it is not possible to have empathy without compassion.

It is not possible to share my experience without the mutual empowerment of compassion and it is not possible to share my path without the mutual enlightenment of empathy.

April 23, 2015.



# Compassion

Passion is positive female energy.

I express my positive female energy with a passion.

Compassion is sharing positive female energy.

Positive female energy is a harmonious emotion.

Positive male energy is a congruent thought.

Congruent thought allows empathy.

An harmonious state of being allows compassion.

When I share an harmonious state of being, I am in harmony and I attain compassion.

Compassion is the gateway to sharing enjoyment.

It is sharing the positive opportunities that are appearing in life.

It requires a personal connection to source.

Compassion is my Self sharing a life experience with my Soul.

It is a mutual feeling of Love.

Empathy is my Self sharing my life path with my Soul.

April 22, 2015.

# Sensitivity

Sensitivity is being consciously-aware of where other people are emotionally, mentally & physically.

It is being aware of where other people are from a spiritual perspective.

It is perceiving the essence of another.

It is knowing who they are, where they are and what they are experiencing.

A Sensitive has an intuitive insight into what is occurring on the path of another.

Being sensitive to another's path requires detachment from their path.

A strong attachment to my own path disallows my sensitivity to another's path.

Insensitive people are lost within the dramas of their own path and choose to disconnect from other people's issues.

Insensitivity leads to apathy.

Attachments lead to sympathy.

Detachment allows empathy.

Sensitivity allows compassion.

It is a positive female attribute that attracts a positive male attribute of detachment.

April 21, 2015.

## Conscious & Aware

I am a Spiritual Being living a physical existence.

I am conscious of my physical experience.

I am aware of my spiritual origins.

My physical existence is also a mental & an emotional experience.

A spiritual experience has a mental, an emotional & a physical aspect.

My mental consciousness & my emotional awareness allow a conscious-awareness of my physical experience.

I am conscious of my physical id & I am aware of my spiritual entity.

I am consciously-aware of my id-entity.

I am conscious of the cause of my life & I am aware of the effect of my life.

I am conscious of my thoughts & I am aware of the emotion on which I transmit them.

I have attained conscious-awareness.

April 20, 2015.

# Awareness

I am conscious of the physical world.

I am aware of the energy that is creating the physical world of my experience.

I am aware of the energy of Consciousness that allows physical consciousness to be both conscious & aware.

Awareness is Consciousness being conscious of its Self.

Self Awareness is knowing one's own emotional state of being.

An awareness of one's own emotional states of being allows a choice of emotional experience.

A choice of emotional experience requires the management of personal power.

The paradox is that consciously choosing an emotional state of being requires emotional power and emotional power comes with choosing a powerful emotional state of being.

I am required to have an awareness of emotional energy before I can manage my emotional power by choosing it.

April 19, 2015.

# Intelligence

Intelligence is the ability to rate data for decision making.

It is the ability of thinking to formulate choices.

Creative thinking is beneficial, whereas chaotic thinking can be detrimental & destructive.

As emotion is relative to thinking, negative thinking causes negative emotional experiences; which is very unintelligent.

Intelligence can be rational or emotional or both.

Rational Intelligence is a process of learning through the physical experience of life.

It is the ability to rate what is a good & beneficial choice based on a conscious understanding of what is physically occurring in life.

Emotional Intelligence is the ability to comprehend the state of being that I am emoting relative to what is occurring in my life.

A wise choice requires both conscious rational intelligence and intelligent emotional awareness.

April 18, 2015.

# The Metaphysical Nature of Consciousness

The Metaphysical Nature of Consciousness is Super-consciousness.

Super-consciousness is the nature of the Soul.

Man is conscious of his physical nature.

It is possible for Man to be aware of his spiritual nature.

Being conscious of one's physical nature requires five physical senses.

Being aware of one's spiritual nature requires three intuitive senses.

Who I am is a matter of who I choose to be with conscious-awareness.

I can choose to be whoever I can imagine my Self to be.

Imagination is my metaphysical superconscious nature.

I am who my Soul imagines its Self to be.

I am the creation of my Creator's creative imagination.

With intuitive imagination, I can be whoever I imagine my Self to be.

Imagination is essential to and the essence of expansive spiritual growth.

I just have to let the 'Genie out of the Bottle'.

I am a Genie and I imagine, so are you!

April 17, 2015.

# Supernature

Supernature means above nature.

There is a supernatural realm above the natural realm.

The natural realm has a physical or material nature.

The supernatural realm has an energetic or spiritual nature.

We have a physical nature whilst being human.

We have a spiritual nature that is eternal.

The nature of Life is a physical existence in a physical realm as a physical being.

The nature of Light is an energetic existence in a spiritual realm as a Being of Light.

A Being of Light is a pure frequency of Consciousness.

Manifesting into physical form allows a Being of Light to experience wavelengths of Love.

Life is an emotional experience.

Being in Life allows our supernature to be both loving & light.

In duality, it also allows the possibility of a heavy, dark & unloving nature.

The Supernature of Consciousness is Choice.

April 16, 2015.

# Nature

Nature is the reality into which we are born.

We choose the nature of the reality into which we choose to spend a lifetime.

We choose the nature of the existence of our life.

It is natural to follow the footsteps of our forefathers reality.

It is also natural to want to change that reality.

The nature of existence evolves through lifetimes.

As the nature of existence changes, reality evolves.

The reality of life changes with human nature.

As I change my nature, I change my reality and I change my experience of life.

Nature, by its very nature, is a changing reality.

Evolution is natural because nature is continuously evolving.

Nature is evolving because Consciousness is evolving.

The evolution of Consciousness is our nature.

April 15, 2015.



# A State of Being

A State of Being is emotional.

An emotional state of being is defined with an emotion.

Defining a state of being makes it a definite emotional experience.

It allows an awareness of personal Beingness.

Beingness defines a person.

Personality is the personal reality of a personal emotional experience.

Definite states of being allow a choice of Beingness & a choice of personality.

A choice of personality allows a choice of personal reality.

The Golden Rule is that what I express emotionally through my state of being, I attract as my emotional experience.

The Law of Attraction ensures that I always attract the like energy of my Beingness unto my Self.

My state of being can be seen as either beneficial or detrimental to my ideal experience of life.

April 14, 2015.

# Emotion

An Emotion is a specific wavelength of a personal energy vibration.

The wavelength at which my energy is vibrating creates the experience of a particular emotion.

A pure wavelength of emotion is the omnipotent power of pure feeling.

A wavelength of pure feeling is called Love.

Every emotion is a particular aspect of Love.

Emotions allow the power of Love to be experiential.

Emotions are relative to thoughts.

Every frequency of thought is carried on a wavelength of emotion.

Pure mental thoughts create pure emotional states of being that create pure physical experiences.

Emotion allows an awareness of feeling.

An awareness of my emotional states of being allows different feelings to be relative to different experiences.

My emotional states of Being define my personal experiences.

April 13, 2015.

# The Nature of Consciousness

The Nature of Consciousness is expansive growth.

Consciousness created the Universe.

The Universe is the One Version of all that is created by Consciousness.

Without Consciousness, there is no creation.

There is no creation, no awareness of what is created and there is no Creator.

Consciousness is both the creation & the creator.

It is both the observer & that which is observed.

It is the sum total of thought that is made manifest.

It is the nature of Consciousness to think.

It is the nature of those thoughts to be creative.

It is the nature of Consciousness to experience thought & to think experientially.

It is the nature of thought to be creative & to be expansive.

Creativity & Expansivity are the nature of the Universe as well as our own Universal Nature.

April 12, 2015.

## A Life-Time

A Life-Time is the journey of a Spiritual Entity into physical form.

The Soul projects its Self into physical form to experience a physical life.

The time of a life journey is always determined by the Soul in conjunction with its Self.

Even when the Self has no understanding of the length of a particular life-time, the Soul has a full comprehension of the complete life-time, at all times.

Whether a Human Being dies in childbirth or lives for a hundred years is always the individual choice of the Soul for its Self.

Every life-time is lived within the authority of the overseeing Soul.

It is the nature of Consciousness to expand & grow.

Every life -time in physical form allows the Spiritual Entity invaluable opportunities for personal spiritual development & growth.

April 11, 2015.

# Death

In relative dual reality existence, life & death are a duality.

A Physical Being is either alive or dead.

In relative duality, birth & death are also a duality of the beginning & the end of life.

This may also be seen as the end & the beginning of death.

Birth & death are at opposite ends of both life & death.

The Soul is eternal, which means ever alive.

In absolute reality there is no death, just eternal Beingness in one form or another.

Death is the end of a lifetime.

A lifetime is a temporary reality experienced in physical time & space.

Death is the end of a particular experience of life in space-time-reality.

Space-time-reality is a contextual field for the purpose of experiencing physical lifetimes.

A physical lifetime is an opportunity for the Soul to develop & grow as a Spiritual Entity.

Death is the process of 'passing on' to a different lifetime.

April 10, 2015.

# Life Force Energy

Life Force Energy is known by different names by different creeds & religions.

It is Prana in Sanskrit, Chi in Chinese, Ki as in Reiki & Qi as in Qigong.

In Inuit culture it is called Silla and in Polynesia it is called Mana.

Life Force Energy is the authority of a Soul to manifest its Self in physical form.

Life is the expression of a Self in physical form.

A Soul manifests its Self in physical form through the energetic force of authorised thought.

It is this force of thought vibration that manifests its Self as a physical entity.

When the Soul withdraws the Life Force Energy from its physical Self, it is called death.

In death, all that dies is the physical vehicle or body that is manifest in form.

All Energy, including life force energy is never destroyed, it just changes form.

Life Force Energy is the power of a Human Being to operate under the authority of its Soul.

It is the Soul's authority that enables the power to live a Life as a physical entity.

April 9, 2015.

# Holy Spirit

Holy Spirit is whole energy.

Whole energy is undivided by gender or polarity.

The vibration of Holy Spirit is a pure frequency & wavelength.

Pure thought frequencies conveyed on pure wavelengths of emotion connect with a divinely energetic experience.

Holy Spirit is the divine connection to my own pure state of being.

It is our connection to the Source Energy of who we are individually & collectively.

Sharing the experience of the Holy Spirit in communion with other people is divine.

When a group of Individuals connect to their own source of spiritual energy, they share the experience of the Holy Spirit.

The Holy Spirit is always present, whether our connection to it is present or not.

Holy Spirit is the emotional aspect of a Triune Reality of a mental authority of God the Father that enables the ability of the physical Son, which is Man.

The ability of the Son is relative to the authority of the Father and the power of the Holy Spirit.

The Holy Spirit is Man's powerful emotional connection to the divine authority of his own creative ability.

April 8, 2015.

## Karma & Dharma

What I believe to be true becomes my reality because like thought energy is drawn to itself as a real experience.

My Karma is whatever I draw to my Self as my experience.

My perspective creates my reality.

When I perceive my karma to be a punishment, I create the problem of experiencing any negative energy vibrations that I attract to my Self.

When I perceive Dharma to be a reward for overcoming my karma, I create a challenge that I am required to overcome to receive my reward.

My lesson is that karma & dharma are a duality that always creates a drama in physical experience.

To overcome the dual reality, I am required to see Karma as an opportunity for spiritual growth.

I draw every experience in life to my Self as an opportunity for the growth of my Soul.

Without judgment, I see that the Law of Attraction allows me to choose my own unique path of spiritual development through the multi-dimensional realms of energy & matter in physical motion.

April 7, 2015.



# The Law of Attraction

The Law of Attraction underpins the Golden Rule.

The law is that 'Like energy unto itself is drawn'.

It is called a law because it is an absolute experience.

Absolute means that it is not relative to something else.

It is immutable and unconditional in its application.

It applies without condition or judgment.

Like vibrations of energy attract like vibrations of energy, it is the Law.

Therefore, whatever I think, I experience as my reality because the vibrational energy of thought is creative.

The Law of Attraction is the means through which Consciousness creates reality.

Consciousness attracts reality in alignment with its thought.

The force of conscious thought is authorised by the Law of Attraction.

Authorised thought is always empowered.

Authorised & empowered thought is absolutely creative and enables reality to become a real experience.

The Law of Attraction allows an individual to create their own version of reality by virtue of their thoughts.

What I perceive to be real therefore, becomes my version of reality.

April 6, 2015.

# The Golden Rule

The Golden Rule is the 2nd Commandment of Jesus:

“Love thy Neighbour as thy Self”

Also known as: “Do unto others as you would have others do unto you”

Often misinterpreted as: ‘An eye for an eye’ or ‘Do unto others as they have done unto you’.

There is a version of the Golden Rule in every major religion.

My Golden Rule is: “Be unto others as I choose others to be unto me”

The Golden Rule is golden because because when it is followed it overcomes the duality of negative Karma & positive Dharma.

Karma states that what I visit unto others will be experienced in return.

Karma is a negative perspective of the golden rule.

Dharma is its polar opposite positive perception of the Law of Attraction in action.

Before I am able to love my neighbour as my Self, I am required to love my Self, which is the first commandment.

April 5, 2015.

# The First Commandment

The First Commandment of Jesus is:

“Love the Lord thy God with all thy Heart, all thy Soul, all thy Mind, & all thy Strength”.

The Lord my God is my Inner Coach that is my Higher Self.

I connect to my inner guidance when I bring all aspects of my Self into alignment.

This alignment accesses my Divine Power & Authority.

My Divine Authority allows my Divine Power to flow.

My Divine Power flows through a conscious heart that aligns with a sub-conscious mind.

When my conscious ego aligns with my sub-conscious id, there is no battle between my heart & my mind.

When my sub-conscious mind aligns with my super-conscious soul, my id & my entity express my true identity that allows my true authority.

My true identity is the alignment of a conscious heart, a sub-conscious mind & a super-conscious soul.

When my True Identity is expressed, my Life flows with supra-conscious strength.

My supra-conscious conscious, sub-conscious & super-conscious mind is the One Consciousness of me, myself & I.

April 4, 2015.

# A False Idol

A False Idol is an impure image of my Self that I have become attached to.

My Self attaches itself to whatever it believes that it needs emotionally.

Anything that I believe that I need emotionally has an emotional attachment.

Any attachment that feeds my need for emotional energy is potentially a false idol.

Worshipping a false idol is attaching my Self to whatever I believe that I need emotionally.

When empowered by my Soul, I have a pure connection not a false attachment.

I worship my Soul connection: I idolise my attachments.

I connect with my own power to follow my own path that is divinely authorised.

I attach my Self to an idol that falsely promises to deliver my path to me.

An idol that I idolise will always direct me along a false path.

My true path is exclusively mine.

There are no false idols on my path when I am exclusively connected to my destiny.

I worship my Soul, I never idolise my Soul.

April 3, 2015.

# Worship

Worship is how I connect to my Soul's power.

I worship my Soul without idolising my Soul.

My Soul is not a superior Being, it is my highest state of Being.

My highest state of being connects me to my emotional power.

Worship is how my Soul empowers its Self.

My Self always has a choice of who it worships.

I can choose the source of my emotional energy.

False idols may meet my need for emotional power but they cannot truly empower my Self.

I worship with my Soul when I connect with my Soul by being my Soul.

I am being my Soul when I am not without my Soul.

I worship every emotional state of being that is divine and connects my Self with my Soul.

I worship every Purely Divine state of being that is the image of my Soul.

Expressing the divinity of my Soul is my act of worship.

My Soul is my one & only Worshipful Master.

April 2, 2015.

# Meditation

Meditation is how I connect with my Soul.

It is the process of quietening my thinking mind so as to hear my pure thoughts.

Noisy thinking is the process of the sub-conscious mind seeking answers to my conscious questions.

Quiet thoughts are the revelations of my Soul.

My Soul reveal its true path to its Self in meditation.

In prayer, I ask questions.

In meditation, I hear my answers.

Meditation is the art of listening to the still small voice within.

That still small voice Is always present with both clarity & direction.

Meditation connects me to my intuition, my inner tutor & my coach.

It connects me to the effortless flow of life that is my Soul's vision for its Self.

My present, clear, direction is always there in the inner peace, stillness & calm of my meditation.

April 1, 2015.

# Control Dramas

Control Dramas are how we compete for emotional energy.

The actively extrovert control drama is that of the Intimidator or bully.

I bully & intimidate another to control & steal their emotional energy.

An Intimidator causes a Poor Me.

The Poor Me is the actively introvert victim who regains their emotional energy through sympathy.

The passively extrovert control drama is that of the Interrogator.

The interrogator or critic, criticises, complains & condemns to control & gain energy from their victim.

The victim of an Interrogator becomes an Aloof.

The Aloof is passively introvert and retires to their metaphorical cave to replenish their emotional energy.

Our sub-conscious control dramas are learned at an early age and continue to be the cause of many of the dramas throughout our life.

An awareness of our own control dramas is the first step to overcoming them.

May 31, 2015.

# Negative Male Emotions

The state of being unemotional is a negative male emotion.

Denying or suppressing my emotions may make me unemotional but emotions are still a reality, all be it a negative reality.

Negative emotions cause a negative experience of reality.

Being unemotional means that I am disconnected from my true source of emotional power. It also makes me insensitive to other people's emotional state of being.

Unemotional, disconnected & insensitive are the three primary male negative emotions.

Both men & women are able to express & experience a choice of all three male negative emotions.

The gender of energy is not sex specific, and neither are energy positive & negative polarities.

Disconnected, insensitive & unemotional negative male energy needs to compete for its emotional power.

It defaults to control dramas to control & to compete with other people for the emotional energy that it needs.

The control drama of the Aloof is particularly common to those who default to negative male emotions.

May 30, 2015.



# Emotionality

Emotionality is emotional reality.

It is the reality of an emotional experience.

I experience the reality of my own emotional state of being.

My emotions are real.

They are the real effect of my thoughts & my thinking.

Emotionality is directly relative to mentality in a physical reality.

As I change my mental thinking, I change my emotional feelings about what is physically occurring.

Un-emotionality is an unemotional reality.

I can express my emotions or I can suppress my emotions.

When I suppress my emotions or deny my emotions, I am able to focus on a purely rational physical world.

When I embrace my emotions, I add a whole range of colour to a very black & white world.

May 29, 2015.

# Spiritual Beingness

Spiritual Beingness is a triune reality of being mental, physical & emotional.

My Spirituality is a combination of my mentality, my emotionality & my physicality.

A mental being expresses rational male energy.

An emotional being expresses sensitive female energy.

A spiritual being is able to express rational & emotional intelligence as a physical human being.

Spiritual beingness expresses physical consciousness with emotional awareness.

I can be a rational human being exploring a physical reality as a scientist.

I can be an emotional human being exploring a spiritual reality as a minister.

I can be an emotionally rational human being exploring my own physical reality as a spiritual being.

Being spiritual is not an action or a behaviour or a role that I play but a state of being that attains conscious-awareness of who I am.

It is Consciousness being conscious of its mentality, aware of its emotionality and consciously-aware of its physical reality in a state of Spiritual Beingness.

May 28, 2015.

# Beingness

Beingness is the essence of who I am.

I am a physical Being when I am being physical.

I am a spiritual Being when I am being spiritual.

Being emotional is the gateway between physical & spiritual Beingness.

The first state of Beingness is mental.

Without the mind, there is no awareness of Being.

The second state of Beingness is physical.

The mind becomes physically conscious of being in a body and becomes conscious of its physical body.

The third state of Beingness is emotional.

The mental mind and the physical body develop emotional feelings.

This allows a gateway to open to the fourth state of Beingness which is Spiritual.

Life is the journey of a Spiritual Being exploring, discovering & experiencing its spiritual beingness.

May 27, 2015.

# Inner Peace

Inner Peace is a state of being mentally & emotionally balanced.

Balancing the yin & yang of my energy vibration is the pathway to inner peace.

Inner peace is the gateway to a peaceful experience of physical life.

My inner vibration directly affects my outer reality.

Physical experiences come into balance as I attain my own inner peace.

With inner peace, male & female genders of emotion are peacefully united.

The final battle between good & evil is declared to be over.

Frequencies of thought energy become neutralised as they are no longer divided by polarity.

Wavelengths of emotional feeling become harmonised as their gender is no longer in opposition.

With inner peace, the vibration of my consciousness has a congruent frequency & wavelength.

My Self is at peace with its Self.

I attain the inner peace that is the natural state of my Soul.

I express the Inner Beingness of my Soul at Peace.

May 26, 2015.

# Vibrational Imbalance

Vibrational Imbalance allows conscious choice.

It allows a choice of direction and a choice of clarity in every present moment.

I can choose to be positively direct or negatively lost.

I can choose to be negatively confused or positively clear.

I can choose a male rational perspective or a female emotional perception.

I can choose to think with my head or feel with my heart.

I can choose to instinctively know or I can intuitively feel a clear direction for my present path.

Emotional intelligence always seeks balance.

Rational intelligence sees no imbalance.

A mental perspective that has no emotional perception sees no need for balance.

An emotional perception that has no mental perspective has no understanding and therefore no choice between balance or imbalance.

May 25, 2015.

# Vibrational Balance

Every vibration of Conscious Energy is a mental frequency of thought conveyed on an emotional wavelength of feeling.

A pure vibration of consciousness is both mentally & emotionally in balance.

An impure vibration of consciousness is divided in perspective by polarity.

The polarity or choice of direction allowed by duality causes a positive or a negative perspective.

It also causes a male or a female perception.

Dual reality existence allows a choice of male perspective, which is rational or female perception, which is emotional.

It allows a choice of positive female sensitive connection or negative male disconnected insensitivity.

It also allows a choice of negative female irrational over-sensitivity or a positive male rational detachment.

There are endless possibilities in a dual reality world that is divided by polarity & gender for my vibrational energy to become mentally & emotionally out of balance.

By learning to balance my mental & emotional energy, I can explore, discover & experience in physical reality who I really am.

May 24, 2015.

# Polarity Attraction

Whereas emotional wavelengths of energy are divided by gender, mental frequencies of thought are divided by polarity.

The frequency of my mental thinking can be either positive or negative.

My mental perspective has a choice of positive or negative polarity.

Like polarities of energy are attracted to like polarities of energy.

Positive thinking people are attractive to positive thinking people.

Negative thinking people attract negative thinking people.

Polarity, from a positive perspective, is a choice of direction.

We are attracted to others who think the same way as us, share similar beliefs, make congruent choices because they are going in our direction.

Polarity, from a negative perspective, is a judgment of good or bad, right or wrong.

We are attracted to those we believe are good & right because they think the same way as us with a similar system of beliefs, but we disagree strongly with those we believe to be bad, wrong or even evil.

Divinely inspired thoughts have no polarity, just a pure frequency of consciousness.

May 23, 2015.

# Gender Attraction

The Law of Attraction is an energetic law.

If this was a physical law, then all men would be attracted to like all Men and all women to like all Women.

As an energetic law, male energy is attracted to opposing female energy of the same vibration because like energy unto itself is drawn.

A particular energy vibration that is divided by male & female gender naturally seeks to re-unite and become whole again.

Male arrogant energy attracts humble female energy.

Female poor me energy attracts male intimidator energy.

Male aloof energy attracts female interrogator energy.

Female passion attracts male desire.

Male sins attract female virtues.

In the same way that every coin has a head & a tail, every emotional wavelength of energy has a potential male & female gender.

Only pure, whole, holy, or divine, prime & natural emotional states of being are undivided by gender.

May 22, 2015.



# Gender

Sex & Gender are not the same thing.

My sex determines that I am either masculine or feminine in my physical appearance & my mental programming.

My gender is a male or female characteristic of my energetic beingness.

Energy in motion is called emotion.

Emotional wavelengths of energy are divided by male & female gender.

Sexual characteristics of physical form are determined by masculine or feminine chromosomes in our genetic make-up.

The gender of our energy is not sex specific.

Masculine & feminine human beings can choose male or female emotional states of being to express.

Women can be as proud, envious, gluttonous, arrogant, lustful, greedy, wrathful & slothful as men.

Men can be as modest, kind, abstinent, humble, caring, pleasing, meek & dutiful as women.

The basis of male & female attraction is emotional genders of energy being drawn to unite & become whole energy as a representation of their true form.

May 21, 2015.

# Intimacy

Intimacy is a coming together of sexual & sensual feelings.

It is the feeling of being sensually aware of being sexually whole.

It is sharing the same frequency of thought & the same wavelength of emotion.

It is being 'in time' with another.

It is the oneness of a unified gender with a neutral polarity that expresses a harmonic vibration.

It is two vibrating as one.

It is being mentally in time whilst sharing the same physical & emotional space.

It is being emotionally in time whilst sharing the same physical & mental experience.

It is being physically in time whilst sharing the same thoughts & emotions.

It is a spiritual connection at the Soul level.

It is two physical Soul's consciously experiencing the reality of their spiritual Beingness.

May 20, 2015.

## Sensual Love

Sensual Love is an attraction of similar polarities of mental energy.

The attraction of like polarities of energy is not sex specific.

It is two people sharing a sensual experience irrespective of their sexual orientation.

Sensual love is sharing any positive experience of pleasure.

Sexual love can be a very sensual experience.

A potentially painful experience can also be very sensual.

Sharing extremely dangerous experiences with another can be very sensual.

Polarity is the direction in which an energy vibration is flowing.

Whether that direction is positive or negative is a purely subjective experience.

Flowing in unison with another is the harmony of sensual love, irrespective of the direction.

It is being in tune with another's thoughts & feelings.

It is sharing the pleasure of meeting each other's emotional needs in a sexual or non-sexual way.

Extreme acts of sensual love or pleasure are often confused with the pursuit of erotic sex.

May 19, 2015.

## Sexual Love

Sexual Love is the attraction of opposite genders of male & female emotional energy.

The attraction of opposite genders of emotional energy is not specific to the sex of the lovers.

Sexual love is where two people feel whole when together irrespective of the gender of their sex.

Male energy is attracted to female energy whether with two men, two women or one of each sex.

Energy that is divided by male & female gender seeks to become reunited as love.

Reuniting opposing genders of emotional energy allows the experience of a pure wavelength of Love.

Experiencing a pure wavelength of Love in sexual union is a very emotional experience.

Pure wavelengths of Love are very healing & very empowering.

Sexual love allows each partner to feel energised & whole with their significant partner.

Tantric sex is the art of holding the vibration of sexual union by delaying an orgasmic climax.

May 18, 2015.

# The Spectrum of Love

The Spectrum of Love is a whole range of emotions experienced as feelings.

Thoughts, pictures & sounds can all move me emotionally.

Music is the experience of emotion through sound.

Life is the experience of emotion through pictures.

Emotion is the experience of thoughts as feelings.

Pure Feeling is divided by wavelengths of emotion.

Every wavelength of emotion is an aspect of Love.

Love can be divided by positive or negative polarity.

Positive love has a negative aspect of hate.

Love can be divided by either male or female gender.

Male lust or desire has a female equivalent of love or passion.

The gender & polarity of vibrations of Love allows a full experience of Light as Life.

The more expansive the spectrum of love the more expansive the experience of life.

May 17, 2015.

# The Spectrum of Light

The Spectrum of Light can be seen as physical or spiritual.

It can be seen through physical sight or spiritual insight.

The physical spectrum of light is the set of frequencies that we determine or see as visible light.

Visible light is a set of frequencies in the middle of the electro-magnetic energy spectrum.

The electro-magnetic energy spectrum is the Spectrum of Spiritual Light.

The Spectrum of Spiritual Light is a complete range of frequencies that defines Spiritual Consciousness.

The spectrum of physical light is the limited range of frequencies present in a rainbow that allows physical sight.

Physical consciousness physically sees light within the physical spectrum.

Being conscious of the spiritual spectrum of light requires intuitive awareness.

The fastest frequencies of spiritual Light are Thoughts.

The slowest frequencies of spiritual Light are physical vibrations of sound.

Human Beings are potentially capable of consciously receiving all frequencies of the Light Spectrum.

May 16, 2015.

# Mental Thought

Mental Thought is a frequency of Consciousness.

Varying frequencies of consciousness allow different mental thoughts to formulate.

A particular frequency of consciousness forms into a particular thought.

A stream of mental thoughts of varying frequencies forms into a mental image.

Mental images are projected as imagination.

Imagination is the source of creativity.

Creativity originates in the imagination of a Higher Consciousness as a mental thought.

Every mental thought is transmitted on a wavelength of emotion that approves its power.

Every vibration of energy has a frequency & a wavelength.

Every conscious vibration of energy is a mental thought with an emotional feeling.

There is not a frequency that has no wavelength.

There is no thought that has no emotional feeling.

Thought & feeling together allow a choice of physical experience.

May 15, 2015.

# Emotional Feeling

An emotion describes how I feel about my physical experience.

I can consciously experience physicality with or without emotional awareness.

The emotion is always present whether I feel it or not.

The experience of my emotional state of being is relative to my level of awareness.

Emotion is an awareness of my feelings.

Awareness is a perception of my emotional state of being.

It is my interpretation of my Soul's Pure Feeling for its Self.

Pure Feeling is the emotion of Love.

Love is the feeling of pure emotion.

Emotions are an aspect of pure Love.

A whole range of emotional wavelengths make up the spectrum of Love.

Awareness is becoming conscious of a particular wavelength of emotion that determines a particular state of being that is being felt.

Wherever there is a mental thought there is an emotional feeling that accompanies it.

May 14, 2015.



# Life is an Emotional Experience

My emotional state of being determines my emotional power.

My emotional power determines the quality of my physical experience.

The quality of my physical life is an emotional experience.

The quality of an unemotional life is survival.

The quality of a physical life is measured by its comfort & security.

The quality of a spiritual life in physical reality is determined by the degree of emotional awareness.

Awareness is the experience of emotion.

It is the awareness of energy in motion.

The motion of energy in matter allows an awareness of emotion.

Life is an opportunity to explore all aspects of my emotional reality.

My first aspect is a conscious mind.

My second aspect is a physical body.

My third aspect is my emotional feeling.

A two dimensional reality of mind & body is an unemotional experience.

May 13, 2015.

# Who Am I?

Knowing who I am requires both rational intelligence and emotional awareness.

I am a mental Being having an emotional experience in a physical world.

I am an emotional Being having a physical experience in a conscious world.

I am a physical Being having a conscious awareness of a mental & emotional reality.

Who I am being is an emotional state of being.

What I have is a mental perspective of life.

What I am doing is my physical behaviour.

My physical behaviour follows my mental beliefs that cause the effect of my emotional experiences.

I am a spiritual Being experiencing a physical, a mental & an emotional reality.

My physical, mental & emotional realisation is a spiritual experience.

Life is a spiritual experience of exploring & discovering who I am.

Who I am is who I choose to be based on my personal perspective & my individual perception of my life.

May 12, 2015.

# Personal Qualities

Personal Qualities allow the experience of true values.

They are the personal attainments that I attribute to my Self.

I experience the true value of the personal qualities that I attain.

A true value has true quality.

A value has quality when it is a true reflection of who I am and aligns with the purpose of my destiny.

The quality & value of an attainment is relative to its emotional purity.

The quality & value of an emotional experience is relative to the purity of my state of being.

The purity of my state of being determines the quality & the value of my life experience.

The quality of my experience is relative to the value of my personal attainments.

My attainments are the personal qualities that I express.

Personal qualities are my expression of who I really am.

May 11, 2015.

# True Values

True Values are empowered.

I am empowered to do what has true value for me.

What has true value for my Self is empowered by my Soul.

My Soul authorises & empowers what has true value for its Self.

Thoughts, words & deeds, that have true value, are aligned with my Soul's vision for its Self.

Aligning with my true values keeps me on track.

On track, I am following my vision for my life.

My Soul holds the blue-print for my vision.

My vision outlines the fulfilment of my destiny.

It is my destiny to fulfil my true values.

The true value of my destiny is fulfilment.

Fulfilment fills my destiny with true value.

We all have a unique destiny and a unique set of true values that align with a unique vision for our life.

May 10, 2015.

# Mental Authority

My Mental Authority is my belief system.

My belief system is the sum total of my personal beliefs.

A personal belief can be authorised or unauthorised.

That means I either wrote it myself or I don't own it.

Authorised beliefs are empowered and they are transmitted on a pure wavelength of emotion.

I would not choose to own a disempowering belief as unauthorised beliefs are disempowering. They are transmitted on a divided frequency of thinking that causes a divided wavelength of emotion.

Divided frequencies of thinking, based on a limited belief system, are polarised in either a positive or a negative direction, which is their polarity.

Divided wavelengths of emotion, caused by divided frequencies of thinking, have a male or female gender as opposing perspectives or perceptions of reality.

My personal perspective of reality either connects or disconnects my Self from the authority of my highest vision for my Self.

My highest vision for my Self is the perspective of my Soul, which always has the authority to empower & inspire me with what I truly value on my ideal journey in life.

May 9, 2015.

# Emotional Power

Personal Power is emotional.

Emotional power is personal.

Personal emotion is powerful.

Personal emotional power comes with the authority of personal choice.

My personal choice of emotional state of being determines my emotional power.

Emotions are relative power.

My power is relative to my emotional state of being.

Choosing a better state of being increases my emotional power.

Defaulting to a negative state of being disallows or even drains my emotional power.

A pure emotional state of being aligns with my true source of power.

I connect to Source Energy as my personal power supply, when I attain a pure emotional state of being.

I attain a pure emotional state of being when I can choose it with conscious awareness.

I am aware of my personal power when I am conscious of my choice of emotional state of being.

May 8, 2015.

# Will Power

Will Power is the power of my ego's will.

It is the power of 'I will', as opposed to 'I am'.

My will is mental and has limited emotional power.

My emotional power is determined by who 'I am' being, not by what 'I will' do.

Will power is motivated by what I need.

What I need is always the competence & ability of more emotional power.

Without emotional power, I am needy & incompetent and will rely on my will power to get what I need.

Will power is driven by pride, by lust, by greed, by envy, by wrath, by duty & by need.

Will power is the motivation of my male energy in denial of my female energy.

No will power is required to be humble, meek, pleasing, caring, patient & kind.

My will is driven by my male energy.

My female energy attaches me to someone else's authority & will.

The power of a leader's will subjugates the emotional power of its followers.

It is the emotional power of the will of the followers that allows a leader the power to lead.

May 7, 2015.

# Personal Authority

Personal Authority is a mental capacity.

My authority is my mental capacity to choose.

We all have choice.

We all have the authority to be Human Beings being human.

Human Beings have their own choice.

We have a choice of authority.

I can choose the authority of my super-conscious Soul or I can choose the authority of my sub-conscious Id.

When my ego sense of Self follows the authority of my sub-conscious limited programming, I will need will power to cope with the dramas that I am causing.

When my sub-conscious id & my Soul entity are in agreement, I align with my true id-entity.

My true identity has the authority to allow my personal emotional power to effortlessly flow.

Personal power flows when it is authorised & I am empowered.

Personal authority enables personal power.

Will power has a very low level of authority when it is driven by the convictions of the ego.

May 6, 2015.



# Personal Power

Personal Power is emotional.

Managing & using my personal power competently requires awareness.

Developing my personal power requires its attainment.

Attaining personal power requires adjective awareness.

Awareness of my adjectivity allows the development of my emotional power.

Pure emotional states of being have a potential magnitude of emotional power.

Impure emotional states of being have an emotional intensity caused by their polarity & gender.

My personal power is a potential that is latent in the pure thoughts that express my pure emotional state of being.

Impure thinking causes impure emotional dramas that disallow, limit or even drain personal power.

I am empowered by the purity of my thoughts & the quality of my personal attainments.

Share this:

May 5, 2015.

## Personal Attainments

A Personal Attainment is an emotional state of being that I have attained because I can choose it.

When I can choose a definite state of being, I attain that attribute as an attainment.

Personal attributes have a relative magnitude of emotional power.

Emotional power is relative to my state of being.

Choosing an attainment requires emotional power and is therefore relative to my emotional power.

It requires the emotional power of an attribute to attain that state of being.

Attaining emotional power requires the attainment of personal attributes.

My state of being determines my emotional power.

Attaining the potential to connect to my emotional power is essential to my personal development.

My personal development is the learned ability to develop the competence of my emotional power.

As I develop my personal attainments, my emotional power changes from a potential to a reality.

I realise that I have the potential to personally attain my own power.

The potential of my personal power becomes a reality when I attain it.

May 4, 2015.

## Being Adjective

Being Adjective is describing my emotional state of being.

Defining my emotional state of being with an adjective makes it a definite attribute.

Defining a personal attribute adjectively requires emotional awareness.

When I am conscious of what I am doing, I am being subjective.

I am the subject of my actions.

When I am conscious of the effect that my actions are causing, I am being objective.

I am conscious of the objective of my actions.

When I am aware of who I am being whilst being subjectively objective, I am being adjective.

Describing who I am being is essential to my personal development.

Unless I know who I am adjectively being, I cannot choose a better state of being to experience.

Being able to choose an attribute at will allows that adjective state of being to be an attainment.

May 3, 2015.

# Personal Attributes

I am conscious of what I am physically doing.

I am aware of who I am emotionally being, whilst doing what I am physically doing.

Who I am being can be defined as a state of being.

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

It is a definite emotional state of being that I am expressing or emoting.

It is an aspect of my emotional Self that I am being.

It is an emotional expression of who I am.

It is the state of being that I am emoting.

It is the emotional state of being that I am personally experiencing.

An awareness of a personal attribute allows me to choose it as my state of being.

By attributing a state of being to my Self, I define that state of being adjectively.

All personal attributes are descriptive adjectives that adjectively describe my emotional state of being.

May 2, 2015.

# Conscious Awareness

I am conscious of the physical rational world.

I am aware of the energetic emotional world.

With conscious-awareness, I overcome the apparent dualities of matter & energy, rational & emotional, consciousness & awareness.

Conscious awareness is Consciousness being aware of its Self.

It is also my Self being fully aware of its Consciousness.

My Consciousness is physically conscious & emotionally aware.

My Consciousness is conscious, sub-conscious, super-conscious & supra-conscious.

My Spiritual Consciousness has a super-conscious supra-consciousness.

My physical consciousness has a process of mental thinking & emotional feeling.

With conscious-awareness, I am aware of the distinctions that my Consciousness is creating as my experience of life.

May 1, 2015.

# Synchronicity

Synchronicity is the Universe working in harmony.

The universe works harmoniously for my life path to unfold.

My life path is in synchronicity with the universe.

All events synchronise to allow my opportunities In life to manifest.

From a negative perspective, synchronicity may appear to be co-incidental.

From an awakened perspective, co-incidence is two incidents happening synchronistically.

The Soul brings two people or two events together in harmony for the purpose of mutual beneficial growth.

The planet Earth is perfectly synchronised as a contextual field for growth.

Synchronicity brings like polarities together as one concordant frequency.

It allows my intimate connection with my Soul.

Being in time with my Soul allows synchronicity to occur.

Synchronicity is providence in action.

June 30, 2015.

# A Tora

A Tora has three dimensions, whereas a torus has only two.

A torus has two dimensions of spin & orbit.

A tora has three dimensions of spin, orbit & rotation.

It is the rotation of the solar system that allows the electro-magnetic Earth its gravity.

In a three dimensional reality, a tora has three distinct torus.

The human energy tora has a physical, mental & emotional energy field or aura.

The physical vibration is measured in hertz, the emotional wavelength is experienced as feeling, & the mental frequency is experienced as thought.

The planetary energy tora has an electric, a magnetic, & a gravitational energy field or torus.

It has an electrical potential caused by a gravitational magnitude & a magnetic frequency.

Every atom is an energy tora.

The electrical potential of an atom is its wattage, the magnetic force is its voltage & the gravitational magnitude is called its amperage.

Tora exist in abundance at every holon or level of existence because they are the building blocks of all existence.

June 29, 2015.

# A Torus

A Torus is a two dimensional energy vibration.

It is created by the dimensions of spin & orbit.

Where spin is tangential to orbit, it produces or transcribes a donut shape.

This is the shape of the Earth's magnetic field.

The magnetic field of a planet is caused by its spin & its orbit around its sun.

The magnetic field of the Earth is its physical torus that can be detected as a physical magnetic phenomena.

The Earth also has an etheric torus and an astral torus.

These three dimensional tora allow the planet to be alive as a three dimensional world.

A three dimensional energy tora allows human life to exist on Earth.

Energetically, Earth is a three dimensional tora and all human Beings are made up of three dimensional tora when seen from an energetic awareness.

Our three dimensional tora is our aura that determines whether we are in harmony with our planet or not.

June 28, 2015.



# Being Alive

The first step to Being Alive is being born into a physical body.

The second step to being alive is to make conscious choices.

Making conscious mental choices is a pre-requisite for being alive.

Not making choices leads to a slow & lingering death.

The third step to being alive is feeling emotional experiences.

With the experience of emotional feeling, life really becomes alive.

Being alive requires my being physically awake, mentally alert & emotionally aware.

Being physically awake is the first dimension of being alive.

Being mentally alert adds another dimension to being alive.

Being emotionally aware, whilst mentally alert & physically awake, is being three dimensionally alive.

Being Spiritually Alive is an even deeper experience.

June 27, 2015.

# Physical Ability

Physical existence enables physical ability.

It requires mental thought & emotional feeling in order for physical ability to exist.

The authority of mental thought with the power of emotional feeling enables the relative ability of physical experience.

Physical ability is a mental & an emotional experience.

Every physical action first requires a mental thought.

Every mental thought has an emotional feeling.

I always have a choice of how I feel about whatever I am doing.

Emotional feeling is the power that enables physical ability.

Mental thought is the authority that chooses a physical action.

Unauthorised negative thinking with suppressed emotional feeling disempowers physical ability.

Sub-conscious habits that I routinely do without thinking are never inspired & empowered.

My physical ability is relative to my choice & how I feel about whatever I am choosing.

June 26, 2015.

# Physical Experience

Physical Experience is relative to the dimension of my Beingness.

My dimension of Beingness is relative to my personal perspective.

A one dimensional Being is a physical entity experiencing a physical existence.

A two dimensional Being is a mentally conscious physical entity experiencing a physical existence.

A three dimensional Being is emotionally aware of their mental consciousness experiencing a physical existence.

A four dimensional Being is consciously-aware of their physical, mental & emotional experience in a physical existence.

A five dimensional Being is a Spiritual Being having a spiritual experience in a physical world.

A three dimensional physical world is an ideal context for a three dimensional experience of being alive.

A four dimensional physical world has great depth added to its physical dimensions of length, breadth & height.

The level of my consciousness determines the level of my physical experience.

My physical experience is greatly enhanced by my level of emotional awareness.

June 25, 2015.

# Super-Conscious Thought

Super-Conscious Thought is my communication with my Higher Self.

My Higher Self, my Soul, is my super-conscious Self.

My Soul's thoughts are super-conscious.

My Souls's continuous thought is for the mission for its Self.

My Soul is uniquely focused on my vision for my Self.

My Soul knows the purpose for its Self in physical existence.

My Soul's only thought is for an ideal life for its Self.

An ideal life for my Soul is fulfilling my vision, mission & purpose for this lifetime.

That is why my Soul projected its Self into physical existence – to fulfil its destiny in life.

My Soul continuously transmits messages of direction to its Self, showing the way, shining light onto its own path & providing enough provision for the journey.

Hearing my super-conscious thoughts of inspired revelation allows my Self to stay consciously on track.

June 24, 2015.

# Conscious Thinking

Conscious Thinking is a process of my brain.

My brain processes information consciously & sub-consciously.

I am not conscious of all the data processed & stored in my sub-conscious memory.

I am only conscious of the result of my sub-conscious thinking.

My sub-conscious mind produces conscious choices based on my memory of stored beliefs.

My stored beliefs determine my personality & my character.

I make choices that are aligned with my perceived personality & character.

I am not conscious of my thinking and I am not conscious of my character's personality.

I assume that my thinking is conscious because I think or believe that I am conscious.

I do not think about my sub-conscious mind when I have no awareness of my super-conscious thoughts.

My awareness of my super-conscious thoughts requires first an awareness that I have a super-conscious mind.

Being aware of my thoughts is not the same as conscious thinking or sub-conscious processing.

June 23, 2015.

# The Vibration of Thought

Thought is an energy vibration.

Vibrations of thought have the fastest frequencies & the shortest wavelengths.

Spiritual Light is Pure Mental Consciousness with an eternal frequency.

Spiritual Love is Pure Emotional Feeling with an infinite wavelength.

In a dual reality existence, pure conscious thought is subject to polarity & gender.

It has a choice of direction, clarity & intensity.

Spiritual Life has a clear direction in every present moment.

In Physical Life, I can get lost, confused & very frustrated with my choice of polarity & gender that determines the intensity of my experience.

Without direction, I get very lost.

Without clarity, I get very confused.

Without presence, I get very frustrated with my past choices & future options.

Connecting to pure thought requires my conscious awareness.

Disconnected from the awareness of my pure thoughts, I will be dependent on the processing ability of my conscious thinking.

June 22, 2015.

# The Laws of Energy

- 1 Energy has a range of vibration:  $E=V$
- 2 Every vibration has a particular frequency & wavelength:  $V=FW$
- 3 The potential of a vibration is equal to its force of frequency & its magnitude of wavelength:  $pV=fF/mW$
- 4 The force of frequency is its Time:  $fF=T$
- 5 The magnitude of a wavelength is its space:  $mW=S$
- 6 The experience of a vibration is its reality:  $R$
- 7 The time & space of a vibration is its reality:  $TS=R$
- 8 The frequency of a vibration has a choice of positive / negative polarity:  $p= +/-$
- 9 The wavelength of a vibration has a choice of male or female gender:  $g=ma/fe$
- 10 The polarity & gender of a vibration determines its intensity:  $i=pg$
- 11 In a dual reality world, frequency is inversely proportional to wavelength.
- 12 The potential of a vibration is to be pure, undivided & in balance.
- 13 Polarity & gender is a matter of perspective.
- 14 Perspective is a frequency of thought transmitted on a wavelength of emotion.
- 15 Energy is expansive, matter is contractive.

June 21, 2015.

## Needs & Emotions

The need to be in command causes arrogance.

The need for direction causes humbleness.

The need to be outstanding, excel, causes pride.

The need to be modest, withdraw, causes humility.

The need to be included causes envy.

The need to be liked causes kindness.

The need to have more causes gluttony.

The need for luxury causes scarcity.

The need to be loved causes lust.

The need for anything causes neediness.

The need to be better than causes greed.

The need to be as good as causes pleasing.

The need to be in control causes wrath.

The need to be controlled causes meekness.

The need for comfort & security causes sloth.

The need for respect causes diligence.

June 20, 2015.



# Masculine & Feminine Character

Character is role play based on needs & beliefs.

The role I play in life is my character, which is based on my beliefs that cause my emotional needs.

My beliefs about my sex determine my masculine or feminine character.

Masculine or feminine character is a perspective of who I believe that I am, relative to my belief system.

A masculine character is believed to be assertive as a leader.

The masculine role is as the protector & the physical provider at the head of the family.

A feminine character is believed to be submissive & follow the masculine leader.

The feminine role is as nurturer & carer supplying the emotional needs of the family.

Traditionally, men are brought up to have a masculine character and women a feminine character, irrespective of their personal emotional needs or the preferred gender of their energy vibration.

Transexual & transgender characters are the effect of a liberated society that allows a free choice of individual personality & character.

June 19, 2015.

## Male Energy

Male Energy is a wavelength of emotion with a male gender.

It is a male perspective of emotional energy.

It is a male perspective as opposed to a female perception of emotion.

Emotions of male gender are called sins.

In a society that needs male energy to survive, female energy is required to be submissive to its leadership.

The same is true for the followers of any religion, which is why female energy is seen to be virtuous.

Male energy is Exclusive & Disconnected.

Male energy is Insensitive & Detached.

Male energy is Rational & Unemotional.

Male energy is Empathetic & Apathetic.

It is Proud, Envious, Gluttonous, Lustful, Greedy, Wrathful, Arrogant, Angry & Slothful.

These are the effect of masculine beliefs, which determine masculine character.

June 18, 2015.

# Female Energy

Female Energy is a wavelength of emotion with a female gender.

Female gender is a perception of emotional energy.

It is the perception of emotional energy as female as opposed to male.

Emotions of female energy are called virtues.

Virtues are aspects of female energy seen as good or virtuous in christian theology.

Female energy is Inclusive & Connected.

Female energy is Sensitive & Attached.

Female energy is Emotional & Irrational.

Female energy is Compassionate & Sympathetic.

It is Modest, Meek, Kind, Frugal, Caring, Pleasing, Patient & Dutiful.

As emotion always follows thought, female energy is the effect of feminine beliefs.

Feminine beliefs determine feminine character.

June 17, 2015.

# The Pendulum

A pendulum swings in time.

In time, the pendulum's swing is balanced.

When still, the clock has stopped ticking.

A Pendulum circles when out of balance.

It is not the pendulum that is out of balance but the energy vortex it is encountering.

A downward spiral circles anti-clockwise.

An upward spiral circles clockwise.

Clockwise & anti-clockwise are a choice of perspective.

Backwards & forwards, or up & down, or right & left, or male or female, or positive & negative; are all a choice of perspective.

Whether back or forth, up or down, left or right; a clear direction of motion signifies that the energy is in balance.

Round & round is out of balance and I will get dizzy taking this direction.

Back & forward is in time & is intimate with who I am.

Knowing how the pendulum swings makes me “clock-wise” & “in-time” with my Self.

June 16, 2015.

# Four Levels of Awareness

There are Four Levels of Awareness:

1. The awareness of the sub-conscious Id.

This is unconscious unawareness.

With unconscious unawareness life happens to me.

I am unaware of the cause of my fate.

2. The awareness of the conscious unawakened ego.

This is conscious unawareness.

With conscious unawareness life happens by me.

I am aware of what is causing my doom.

3. The awareness of the conscious awakened Self.

This is conscious awareness.

With conscious awareness life happens through me.

I am at the effect of my cause.

4. The awareness of the Soul.

This is unconscious awareness.

With unconscious awareness life happens as me.

I am the creator of my own destiny.

June 15, 2015.

# Effortless Flow

Effortless Flow is the nature of my life force energy.

Any resistance to effortless flow disallows my life force energy and causes a duality of effort or no effort.

Effort is hard, no effort is easy, only flow is effortless.

Effortlessness overcomes the duality of hard & easy.

With the attainment of effortless flow, life is neither hard nor easy but fulfilling.

A fulfilling life follows a chosen path or destiny.

Fulfilling my destiny can appear hard easy or effortless.

When my path is hard or easy, I am following my fate.

When my path is effortless my destiny unfolds.

Effortless flow is inspired & empowered.

My destiny is enabled with inspired authority & emotional power.

Hearing my messages allows life to flow effortlessly.

June 14, 2015

# An Ideal Reality

An Ideal Reality is the experience that I consciously choose for my Self.

Why would I consciously choose a reality that is not ideal for my Self?

Consciously choosing my ideal reality requires an awareness of my creative ability.

Creative ability requires mental authority & emotional power.

Mental authority requires the alignment & agreement of all aspects of my Mind.

My conscious mind requires the agreement of my unconscious mind.

My unconscious mind requires my sub-conscious mind to be aligned with my super-conscious mind.

When my sub-conscious programming is mis-aligned with my higher truth, it disallows my super-conscious vision for my life-path.

When aspects of my mind are lost in the duality of clarity & confusion, I lose my emotional power and become lost & frustrated.

My mental authority allows my emotional power to effortlessly flow.

Effortless flow is the key to creating an ideal reality.

June 13, 2015.

## Cause & Effect

I am the Cause of whatever Effect I am experiencing.

In a dual reality world, every cause has an effect & every effect has a cause.

I can choose whether I am the effect of my life or whether I am the cause.

At the effect of life, I am not responsible for the cause and I will seek to blame others for my experience.

Life is not my fault, so I seek to blame others for what I believe to be going wrong in life.

At the cause of life, I am responsible and guilty for everything that goes wrong, so I blame myself.

I believe that I am my own worst enemy and I cannot help the disaster that I am causing.

A creative mind overcomes the duality of cause & effect.

My creative mind creates my ideal reality of choice.

With a creative mind, I enjoy & experience the reality of my own ideal creation.

June 12, 2015.



# Miracles

Miracles are everyday occurrences for those who are graced with the power to see them.

I do not perform miracles, I see them.

I do not make miracles happen, I accept them.

When I focus on the miracle that is life, I allow life to be miraculous.

When I believe that miracles cannot happen, then I disallow them.

I create my own reality to be miraculous or miracle-free.

A logically rational scientific mind excludes any event that cannot be empirically measured or proved.

Miracles defy the current laws of physics that define cause & effect.

When there is no apparent cause of miracles, they cannot take effect.

When I cause my own life to be miraculous, I experience a miraculous effect.

When I see life as the miracle that it is, I allow it to be so and I experience the reward.

June 11, 2015.

# Being Aware

I can beware or I can be aware.

I am wary of problems because they make me weary.

Tolerations drain emotional energy.

‘I should beware of potential problems’ is a double toleration.

A ‘should’ is a toleration, so is a problem.

Problems, tolerations & should’s have a limited potential.

Being Aware is sensing my opportunities in life.

Unless I am aware of an opportunity, I see only a challenge or a problem.

When I am being aware of my opportunities, I accept them as my natural path.

Every moment is an opportune moment for development & growth.

I am aware of who I am being & why I am here.

Being aware, I experience life as a miracle continuing to happen.

June 10, 2015.

# Being Accepting

Being Accepting is a state of Being.

It is a state of being that allows life to unfold and approves of whatever turns up.

When I am being accepting, I see every opportunity that turns up in my life.

I see every opportunity that is present in my life.

I can only accept what is present.

Life can only present when I am accepting.

Unless I am accepting, I disallow the present.

I can only accept that which I approve of.

I can only approve of what I allow to manifest.

When I am open to opportunities occurring, I am allowing them to turn up.

When I see everything in life as a problem to be solved, I disallow my opportunities.

Life is only a challenge when the possibility of failure exists.

I only ever accept opportunities, never challenges nor problems or solutions.

June 9, 2015.

# Blessings

Blessings are the gifts with which I am blessed.

When I accept my gifts, they are my blessings.

A gift is always an opportunity for spiritual growth.

Any opportunity for expansive growth is a blessing.

I am always blessed with opportunities for growth.

My Soul blesses its Self with expansive opportunities.

My Soul only ever sends its Self gifts.

A blessing is a gift that allows an expansive experience of life.

I am blessed with opportunities to attain quality attributes that are a gift from my Self to my Soul when I am present to receive the present from my Soul to my Self.

When I allow, approve & accept my blessings, I am blessed with expansive growth.

When I disallow, disapprove or reject my gifts, I am cursed with failed challenges & problems.

My Soul only ever blesses its Self with present, clear direction.

My Self will feel cursed whenever I am lost, confused & frustrated.

June 8, 2015.

# Senses

Senses are how I experience or make sense the physical world.

I am conscious of my five physical senses of sight, hearing, taste, smell & touch.

The more developed my senses are, the more sensual & the more rational is the physical experience. I can also experience the physical world intuitively.

I am aware of my three intuitive senses of feeling, knowing & seeing.

The more developed is my intuition, the more sensitive I am mentally & emotionally to my physical experience.

Blocking my intuition renders me either insensitive or too sensitive to my personal awareness.

When I am insensitive, I have no awareness of my intuitive feeling of my spiritual connection.

When I am too sensitive, over-sensitive or hyper sensitive; I am unable to channel my emotional feelings, which become irrational & ungrounded.

A sense of awareness is only a blessing when I am able to ground my spiritual connection in a rational way.

An irrational sense of awareness is a curse.

My conscious-awareness, used with both rational & emotional intelligence, allows the most beneficial use of all my senses.

June 7, 2015.

# Seeing

Seeing is my connection to my higher vision.

My higher vision reveals the light of my destiny.

I see my destiny when I have a vision.

Visions emanate from my imagination.

Imagination is my Soul communicating images to its Self.

Imagination is not a construct of the brain but a tool of the higher mind.

My brain processes all images that it receives irrespective of their source.

Intuitive insight is not a physical vision.

It is an image in my mind's eye or my third eye that I see with my imagination.

My mind's eye is my imaginary eye.

Imagination is limited by memory not created from memory.

An inventive solution is not a creative opportunity.

Seeing the world through the eyes of my Soul allows intuitive, creative & expansive experiences.

June 6, 2015.

# Knowing

Knowing is pure mental thought.

Pure mental thoughts are messages of revelation.

Revelations reveal my path.

As I reveal my path, I know my direction in life.

Knowing my direction, I am never lost.

I know my direction in every present moment as it is revealed to my Self.

I know my direction when I am connected to my Soul's authority.

I intuitively know what my Soul is revealing to its Self.

Revelations are inspired and empowered.

I am only ever inspired with powerful thoughts.

When I feel the power of my inspiration, I am knowing my message for my Self.

Prior knowledge of the past, or projected expectation for the future, inhibits my intuitive presence.

My intuition is only present when I am present.

I only know what is right for my Self, right now.

June 5, 2015.

# Feeling

Feeling is pure emotional power.

My Soul & Inner Coach communicates with feeling.

I am feeling the emotional power of the Soul within me.

Without resistance, feeling flows through me as pure emotional power.

My mind interprets feeling as emotions.

My Soul sends its Self only pure emotional power.

Pure emotional feeling always accompanies a pure mental thought.

Pure mental thoughts originate from my Soul as messages to inspire its Self.

Limiting rational or irrational beliefs & fears polarise my feeling as emotions.

When I am feeling fear, I am seeing what is occurring as a problem rather than an opportunity.

When I feel an opportunity to be a challenge, I may see it with excitement or anxiety.

When I feel what is occurring is a problem, I am required to change my perspective before being able to accept my opportunity.

Opportunities always feel good, challenges make me feel anxious or excited and problems give me a bad feeling.

June 4, 2015.



# Personal Qualities

Personal Qualities are my personal emotional connection.

My quality of life is relative to my emotional connection.

Connecting to source energy allows quality experiences to flow.

A quality flow of emotional energy is authorised & enabled.

Authorised & enabled energy is empowering.

Connecting to my will power to break through resistance disallows a quality experience.

I will need motivation & will power in the absence of quality personal attainments.

I attain a quality attribute when I attain a quality connection to an empowered emotion.

An empowered emotion is an attribute with a positive quality.

A positive attribute that I can select from choice is a quality attainment.

My positive choice of emotion determines the quality of my state of being.

My emotional states of being attain quality when I attribute them to my Self as a positive choice.

June 3, 2015.

# Genes

Genes are my physical programming.

They are my cellular blue-print held in the nucleus of every one of my cells.

They determine the structure of each particular cell.

The genetic design puts atomic structure into cellular form.

The cellular form determines the organic make-up.

The organic make-up is the material form that I am conscious of and interact with physically.

I am conscious of my physical form that I experience with my physical senses.

I am mostly unaware of the organic make-up that is the cellular form of the atomic structure that is determined by my genes.

My atomic, organic & genetic programming functions at a sub-conscious level of my mind.

At a sub-conscious level, my memes work in harmony with my genes.

When I change a meme it has a small but directly relative affect on my genetic make-up.

It is my memes that influence my genes not the other way around.

June 2, 2015.

# Memes

Memes are sub-conscious beliefs.

My personal collection of memes becomes my belief system.

A meme is a belief based on a personal perspective that influences behaviour.

Behaviour is caused by belief.

Memes are the driving force behind our actions.

A meme is either empowering or disempowering.

An empowered meme allows effortless action.

A disempowering meme is a limiting belief that causes an emotional need.

An emotional need for power is the effect of a disempowering belief or a limiting meme.

My collection of memes form my mental operating system.

Memes may be inherited from other people as part of a mass consciousness in the form of morals, ethics, laws, rules, standards or principles.

As I change my mind about what is true for my Self, my memes change, my behaviour changes and my reality evolves.

June 1, 2015.

# Happiness

Happiness is a state of being.

Being Happy is the attainment of being content, fulfilled & joyful.

True Happiness comes from within.

It is fulfilling my Soul's vision for my life.

It is feeling my Soul's joy for my life.

It is knowing the abundance that exists in life.

it is seeing the purpose of my mission in life.

It is the contentment of allowing my Soul's provision.

It is accepting my mandate that I have chosen for my Self.

It is approving the quality of the attributes that I have attained.

It is experiencing the True Values of my life that have true value for me.

It is my awareness of who I am & why I am here.

Overcoming the contentious duality of relative life allows the triality of being truly

Happy to become my everyday experience.

July 31, 2015.

# Contentment

Contentment is the feeling of knowing that I have enough of everything.

When there is nothing that I need or want, I am content.

When life has enough content, I attain contentment.

I cannot have too much or too little and be content.

I cannot be satisfied with my lot if there is not enough content..

With mental contentment, I am fulfilled.

With emotional contentment, I am joyful.

With physical contentment, I have abundance.

With an abundance of joy my content is fulfilled.

When I am fulfilled with abundance, I am content with my joy.

In a contentious world where we contend for emotional energy, contentment can be elusive.

I am the creator of my own content and my own contentment.

July 30, 2015.

# Fulfilment

Fulfilment is the attainment of being fulfilled.

I attain fulfilment when I am following my unique path in life.

My Soul offers its Self an opportunity to attain fulfilment.

It is the experience of fulfilling one's destiny.

Fulfilling my destiny is my purpose for being here in this life-time.

It is my ultimate attainment & my destiny.

Fulfilment is attained by fulfilling my part in the Soul's Grand Plan.

My grand plan for this life-time is my mandate from my Soul.

Every Man has a date on Earth to attain fulfilment.

The time between birth & death allows the experience of an exclusive path on an individual journey & the fulfilment of a unique destiny.

Each individual personal Self has an exclusive path to fulfil on their unique journey.

There is nothing that is more fulfilling in life than the journey along a personal, individual, unique & exclusive path to one's destiny.

July 29, 2015.

# Joy

Joy is my experience of my own emotional power.

Being powerful is a joy.

When I am mentally fulfilled, I feel joyful.

When I am physically content, I feel joyful.

When I feel the emotional joy of my mental fulfilment & my physical contentment, I am truly happy.

I am forever happy being connected to my emotional power.

My Soul is ever happy.

It is the source of my power & the source of my joy.

Joy is the most powerful emotion.

It is the emotion that best expresses my emotional power.

Pure joy is the Soul's acknowledgment that my Self is fulfilled in its purpose.

It is my Soul approving its contentment with life.

It is my Self in pure alignment with my Soul.

In alignment with my Soul, life is a joy to behold.

July 28, 2015.

# Pleasure

Pleasure is the value of meeting an emotional need.

Meeting an emotional need is a pleasure.

When my needs are met, I am pleased.

I please others by meeting their needs.

I pursue pleasure when I am driven by my needs.

I am seen to be pleasant when I please others by meeting their needs.

Pleasing others is my pleasure because I value what I need from them.

Pleasure is always fun.

It is the fun way of meeting my emotional needs.

When my needs are being met, i am having fun.

When my needs are unmet, I am driven to meet them and i am not pleased.

Being needy is unpleasant and not funny.

The more value that I experience in life and the more my needs are met, the more life is fun & pleasurable.

July 27, 2015.



# Pain

Pain is the effect of low emotional energy.

it is the body's way of signalling that there is insufficient emotional energy for what is occurring.

My pain threshold is relative to my emotional energy level.

With enough emotional energy, there is no pain.

Pain is therefore an indicator of low emotional energy or a drain on emotional energy levels. Pain killers may hide the symptoms but will not relieve the cause.

Taking pain killers will not raise emotional energy levels, it just suppresses the pain & hides the cause.

The ideal way to manage pain is to raise emotional energy levels.

It is not advisable to learn how to manage pain by raising emotional energy whilst in pain.

It takes a magnitude of emotional energy to learn how to raise & maintain emotional energy.

It takes emotional awareness to become emotionally aware of the message that pain is sending.

My sub-conscious mind transmits the pain to my conscious mind that receives it.

My Soul feels no pain.

July 26, 2015.

## A Fix

A Fix is a short-term solution to a long term problem.

I cannot fix a long term problem with a short term solution.

In a dual reality world, low emotional energy is a very common long term problem.

I am either high with a fix or low on emotional energy.

Most fixes in the modern world cost money.

The greater my need for a fix the greater my need for money.

Addictive substances are expensive, usually heavily taxed or illegal.

Hard & soft drugs, alcohol & tobacco are expensive energy fixes, whether legal or not.

Sugar is a relatively cheaper fix that has become very commonly & extensively used.

Adrenaline, although freely produced by the body, can be an expensive fix when addicted to extreme sport, fun & amusements.

The paradox is that a fix never fixes the problem, it just relieves the symptoms.

Low emotional energy will continue to be a problem, until I am challenged to see it as an opportunity.

The only permanent fix is to take the opportunity to overcome the problem with a pure connection to the source of my emotional energy.

July 25, 2015.

# A Habit

A Habit is how I habitually meet my need for emotional energy.

A regular habit is how I regularly meet my need for emotional energy.

A routine is a collection of regular habits.

A routine of regular habits ensures that I have sufficient emotional energy to complete my routine.

Anything outside of my routine may require more emotional energy than I have available.

A regular routine maintains my emotional energy level but it is not expansive or creative.

Habitual behaviour blocks spontaneity & creativity.

It contracts the comfort zone and disallows expansive experiences.

A creature of habit is sub-consciously driven to survive.

Creativity is not a habit.

July 24, 2015.

# An Addiction

An Addiction is a regular craving.

Giving in to a regular craving is an addiction.

Being unable to resist a regular craving causes an addiction.

Disconnected from my true source of emotional power, I can become addicted to any energy substitute that raises my emotional power.

A fix or a high is a shot of impure emotional energy that is satisfying a craving.

It is not possible to convince the sub-conscious mind that it does not need to fix its lack of emotional energy.

The need or craving for emotional energy will not go away until it is met.

It is possible, with awareness, to meet our emotional energy need in a different way.

A conscious-awareness of an emotional need and how to meet that need with a pure supply of emotional energy will instantly overcome an addiction and any craving for an addictive substance.

July 23, 2015.

# A Craving

A Craving is a conscious desire for a sub-conscious need.

It is the desire for an emotional energy fix.

I crave for something that fixes my emotional need for energy.

My sub-conscious mind meets my need for emotional energy with a fix that it craves for.

The greater the emotional need the greater the craving.

My sub-conscious mind is responsible for meeting my emotional energy requirement.

An unmet energy requirement is an emotional need.

I crave for whatever I need emotionally, which is emotional energy or a substance that meets my need for emotional energy.

I never crave for my Soul's source of power.

My Soul empowers its Self with inspiration, not cravings.

I crave an impure energy substitute.

Energy substitutes by their very nature are addictive substances.

July 22, 2015.

# Potential Energy

Potential Energy is the energy that my Soul provides for its self to fulfil its potential.

Following my potential vision, mission & purpose requires energy.

Fulfilling my destiny requires that my potential is realised.

Realising my potential requires me to make my potential a reality.

Realising real potential requires energy.

Energising my potential allows my reality to effortlessly unfold.

My energy is just a potential power source until I make it my reality.

I require the potential power of my Soul to fulfil my Soul's potential as my self in physical life.

Potential energy remains latent until realised.

To realise my latent potential, I am required to connect to my authority and to fulfil it.

Without my Self, my Soul is unable fulfil its potential.

July 21, 2015.

# Soul Energy

The Energy of the Soul is Love.

Love is Universal energy.

Universal energy is the source of all Love.

Pure Love is the feeling of the Soul.

Th Source of the Soul's Love for its self is the Heart.

An open heart connects to the source of emotional power that is pure Love.

It is the pure love of the Soul for its Self.

My Soul always sends pure love to its Self.

My Self is required to be emotionally aware & connected in order to receive it.

Disconnected from its source of Soul Energy, the ego seeks emotional power from outside of itself.

External power is a need and an impure emotion that is divided by polarity or gender.

Impure emotion causes needs, dramas, attachments & addictions.

Soul Energy is always inspired & empowered.

July 20, 2015.

# Evil

Evil spelt backwards is Live.

Evil is a live negative state of being.

Energy that flows backwards has a negative polarity.

It encounters entropy & resistance with the natural flow of energy.

Live energy flows forwards effortlessly.

Evil energy flows backwards with resistance.

Live energy spirals upwards with flow.

Evil energy spirals downwards with entropy.

The more people who subscribe to a bad belief, the more evil it becomes.

The worse the belief is believed to be, the more evil it becomes.

The power of an evil belief comes from the emotional state of the believer in evil.

Many believers who share an evil belief provide the power for a very evil experience.

Behaviour always follows belief irrespective of polarity.

There is on evil from the Soul's perspective.

July 19, 2015.



# Positive Energy

Positive Energy is a matter of perspective.

A positive belief allows a positive feeling because it transmits on a positive frequency & wavelength.

My sub-conscious beliefs can be positive or negative depending on which way I see things.

Low emotional energy is the effect of negative thinking & causes negative thinking to continue.

Positive thinking requires positive emotional energy.

Fears & limiting beliefs inhibit positive feeling because they transmit on a negative polarity.

My super-conscious thoughts are always transmitted on positive emotional wavelengths of energy.

My connection with my Soul is always a positive experience.

It is my sub-conscious ego that defaults to a negative experience.

Feeling stuck or bad, anxious or nervous, I am aligned with fears & the false beliefs of my ego self.

When feeling good, I am aligned with the positive energy of my Soul's emotional power & mental authority.

July 18, 2015.

# Negative Energy

Negative Energy is a matter of perspective.

It is my belief about what I am perceiving that determines its polarity.

A negative belief is a negative energy vibration.

A negative emotion is a negative energy vibration.

What makes an emotional energy vibration negative is my negative belief about whatever is occurring.

Energy is inherently neither good nor bad.

Energy just is.

My mental perspective & my emotional perception determine the positive or negative polarity of my thoughts & emotions.

What I believe is bad for me has a negative polarity.

When I change my negative belief for a positive belief, I feel good about what I previously felt bad about.

Thought is a conscious choice, a sub-conscious choice or a super-conscious choice.

Negative sub-conscious beliefs cause negative conscious emotions.

A super-conscious choice always feels good.

July 17, 2015.

# Appreciation

Appreciation is an even more attractive emotion.

It has the power to attract even more.

Appreciation appreciates that which is being attracted.

Appreciation is expansive when expansion is appreciated.

When I appreciate my growth, my growth appreciates.

My reality grows as I appreciate my reality.

Feeling appreciation for the reality that I am experiencing allows that reality to grow.

Feeling appreciation allows the experience of a better & better experience.

As I appreciate my emotional reality, the law of attraction brings my physical reality into alignment.

Appreciating my physical reality allows my emotional experience to appreciate & grow.

Appreciation is a more powerful feeling of gratitude.

As I appreciate my gratitude appreciates and as my gratitude appreciates I expand & grow.

July 16, 2015.

# Gratitude

Gratitude is a powerfully attractive emotion.

Emotion holds the power of attraction.

In a three dimensional reality, the emotion of gratitude is attractive.

Gratitude has the power to attract the same reality in a future time & space.

It has the power to allow reality to be unchanging.

It is the emotion that allows reality to repeat itself.

It allows a specific reality to continue to exist.

It has the power to prolong a reality indefinitely.

Grace is the omnipotent power of Love.

Saying grace is a prayer of gratitude.

Gratitude is a very powerful & graceful feeling.

It allows a powerful reality to gracefully flow.

Feeling the power of gratitude is very attractive.

July 15, 2015.

# Intensity

Intensity is the effect of polarity & gender. The positive or negative polarity together with the male or female gender cause the intensity of my emotional energy.

The beliefs of my character with the needs of my personality determine the intensity of my dramas. The intensity of my emotional energy causes the intensity of the drama that I am attracting.

The intensity of the drama that I attract determines the intensity of the drama that I experience. I am the cause of my own life dramas.

It is the choice of my intention that holds my life in tension.

The more intense my intention, the stronger my will power, the greater the drama and the more intense is my experience of life.

Whether the intensity is malignant or benign is a matter of my own personal perspective. I have total choice in how I perceive the emotions that I cause to experience & emote. The more divided my energetic gender the more extreme is the experience and the more defined is the polarity.

The more defined the gender & the polarity of my emotional energy, the more intense is my experience.

Extremes of gender & polarity cause an extremely intense dramatic experience.

July 14, 2015.

# Gender

Gender is a choice of perspective.

It is a choice of emotional perception.

It is realising a choice of experience as a mental perspective or an emotional perception.

It is actually a combination of both.

I may have a clear perspective or perception of my physical sex without an awareness of the gender of my energy vibration.

When I perceive my perspective with conscious-awareness, I see that my emotional energy has a choice of gender.

I can adopt the perspective of a masculine character with male emotional energy or I can adopt my perception of a feminine character with female emotional energy.

Alternatively, I can play the role of a feminine character with a male personality or I can play a masculine character with a female personality.

A choice of gender allows a definite range of possibilities of different personality & character in any role that I choose to act or play.

I play in life the character with a personality that I really believe myself to be.

July 13, 2015.

# Polarity

Polarity means direction.

In a dual reality world, there is always a choice of direction.

In a three dimensional reality, I have a choice of back or forth, right or left & up or down.

In a four dimensional reality, I can travel in or out as well.

Choosing a direction is either a positive or a negative perspective.

I can choose to follow my positive path that is empowered or my negative path that is disempowered.

My positive choices are emotionally powerful, whereas my negative perspectives are emotionally draining.

My positive thoughts allow positive emotions that are empowering because they are authorised & congruent.

My negative thoughts produce negative emotions that disempower me because they are not authorised and are out of alignment with who I really am.

Choosing to not choose is choosing the same choice as I have previously chosen and will deliver what I am already experiencing.

Choosing a neutral polarity will keep me in contentment but will also keep me in purgatory.

July 12, 2015.

# Mental Energy

Pure Mental Energy is pure thought.

Pure Thought is authorised, empowered & enabled.

It is inspired by the Soul.

Whether my emotional energy is empowered or not depends on whether it is authorised or not.

Impure thinking is unauthorised, which disconnects emotional power.

Thought waves that are divided by polarity or gender have a physical intensity that may disallow clarity & direction.

Past & future thinking is ego driven and may not be empowered .

Disempowered thinking is not aligned with the Soul's vision for its Self.

It will require will power & motivation to enable action.

Present thoughts are inspired & reveal direction with clarity & authority.

Thinking is the process of a disconnected mind.

Pure mental energy requires a conscious alignment of the sub-conscious id with the super-conscious Soul.

July 11, 2015.



# Emotional Energy

Emotional Energy is an aspect of Love.

Love is pure source energy.

An emotion is an aspect of the pure feeling of Love.

It is diluted or refined love.

Pure Love is too potent for physical use.

You cannot put rocket fuel in a bunsen burner.

Emotion is a physical expression of love.

It is also a physical representation of the absence of love.

Negative emotion is an expression of the need for love.

The need for love is the absence of emotional energy.

Getting my emotional needs met fuels my emotional energy.

Addictive substances are impure aspects of emotional fuel.

They are emotional energy substitutes.

You wouldn't run a sports car on paraffin.

We have a choice of a range of emotional energy that is polarised by gender & intensity when disconnected from our pure source of divine energy.

My emotional energy defines who I am being.

Who I am Being determines my level of emotional energy & my emotional power.

July 10, 2015.

# Physical Energy

Physical Energy is driven by mental energy & powered by emotional energy.

My mental energy or drive is powered by my will power but is limited without my emotional power.

When physical activity is empowered, no will power is required.

Mental energy is empowered with emotional energy when it is authorised.

Unauthorised activity is not empowered and will require motivation to be actively enabled.

Food is physical fuel, not physical energy.

Fuel fuels the cells and allows muscles to work.

Energy energises the cells and allows the muscles to excel.

Muscles are my physical engine.

My heart & lungs are my distributor, which supply the fuel To my engine for ignition.

My Breath supplies the power of an authorised Heart.

With physical fuel & emotional power, I attain maximum performance.

July 9, 2015.

# Spiritual Awareness

Spiritual Awareness is the awareness that I am a spiritual Being having a physical experience called life.

It is the awareness that I am a physical, mental & emotional entity having a spiritual journey through a physical world.

It is the conscious-awareness that spirituality requires both physical consciousness & emotional awareness.

It is my conscious-awareness that allows my spiritual awareness to be realised.

I cannot realise my spiritual awareness without the emotional power to be connected to my spiritual source.

I always have the spiritual authority to follow my Soul's path.

I follow my soul's path with authority, once I have the emotional awareness of the source of my emotional power.

My emotional power comes with being who I really am.

Who I really am is a spiritual Being enjoying a physical experience called life.

Grounding my spiritual awareness in this physical world is my greatest challenge.

July 8, 2015.

## A Soul Connection

Emotional Awareness connects my Self to my Soul.

Being aware of my feelings connects me to my life path.

Whatever feels good is a sign that I am on track.

Whatever feels bad is a sign that my perspective is out of alignment with my Soul's intention for its Self.

Changing a negative perspective to a positive perspective realigns my path & reconnects my emotional power.

My Soul is always connected to its Self.

My Self will appear off track when it is disconnected from my Soul.

Emotional Awareness allows my connection to the emotional power of my Source.

Emotional power is required to use my intuitive senses with awareness.

Intuition is my Soul's sense of connection with its Self.

I am connected to my path when I am intuitively connected to my Soul.

It is with intuition that I attain spiritual awareness.

July 7, 2015.

# Spiritual Entity

My Spiritual Entity I call my Soul.

My Soul has a physical entity that is being human.

It is my Self being a human Being.

It is my Soul being a spiritual entity.

As a human Being, I am still a sovereign entity.

I still have personal choice.

My ego Self can choose its path in life.

My Soul has a chosen path for its Self.

My Soul has chosen a path for its Self.

Each individual Self has a uniquely chosen path.

The ego Self can choose to follow the path of its Soul, which is its destiny, or it can choose to follow a path of its own choosing, which is its fate.

Following the path of my Soul is providential.

Following the path of my ego Self may lead to apparent doom & missed fortune.

My Soul & Spiritual Entity is always present for its Self.

My Self may disconnect from its Soul & experience an apparent path of its own.

My spiritual entity always has choice, therefore so do I.

July 6, 2015.

# Being Human

I am a Human Being being human.

It is my Beingness that determines my humanness.

It is my human beingness that determines my experience.

My experience of being human is a choice.

I can choose a physical experience without thinking or feeling.

I can have a mental experience by consciously thinking.

I can have an emotional experience through my awareness of feeling.

Without emotional awareness, I exist in a physical world of my conscious choice.

With emotional awareness, my physical-mental-emotional experience becomes spiritual.

I am aware that there is more to life than just a physical experience.

I am aware that my spiritual entity is having a physical experience by being human.

Emotional awareness is the gateway to being truly human.

July 5, 2015.

# Human Potential

It is the potential of all Human Beings to experience an ideal reality of their own choosing.

Experiencing my own ideal reality requires that I consciously choose it.

Experiencing a reality that is not of my choosing is not ideal for me.

An ideal experience in a physical world is both mental & emotional.

Creativity requires a personal mental authority that has personal emotional power.

The magnitude of my emotional power with the force of my mental authority allows the potential of my physical ability.

Human potential is the ability to realise & manifest the Soul's expansive choice.

My Soul continuously seeks expansive growth through the reality of time & space.

Being Human allows the potential of my Soul's growth to be realised.

It is my human potential to realise the reality of my Soul's potential.

My ideal reality is just a potential until I realise & discover it through my own Self experience.

July 4, 2015

# Creativity

Thought is creative authority.

Emotion is creative power.

Thought & emotion allows creative ability.

Negative thinking causes fear, which is destructive.

Pure thought is inspired & instructive.

Instructive inspiration is innovative & empowered.

Empowered innovation is creativity in action.

Innovation is a new thought applied creatively.

My new thoughts originate from my Soul.

My Soul is the source of my inspiration & empowerment.

Empowered actions by my Self allow new thoughts to be realised.

A new thought first has to be realised before it can manifest as a new creation.

Consciously creating reality is the potential of all human beings when in alignment with their Soul.

July 3, 2015.



# The Law of Attraction

The Law of Attraction states that: Like energy unto itself is drawn.

Similar vibrations of energy are attracted to unite or vibrate in harmony.

Unlike vibrations of energy are non-attractive.

A range of different vibrations of energy allows matter to materialise in different forms.

It allows consciousness to have a range of thoughts & emotions.

It allows different space to have a different time & a different reality.

Opposing frequencies & wavelengths of energy allow a choice of gender & polarity.

This allows the duality of choice.

Attraction can by choice be attractive or unattractive.

This allows the triality of being attractive, unattractive or non-attractive.

Attractive or non-attractive allows opposite genders to be separate or together.

Attractive or unattractive allows opposite polarities to be good or bad, right or wrong & positive or negative.

Attraction allows choice, which allows individual creativity, exploration, discovery, experience & growth.

July 2, 2015.

# Providence

Providence is the Universal Provider.

The universe provides my provision through providence.

The Law of Attraction is the delivery system for the universal provider to deliver its provision.

Like energy unto itself is drawn when I allow it.

Allowing providence to provide is allowing the Law of Attraction to deliver my provision.

My provision is provided by my Soul and delivered by universal attraction.

Being non-attractive or unattractive disallows my provision.

When in the right place at the right time, I realise that my provision is already provided.

My Soul provides my path for its Self.

Everything on my path is provided for.

My path is provisional on my approval & my acceptance.

Disapproving my path disallows my provision.

July 1, 2015.

# Temperance, Frugality, Austerity

Temperance is a limited perspective.

It is driven by the belief that life should be limited & moderated through choice.

I limit my perspective when I temper or harden it.

Temperance is a personal contract that chooses to tolerate the scarcity of less than enough.

It is depriving oneself with self restraint.

Frugality is extreme temperance.

It is driven by a belief in limitation & scarcity.

It is the belief that there is only enough when used frugally.

It is temperance that is moderated by an apparent lack or scarcity.

Austerity is the effect of extreme frugality.

It is the belief that what was once scarce is now unavailable.

It is the self imposition of lack, limitation & scarcity.

The extremes of austerity are relative to the scarcity that the ego believes itself to be a victim of.

August 31, 2015

# Likeliness

Likeliness is the power of potential.

The potential of power is its likeliness.

Likeliness is the potential to manifest.

Probability is the measure of expectation.

I expect something relative to its probability.

With likeliness, I intuitively know what is occurring.

Like energy unto itself is drawn.

The Law of Attraction is a certainty, not a probability.

Knowing the likeliness of attraction is a certainty not a probability.

I realise potential with the likeliness of my knowing.

Opportunities for growth are ever likely to appear.

When I see the likeliness of an opportunity, I realise its potential power.

Likeliness has potent power & the real potential to manifest opportunity.

August 30, 2015

# Logic

Logic & Rationale are often confused.

Logic is rational and it is also emotional.

It is a rational perspective that has an emotional perception, to be otherwise is illogical.

It is emotional perception that allows logic to have clarity, otherwise being rational has no distinction from being logical.

The Law of Attraction is logical even when it is not rational.

The Golden Rule is still logical even when it is not the rational choice.

A rational perspective may choose an eye for an eye and the justice of revenge.

An emotional perception never sees the golden rule as illogical.

When fully appreciated, the Law of Attraction is never illogical, being neither irrational nor unemotional.

It is an irrational perception or an unemotional perspective that misinterprets the logic of the absolute reality of Attraction.

Attraction is an immutable force with a benign magnitude that allows the potential of the Golden Rule to exist.

August 29, 2015

# Personal Attainments

## Natural Attainments:

- The Happiness of Joy, Fulfilment & Contentment
- The Wellbeing of Health, Wealth & Wisdom
- The Growth of Kindliness, Gentleness & Grace

## Divine Attainments:

- The Validity of Approval, Allowance & Acceptance
- The Vitality of Awareness, Alertness & Awakeness
- The Aliveness of Clarity, Direction & Presence

## Prime Attainments:

- The Integrity of Equanimity, Equability & Equality
- The Authenticity of Credibility, Empathy & Honesty
- The Humility of Compassion, Transparency & Accountability

All the above attainments require & determine the personal quality of:

- An Exclusive Connection to Source
- A Sensitive Detachment with Others
- One's Emotional Rationale with Self
- The Power, Authority & Ability to live Life Well.

August 28, 2015

# Success Coaching

Managers give you tasks & objectives to achieve.

Trainers give you skills & roles to accomplish.

Coaches give you attributes & qualities to attain.

The quality of the attributes that you attain is a measure of your personal competence & your capacity to use it.

An attribute is an emotional state of being that is attributable to your Self.

An attainment is an attribute that can be consciously chosen at will.

A quality is an attainment that has integrity.

When a state of being is undivided by either gender or polarity, it has integrity.

Coaching success is measured as the personal integrity of your achievements, accomplishments & attainments.

The quality of personal success is relative to the attainment of emotional attributes that ensures personal integrity.

Attributes that are personal, natural, prime, divine & spiritual are all in integrity.

August 27, 2015

## Three Personal Questions

1. Do I have choice?
2. Does my choice of perspective create my reality?
3. Do I take responsibility for what I have currently chosen as my reality?

If the answer is yes to all three questions you have the capacity to be coached.

With your capacity to be coached and my competence to coach you, we have the capability to succeed in your personal development.

If you are presently lost, confused or frustrated with your current reality, Life Coaching will give you the direction, the clarity & the presence to follow your own destined path.

Coaching connects you with your personal choice to follow your unique path to create your exclusive reality that aligns with your individual vision, mission & purpose for your life.

Living your destiny in alignment with your true values & creating your ideal life is your potential for your personal coaching success.

Life Coaching is driven by you because it is all about you!

August 26, 2015



# Success

My Standard for Success is: It is achieved, accomplished & attained.

I achieve a goal, an objective or a task.

The standard for any achievement is that it is effortless.

Effortless achievement is problem free.

I accomplish a skill or a role.

The standard for all accomplishments is that they are gradual.

Gradual accomplishment is fear free.

I attain an attribute & a quality.

The standard for all attainments is that they feel good.

Attaining feeling good is pain free.

The standard for success is that it is effortless, gradual & feels good.

It is therefore free of problems, fear & pain.

Success is always an opportunity, never a problem nor a challenge.

Trying to succeed or being challenged to succeed are a statement of failure. Trying to succeed or being challenged to succeed are a statement of failure.

August 25, 2015

# Being Approving

Being Approving overcomes kindness & unkindness.

Being approving is unconditional kindliness.

There are no conditions to my being approving.

Everyone is my kind of person.

I make no judgment as to whether something is good bad.

There is no subjective approval or objective disapproval.

There is only my adjective approval of what is.

Being approving is kindliness expressed.

It is the warm kindling in my heart that is unconditionally approving.

The fire in my heart is the core of my Beingness & the source of my Soul.

My Soul ever approves & attests the feeling of omnipotence.

The passion of my Soul has no emotional need, just an abundance of joy.

Being approving feels pure because it kindles a feeling of emotionally powerful joy.

August 24, 2015

# Attestment

Attestment is attained through worship.

I worship the power that I attest to be.

Worshipping an entity outside of my Self is disconnecting & disempowering.

Worship is my connection to my power within.

I connect to my power within when I worship my own state of Being.

I attest to who I am through worship.

Worship is not an action, it is a feeling.

I feel my emotional power through worship.

I worship the power of my own empowered being.

Being empowered is a divine attainment.

All divine attributes & attainments empower my Self.

When I attest to being the highest aspect of my Self expressed, I am empowered.

I worship the feeling of being empowered.

I soak in the power of my worship.

The highest form of worship is the feeling of joy.

With the wealth of joy, I attest my grace.

August 23, 2015

## Pain Free

With my intuitive sense of feeling, I can follow a painless path & enjoy a pain free life.

Pain is the absence of emotional power.

My emotional power is relative to how I feel.

Feeling empowered is free of pain.

Feeling disempowered is painful.

My Soul empowers its Self with pure feeling.

It is personal fear that causes feeling to be a painful experience.

My emotional needs are aspects of my absence of emotional power.

The absence of emotional power manifests as a specific emotional need.

Not meeting my emotional needs is a painful experience.

Meeting my emotional needs allows me to experience the true value of my life.

Experiencing the true value of life is pain free.

There is no value in pain.

August 22, 2015

# Feeling

The cure for unkindness is the oneness of pure feeling.

Pure feeling has no prejudice & makes no judgment.

It comes with an empowered Soul with a pure mind.

My Soul is empowered with pure feeling.

My kindness or unkindness disempowers my Self.

Kindness is my feeling of being unselfish as opposed to being selfish & unkind.

My Soul expresses a pure feeling of kindliness.

Kindliness is the kindling of my Soul expressed.

The clarity of pure feeling is empowering.

The confusion of life disempowers me.

Pure feeling is my emotional connection to my Soul.

Disconnection from my Soul is disempowering & painful.

It is my judgment that something is bad or wrong that causes my pain.

There is never any pain when I am fully empowered, connected & at one with the pure feeling of my soul.

August 21, 2015

# Unkindness

Unkindness is an expression of my dislike for someone.

It is feeling bad about someone.

I am mean, miserly & unkind to people whom I judge to be not like me.

I am aloof & disconnected with my unkind beliefs.

It is my beliefs about my Self that judge others as bad, wrong & different.

It is my negative judgment that causes my feelings of unkindness towards others.

It is my pride in who I am and my prejudice against others that breeds my unkindness.

Unkindness is my dislike, hatred & loathing of who others appear to be.

It is seeing in others the worst aspects of my Self.

The denial of my own unkindness disallows my own transition from kindness to kindliness.

Kindliness is my spark of inspiration that overcomes the duality of my kindness & unkindness.

August 20, 2015

# Kindness

Kindness may be a virtue but it is not divine.

I am kind to people who I know and like.

I am kind to my kind of people.

Kindness is the feeling that I like and I am like someone else.

I like people who are like me.

I like people who like me, we are alike.

They are my kind of people.

Kindness is a good feeling.

It is feeling good about someone.

It is judging someone to be good because they are like me & I like them.

It is seeing the good in someone, not the bad.

People are generous to their kind of people.

Kind people give generously & receive with generosity.

My kindness attracts my kind of people.

August 19, 2015

## Being Accepting

Being Accepting overcomes tolerance & intolerance.

I no longer tolerate that which I find acceptable.

I cannot accept with good grace that which I endure & tolerate.

Good grace is the power & authority to accept life just as it is.

With good authority & the power of grace, I accept the ability to live life well.

With stillness & presence, I see the gift in life that is most acceptable.

I become accepting when I see the gift of the opportunity of life.

I can only accept life as a gift when I see the opportunity that is present.

I cannot accept life while being in guilt, sorrow or shame.

I am guilty of sorrow & shame when I believe that I am off track and suffering my fate.

It is my destiny to accept my path with an open mind and a pure heart as my Soul intends.

August 18, 2015



# Acknowledgement

Acknowledgement is attained through meditation.

In meditation, I acknowledge the source of my beingness.

I acknowledge the essence of my power, my authority & my ability.

I acknowledge the inner guidance that is available to my Self on my outer journey in life.

My guidance is a gift that is ever present.

When I acknowledge the core of my beingness at the source of my Self, I connect at a Soul level with an open heart.

With an open heart, I acknowledge my vision, mission & purpose for my life.

My Soul holds the blue-print for my journey being the architect of my destiny.

I just have to acknowledge what I have already chosen as my path for my Self.

Meditation is my personal connection that allows direct communication between my Self & my Soul.

I acknowledge my faith in the unique, individual & exclusive path that my Soul has chosen for its Self.

August 17, 2015

## Problem Free

With my intuitive sense of seeing, I become problem free.

I see that nothing in life is a problem.

A problem is a toleration.

I tolerate problems as a challenge until I see the opportunity.

I become problem free when I see everything in life as an opportunity.

There is no problem in life when I encounter no resistance.

I m the cause of my own resistance in life.

I tolerate the effect of the problems that I cause.

Overcoming problems is not a problem but an opportunity for an effortless life.

Effort is required to solve problems.

Emotional energy is required to tolerate problems.

An effortless life overcomes problems and allows life to unfold in a beneficial way.

August 16, 2015

# Seeing

The cure for intolerance is intuitive Seeing.

When I intuitively see the reason for my intolerance, I am able to tolerate what is occurring.

When I intuitively see the reason for my tolerance, I can change my perception and accept whatever is occurring as a gift.

Seeing life as a gift requires presence.

With presence, I see the present that is presently being presented.

I see that everything that occurs is aligned with my vision for my life.

I see that intolerable problems are indeed tolerable challenges.

I see that tolerable challenges are actually acceptable opportunities.

I never decline an opportunity, I just take it.

Life is an opportunity there for the taking, you see?

Unless that is, you choose to tolerate the challenges of intolerable problems.

August 15, 2015

# Intolerance

Intolerance is the inability to tolerate what I believe that I do not want.

Whatever conflicts with my personal standards, I will find intolerable.

Whatever offends my boundaries is an intolerance.

My inability to tolerate a situation will irritate me.

As my intolerance increases my irritation will annoy me.

When my intolerance peaks, I am extremely vexed.

The greatest toleration in life is scarcity.

Scarcity is the experience of tolerating not having enough of everything that I need.

Poverty is the most intolerable experience that people endure on a daily basis.

Poverty breeds intolerable gluttony & excess.

My intolerance is my inability to see life as it really is.

I accept life as it is only when I see it as it really is.

August 14, 2015

# Tolerance

Tolerance may be a virtue but it is not divine.

I tolerate what I should, ought to, must or have to bear & endure.

Tolerance is the emotional energy that I use to survive my fate.

It is my fate to tolerate an unbearable existence.

I tolerate life when i believe that I ought to, should, must or have to.

All four beliefs drain my emotional energy reserves.

I tolerate the emotional energy drain caused by my limiting beliefs and my fears.

Tolerance is the extent to which i can live my life without grace.

It is the space between receiving what I want & rejecting what I do not want.

I never tolerate what I really want.

I cannot tolerate what I find to be intolerable.

I tolerate what I believe to be second best.

August 13, 2015

# Being Allowing

Being Allowing overcomes patience & impatience.

It is the authority that allows my allowance.

My allowance is provided by Providence.

Providence is the universal provider of all that I need on my journey through life.

Being allowing allows life to flow effortlessly through me.

It allows the direction of my life to unfold without entropy or resistance.

A prayer of affirmation is all that is required to allow abundance to flow.

I affirm my abundance with a little prayer of gratitude for everything that I already have.

I affirm my appreciation of my own development that allows my experience to grow.

Being allowing illuminates the direction of my path.

It is my confirmation of my affirmation that I know that my inner guidance is ever present.

August 12, 2015

# Affirmation

An Affirmation is the statement of a prayer.

In prayer, I affirm the emotional state meant for me.

When my prayer is asking for what I believe that I do not have, I will continue to have what I do not have and I will require patience to wait for that which I pray.

When my prayer is a statement of my gratitude & appreciation for what I already have, it is an affirmation of my joy at being fulfilled & content.

I am filled full of gratitude & appreciation for what I am presently experiencing.

I affirm my gratitude & appreciation for the present that is presently being presented.

Everything that I ever need is ever present.

It is both pre-sent & present in my reality when I affirm it to be so.

I just have to affirm that my allowance is present.

My allowance is received with gratitude & appreciation when i allow it to be so.

August 11, 2015

## Fear Free

With my intuitive sense of knowing, I am able to be free of fear.

I only fear what I do not intuitively know.

I am fearful of my false beliefs.

False beliefs block my sense of knowing.

When I intuitively know there is no false belief, there is no false evidence appearing real.

Intuitively, I can challenge all of my false beliefs that are limiting me and change them for inspired revelations that empower me.

With truth there is no fear, just my empowered experience.

When I know this, I can walk my path with less & less fear until I become fear free.

Changing every limiting belief with an inspired revelation of truth eliminates fear from my experience of life.

When I know that I am free of fear, I am.

It is not knowing causes my anxiety, fear or dread.

August 10, 2015



# Knowing

The cure for impatience is knowing.

When I know that what I am waiting for is on its way, I allow myself to wait patiently.

When that knowing is based on knowledge that is learned it is often flawed.

Knowledge is not infallible. What happened as a previous experience may not always re-occur.

What other people tell me does not always happen.

Even with the best knowledge in the world, disappointment can still occur.

Infallible knowing is intuitive.

When I know intuitively, I am never mistaken.

Knowing is my intuition that senses what truly is.

My intuitive knowing is divinely authorised.

It is an absolute statement of truth.

With intuitive knowing, there is no expectation, I just know.

With my sense of knowing, I overcome the duality of patience or impatience.

With knowing, I shift from being patient to being allowing.

August 9, 2015

# Impatience

Impatience is the inability to wait for what I want.

With emotional awareness, I realise that impatience is the experience of my emotional energy draining to the expectation of whatever I am waiting for.

The non-arrival of my expectation is called disappointment.

My appointment with what I have chosen remains unmet.

When I emotionally need whatever I have chosen, that emotional need remains unmet.

Impatience is the mild energy drain of a disappointment of an unmet need.

Anger is a huge energy drain that is my reaction to my bitter disappointment.

Fury is my extreme reaction at the devastation of not receiving whatever I believe that I need.

The more that I believe that I need something, the more impatient, angry or furious I become and the more disappointed, bitter & devastated I am.

August 8, 2015

# Insight

Insight is my Inner sight or my intuitive sense of seeing.

I see intuitively with insight.

I project my mind into the future with foresight.

I reflect on past experiences with hindsight.

Insight is a message from my Soul.

My Soul communicates with its Self with insight.

Every insight is a message from my Soul.

My messages are a signpost on my life path.

With insight, my path unfolds effortlessly.

With hindsight, I can see where I got lost.

With foresight, I guess which path to take.

My Soul only communicates in the present moment with insight.

My sub-conscious mind defaults to foresight in the absence of insight.

My conscious mind uses hindsight when insight was ignored.

August 7, 2015

# Patience

Patience may be a virtue but it is not Divine.

I wait patiently for what I want & need to arrive.

Patience is the emotional power to wait for what has not yet appeared or is not apparent in my life.

As a new born baby, I cry & scream for what I want & need.

A patient mother tends to all my wants & needs.

That same patient mother teaches me patience as a child to wait for what I believe that I want & I do not have.

My patience then enforces my belief that everything comes to those who wait.

I am taught to believe that, with patience, I will eventually get everything that I want.

The reality becomes that with patience, I eventually give up waiting for what I wanted and choose something else instead.

I am taught patience because impatience is not virtuous and extreme impatience, which is anger, is apparently a sin.

August 6, 2015

# Perception

Perception is the power of my observation.

My awareness of my emotional power determines my perception.

The more emotional power that I have, the more perceptive I am and the more that I am aware.

I perceive the physical world with my physical senses and I observe with my physical sight.

I perceive a spiritual world with my intuitive senses and I observe with my insight.

As the observer of my physical reality, I perceive life from a higher perception.

My conscious perception of life is subjective.

My sub-conscious perception of life is objective.

My super-conscious perception of life is adjective.

An adjective perception of life sees who I am presently being.

It observes my beingness as either a true or a false perception of who I really am.

It perceives my level of power & perceives the level of my potential.

August 5, 2015

# Imagination

Imagination is my higher mind in action.

Creativity is the function of imagination.

Imagination requires the co-operation of my higher, lower & conscious perspectives of my mind.

I cannot manifest a physical reality unless I am physically conscious of doing so.

My physical consciousness requires my sub-conscious will & my super-conscious authority to be imaginative.

The authority of my Soul requires the will of my Self to consciously imagine my future.

Imagining my future allows it to become a possibility.

Without imagination, my present reality will represent itself again & again in my future.

A changing, expansive reality requires imagination.

There are no limits to my imagination other than those that are self-imposed.

My creativity is limited only by my lack of imagination.

August 4, 2015

## A Higher Perspective

A Higher Perspective requires a higher mind.

My higher mind is my super-conscious mind.

My super-conscious mind has the perspective of my super-conscious Self.

I call my super-conscious Self, my Soul.

My Soul always has an overall perspective of my life.

It always has a true perspective of its Self.

A higher perspective requires an awareness of a higher reality.

A higher reality requires the perspective of a higher mind.

To consciously create reality with a higher mind requires an awareness of its existence.

Unless I consciously bring my higher mind into existence, I cannot have a higher awareness and I cannot create a higher vibration of reality.

Imagination is the creative ability of the higher mind.

Imagination requires a higher perspective of Life.

August 3, 2015

# Perspective

My Perspective is my view of reality.

It is how I see life.

My conscious Self sees the reality of a physical world.

I am conscious of what my five physical senses are currently experiencing.

My sub-conscious mind sees the reality of a mental world.

My mind stores memories of my experiences sub-consciously as my physical/mental reality.

My mental world can become disconnected emotionally.

My conscious perspective becomes driven by my sub-conscious programming.

My sub-conscious perspective is that I am either needing emotional power or I have too much to handle.

Without emotional awareness, my conscious Self is dependent on my sub-conscious need for emotional power.

Without emotional power, I am disconnected from my super-conscious higher perspective of life.

August 2, 2015



# Well-Being

Well-Being is the state of being well.

Being Well is the attainment of being healthy, wealthy & wise.

Without my health, my wealth & my wisdom; I will not feel well.

My awareness of how well I am connects me to my well -being.

My Soul's knowing is the well-spring of my wisdom.

My Soul's feeling is the source of my wealth.

My Soul's vision is the pathway to my good health.

I am always healed on my path.

I walk my path with a clean pair of heels.

I feel my emotional wealth as my power.

I know my mental wisdom has my authority.

I see that my physical health allows my ability.

I am able to be healthy, I am empowered to be wealthy & I am authorised to be wise.

August 1, 2015

# Force

Force is a natural property of energy.

When I allow the natural force of energy to flow, I access its potential power.

The natural force of energy in flow is its authority.

Energetic force is naturally authorised to flow.

Any force that I initiate is a counter force & is not authorised.

I do not have to use force or force anything, I just have to allow it.

Allowing energy to flow utilises its power.

Unauthorised force is will power.

When I use will power, energy becomes a property of force and its potential is reversed.

I will have to motivate my will power.

Natural force is authorised, empowered & enabled.

I just have to flow with it.

The potential of energy is equal to the authority of its force & the magnitude of its power.

When I allow the energetic force to flow, I access its energetic power.

May the force be with you.

September 30, 2015

## In Accord

Being In Accord is a state of neutral harmony that allows inner peace.

Inner Peace is in accord with the nature of the universe, with the universal mind and with universal love.

With neutral harmony, I am in accord with my Soul.

My Soul is ever in accord with Universal Consciousness.

Being in Accord requires the agreement of my Self to follow the path of my Soul.

In accordance with my path, I fulfil my destiny.

Fulfilling my destiny is designed to be an effortless experience.

The universe flows effortlessly creating a reality in time & space.

My reality is designed to flow effortlessly through time & space in accord with the universal nature of everything.

When I approve my reality, allow it to unfold & accept everything that occurs in each moment as a gift, I am in accord with my life.

September 29, 2015

# Neutral Harmony

Neutral Harmony allows a state of Inner Peace.

Inner Conflict is a drama that is caused by the polarity & gender of personal energy.

The more out of balance the gender & the polarity of my emotional energy, the more intense the dramas that I experience.

The more dramatic the intensity of my emotional energy, the more out of balance I am and the more inner conflict that I experience.

Inner conflict attracts the drama of conflict in my outer experience of the world.

Harmony neutralises conflict.

Harmony is the balance of my male & female emotions.

When I harmonise my male & female energy, they come into balance.

Neutrality harmonises conflict with peace.

In a neutral state of being, I am neither intensely positive nor intensely negative.

When I neutralise my polarity & harmonise my gender, I attain inner peace.

September 28, 2015

## A Peer

A Peer is one who peers.

To peer is to look, gaze, scan, scrutinise, examine, inspect, spy or pry.

It is the role of an overseer.

The role of the overseer is the Lord & Master.

Traditionally the Aristocracy assumed the titles of Peer, Overseer, Lord & Master.

Becoming a Peer was the height of aristocratic hubris, bigotry, avarice & arrogance.

Peers are proud & superior and only humble to Royalty.

To become their peer is to equal their title or status.

My peers are those equal in title or status to myself.

As I have no title or status my only Peer is my Soul.

My Soul is my Overseer, my Lord & my Master.

My Soul has no Peer.

All peers are equal as we all share the same Soul.

From my perspective we all appear equal.

September 27, 2015

## I.C.S.C.

ICSC is an Inner Coach Accreditation.

To Certify means to inform positively.

It is to vouch for the authenticity of someone.

I vouch for my authentic Self.

My Authentic Self is my Soul.

My Soul always informs its Self in a positive way.

My Soul has no negative attributes.

I certify my True Self as authentic.

I am the author of my own life journey.

My authenticity is not certified by any external agency.

Neither my peers nor any other external agency have the authority to certify or accredit my authenticity.

My internal agency is my Inner Coach.

My Inner Coach ensures my certainty.

My intuitive Self certifies my authenticity.

I have attained I.C.S.C. - Inner Coach Self Certification.

September 26, 2015

# The Way Of The Soul

The Way of the Soul is expansive growth.

The expansive growth of the Soul is called enlightenment.

It is the Soul experiencing the purity of its Light.

My Soul is pure Light.

I wish to explore, experience & discover my Light by understanding it.

This is my journey of learning who I am and in reality, who I am not.

It is experiencing all aspects of my Beingness.

It is exploring & discovering all aspects of Love that define my Light through a process called physical Life.

It is becoming my True Self by not being my true self.

It is exploring the Nature of Life to discover my own True Nature.

It is creating my Self as a creation of my Self.

The Way of the Soul is to recreate its Self in my own image of who I choose to be.

September 25, 2015

# The Tao

The Tao is the Way or the Path.

It is not a physical path but a way of life, a life path.

It is a personal journey on a path through life.

The Tao of Laozi, the Tao of Confucius, the Way of the Buddha, the Life of Mohammed & the Life of Jesus are all followed as a religion.

All religions are founded on the way or life path of a particular individual.

I have my own individual Tao, my own exclusive Path, my own unique Way.

My way is my journey on my path in life.

When I need a set of guiding principles to follow, I am not on my own path.

When I Intuitively follow my own Core Beliefs, I am on track.

I follow my own path & allow all others to follow theirs.

My Way follows the Path of my Destiny.

The Tao Te Ching means the Way of the Soul.

The Way of the Soul is to travel many unique, exclusive & individual paths.

September 24, 2015



# The Error Of My Ways

My ways are my ego's choices.

I choose the way I live and my way of life.

I have a choice of this way or that way.

I do it my way according to my beliefs & my programmes.

My ways follow my standards, my morals, my ethics, my principles & my rules.

But my morals, ethics & principles as a rule are not my standards but the boundaries given to me by my society, religion, family or government that I have adopted as my ways.

Doing it someone else's way is not my way.

Following someone else's path is not my way.

Playing by someone else's rules is not my way.

Not doing it my way is an error of judgment.

My judgment of my ways is an error.

Accepting my path just as it is overcomes any error of judgment.

When I see the error of my ways, I allow the Way of my destiny.

September 23, 2015

# The Errors Of My Way

Everyone wants to declare: I did it my way.

My Way is the way of the ego Self.

The ego wants its own way, especially when it believes that it does not have its own way.

Not having my own way is a state of being disconnected from my inner guidance system?

We each have our own individual, unique & exclusive way to live our life.

It is according to a personal vision for a mission that has a purpose for our Self.

My Soul is the entity that has a vision, mission & purpose for its Self.

My Soul is my inner guidance throughout my life.

Following my Soul's direction allows me to live my life beneficially, my way.

Connected to the inner guidance of my way, life is effortlessly opportunistic & rewarding.

Disconnected from my higher vision, I experience the errors of my way.

September 22, 2015

## Let Others Follow Their Own Path

When I allow others to follow their own path, others allow me to own & follow my path.

When I interfere with the path of another, others interfere with my path.

I am either guiding & supporting others on their path or I am blocking their progress.

I am either helping them take their opportunities or I am part of their problem.

Life is only a drama when I am off track.

When I contribute to another's drama, I hinder their path.

When I am off track, I attract others who are similarly off track to show me the errors of my way.

This is the Law of Attraction in action.

When I interfere in another's path, others do unto me as I have done unto them.

This is the Golden Rule in action.

When I practice the Golden Rule, the Law of Attraction brings me everything that I need on my path.

When I break the Golden Rule, chaos & disaster follow.

September 21, 2015

## Follow Your Own Path

We each have an individual, unique & exclusive path to follow in life.

My life path follows my vision of my mission to fulfil my purpose.

When I lead my own life, I follow my own path.

My Soul holds the blue-print for my life.

It is the architect & the designer of my journey through life.

My Soul holds the vision that illuminates my path.

Connected to my Soul, my life effortlessly flows & unfolds.

Disconnected from my Soul, I experience chaos, confusion & frustration  
looking for my path.

My Soul offers messages of clarity & direction in every present moment.

Everything on my path is fore given.

Providence provides my provision when I allow it.

I follow my own path through accepting it.

I lead my own life through approving it.

September 20, 2015

# Sophiology

Sophia is Divine Wisdom.

Logos is the Divine Word.

Sophiology is the revelation of wise words.

Revealing divine messages of wise words is sophiological.

I do not study wisdom, I reveal it when inspired by it.

The Logic of Wisdom comes in its divine revelation.

It is an Ah! Ha! Moment, Serendipity or Eureka inspired thought that allows words of wisdom to be revealed.

For logic to be wise, it is required to be both rational & emotional.

Pure thoughts are wise when they are accompanied by pure feelings.

It is never wise to rate a mental perspective without an emotional perception of its truth.

Being wise is a divine state of being.

The emotional attainment of wisdom is the essence or the essential aspect of revelations being inspired.

Words of Wisdom reveal my effortless path through life.

September 19, 2015

## Passion & Desire

Passion is female desire.

Desire is male passion.

We all have a passion for what meets our own emotional needs.

We all have a desire for what we believe we individually want.

My male beliefs determine my female needs.

My male thinking causes my female emotions.

Passion & desire is caused by the gender of my perception.

The gender of my perception is influenced by the polarity of my perspective.

Passion is a female perception in pursuit of joy.

With enough joy in my life, I have no need for passion.

Desire is a male perspective in pursuit of fulfilment.

Fully fulfilled there are no desires that I want.

The contentment of having everything that I want & need overcomes the need for passion and the desire to want.

September 18, 2015

# Innovation

An Innovation is a new creation.

It is creating a new way of being, doing or having.

With innovation, I have new things, I do new tasks, I become more expansive in my attributes.

Innovation requires initiative.

I initiate innovative creativity.

I cannot creatively innovate under someone else's authority.

I am not authorised to create with other people's power or authority.

I am only able to innovate under my own initiative.

My creative ability is empowered with my Soul's authority.

There are no conditions under which my Soul withholds my creative power.

The only person who disallows my power to creatively innovate is my Self.

Innovation is an inspired initiative of the Soul & the Self in mutual co-operation.

September 17, 2015

# Initiative

Initiative is intuitive knowing.

When using my initiative, I connect to my intuitive source of knowing.

When acting under my own initiative, I am using my own authority to make my own choices.

My Soul is the source of my authority, my intuitive knowing & my initiative.

I am my Soul's initiative.

My Self is an initiative of my Soul.

My Soul intuitively guides & supports its Self.

When I take the initiative, I follow my Soul's choice for its Self.

My journey through life is an initiative of my Soul.

It is my initial purpose.

My purpose for life is my initiative in life.

My vision for my life, I see with intuitive knowing.

It is my individual, unique & exclusive initiative.

September 16, 2015



# Thought & Thinking

Thinking is the processing of stored data by the sub-conscious mind.

Thought is the creative imagination of the super-conscious mind proceeding through the conscious mind.

Thinking is my id in communication with my ego.

Thought is my Soul entity in communication with my ego Self.

Thought is both authorised & empowered, which enables effortless action.

Thinking is allowed but not always aligned.

Misaligned thinking due to false beliefs & fears is disempowering & mentally draining.

Mental capacity is degraded by emotional incompetence.

Inspired Thoughts are always empowered.

Thinking is used to find a solution to a challenging problem.

Inspired Thoughts always offer an opportunity.

If I think that it is a thought then it isn't.

When I know it's a thought then it always is.

September 15, 2015

# Spiritual Experience

Spiritual Experience is a triune reality of physical, mental & emotional energy.

I experience physical energy as matter. The vibration of physical energy is low enough to be experienced as a gas, as a liquid or as solid matter.

I use my five physical senses to experience the physical energy of light, sound, taste, smell & touch. I experience emotional energy as feelings.

Emotional energy feelings are distinct from the physical energy of touch.

The vibration of emotional energy is experienced primarily in the solar plexus as a gut instinct. A greater awareness of emotional energy sees it as an intuitive feeling that accompanies an intuitive knowing.

When I intuitively see my emotional state of being , I both know it mentally & feel it emotionally.

The vibration of mental energy is experienced as a thought or as thinking.

Thinking is a process of the sub-conscious mind, whereas thought is a super-conscious revelation to the conscious Self.

My sub-conscious mind stores knowledge & my super-conscious mind creates knowing thoughts.

September 14, 2015

# Imagination

Imagination is a super-conscious thought process.

When I see with my imagination, I intuitively connect to the source of my imagination.

Imagination is the creative power of the Soul.

With imagination, I am realising the potential of my Soul's creative power.

Imagination is the capacity of a super-conscious mind.

My conscious mind channels or receives images, it does not create them.

My sub-conscious mind is a memory store with retrieval capacity but no imagination.

Super-conscious thoughts or images proceed from their source as imagination.

The conscious mind channels thoughts into conscious physical reality.

Without the process of imagination, nothing new could ever be created.

The Universe could not evolve, expand or grow.

September 13, 2015

# The Source of Creativity

When the ego believes it is a creator, it is vainly mistaken.

The ego seeks to create in vain and from vanity.

The Source of Creativity is the Soul.

The Soul is my creative Source. It is the architect of my creation.

My Soul is my Creator.

My ego is my creation of who I believe my Self to be.

The creation of an ego that thinks it is a creator disconnects the ego from its source of creativity.

Thinking that I am a creator disallows my creativity.

Knowing I am a creator allows my creative potential to be realised.

The creative potential of the ego can only be realised when it is aligned with the Soul.

The Soul is the Sole Creator of the creation that is an ego sense of Self.

The Soul & the Self are one, unless viewed separately from the perspective of the ego.

The Soul sees its Self as both the Creator & the Creation.

September 12, 2015

# Creativity

Everyone has the potential capability to be creative.

We are all potentially capable creators.

We are all creating our own real life, whether we are doing it consciously or not.

The capability to be creative requires emotional competence and mental capacity.

Emotional incompetence & mental incapacity both block creativity.

Emotional incompetence is the need for emotional power because I lack emotional power.

Mental incapacity is the lack or absence of mental authority.

Creative ability requires both emotional power & mental authority.

Being creative is a powerful emotional attribute that is only attained with creative authority.

Creativity is authorised at the Soul level of Consciousness.

At a Soul level, creativity is always authorised & encouraged.

The question is: Am I empowered & inspired to be creative.

September 11, 2015

## Sex Drive

Sex Drive is not driven by will power.

Will power does not drive or initiate libido but it may inhibit or suppress it.

Sex drive is powered by emotional attraction.

Attraction initiates sex drive.

Sexual attraction is an attraction of opposing energy genders.

Opposing genders of male & female energy are attractive.

This force of attraction is called a libido or a sex drive.

All forces of attraction operate in alignment with the laws of attraction.

Opposing genders of male & female energy unto each other are drawn.

The male & female gender of the same energy vibration unto itself is drawn.

Opposing genders harmonise with like polarity.

This is what sexually drives libido.

Similar genders harmonising with like polarity initiates friendship without sexual attachment.

September 10, 2015

# Libido

Libido is sexual drive or the drive to enjoy sexual intercourse.

The question is: What drives the sex drive?

When libido happens to me, I am at the mercy of my sex drive or my lack of libido.

My sub-conscious programming affects my experience.

My sex drive drives me to either ecstasy, boredom or frustration.

Libido never happens by me.

It is never under the conscious control of my ego Self.

The best I can manage is to suppress my sexual urges.

When libido happens through me, I allow my sex drive to flow unhindered & freely enjoy the journey & the experience.

My libido is my connection to my super-conscious potency that has the potential to connect me to my magnitude of omnipotent emotional power.

When I learn to use my unconscious competency wisely, I am able to freely express my libido as a true expression of who I really am.

I do freely is: lib-i-do. It is a true expression of free love and a free expression of true love that I share expansively & freely with my lover.

September 9, 2015

# Criticism, Condemnation, Complaint

Criticism is a judgment that something is not right.

It is a statement of wrong doing that is negative feedback.

There is no such thing as positive criticism.

Positive feedback is called praise.

Negative feedback makes one a critic.

Condemnation is a judgment that something is not good.

I condemn someone or something that is guilty of being bad.

Bad people are condemned for breaking the rules of law.

I am never condemned for being innocent or good.

Complaint is a judgment that something is a problem.

I complain about both the cause and the effect of a problem.

I complain when I fail a challenge.

I complain when a solution does not work.

I never complain about an opportunity.

September 8, 2015



# Unconscious Competence

With Unconscious Competence, I am aware of my inner guidance that is omnipotent.

I have an intuitive connection to my potential.

My perspective is adjective and I fulfil my destiny in every present moment.

My thoughts are pure & inspired revelations.

I hear my messages, I see my co-incidences and miracles are an every day occurrence. Life happens as me.

I have no inner conflict as my sub-conscious thinking is aligned with my super-conscious inner guidance.

My Self is a true representation of my Soul. I express the essence of who I really am.

Life flows effortlessly because I am at one with life and everything in my life.

I allow the abundance of an unlimited universe because I am content with enough of everything that I need.

Everything is already provided even before I ask.

I am authorised, empowered & enabled to be both the creator & the creation of my own ideal experience of life.

September 7, 2015

## Conscious Competence

With Conscious Competence, I am aware of my emotional power.

I am aware that my level of emotional power enables life to flow through me.

I realise that emotional power is attractive.

Emotional energy is the power of attraction.

The more emotionally powerful I am, the better the life I can choose to attract.

My emotional competence is relative to my emotional state of being.

Life is a challenge and I accept the challenge to have enough emotional energy to succeed in every challenge.

With conscious competence, I allow life to unfold through me and I accept whatever turns up as a gift for my Self.

I am at the effect of life and seeking my destiny with clarity, direction & presence.

I approve of my true selfishness and I like my Self.

My life is about me and I have the power to write my story about my journey based on my vision to live my life on purpose.

September 6, 2015

# Conscious Incompetence

With Conscious Incompetence, I become aware of my lack of emotional power or my need for emotional energy.

I realise that my emotional energy is limited.

I want to control my own life so that life happens by me.

I see any lack of control as my incompetence.

With sufficient control, I can tolerate my fate patiently.

I believe that my incompetence is caused by not having adequate solutions to my problems.

I am conscious of an objective reality wherein my problems cause my incompetence because my problems are the effect of my incompetence.

I believe that life is hard and I have to grin & bear it until it improves.

As I am the victim of my own incompetence, I need motivation to find a solution to every problem as it occurs.

I have a sense of low self esteem because I blame myself for the incompetence that I find myself being conscious of.

September 5, 2015

# Unconscious Incompetence

With Unconscious Incompetence, I am unaware of my lack of emotional energy.

My disconnection from my emotional power is my normal state of being.

Without emotional power, life happens to me and I am a victim of whatever is occurring.

I do not have the power to tolerate my fate, so I am doomed to see everything that is occurring as a problem.

With so many apparent problems, life is very chaotic and I lurch from one drama to another.

I am lost, confused & I get very frustrated, intolerant & impatient.

I react angrily to anything that drains the small amount of emotional energy that I desperately need to survive from day to day.

I lack motivation and I am dependent on other people for what I need emotionally.

I am very judgmental because I blame others for causing the predicament that I always find myself in.

September 4, 2015

# Life Coaching Compatibility Index

## Level 1

- I am unaware of my incompetence.
- Life happens to me.
- I am doomed to fail.
- My life is in chaos.

## Level 2

- I am aware of my incompetence.
- Life happens by me.
- I tolerate my fate.
- My life is full of problems.

## Level 3

- I am conscious of my competence.
- Life happens through me.
- I cause my own effect.
- My life is very challenging.

## Level 4

- My competence is unconscious
- Life happens as me.
- I am fulfilling my own destiny.
- Life flows with effortless opportunities.

Every level of competence is coachable except level 4, when one becomes their own Life Coach.

September 3, 2015

## Poor, Impoverished, Destitute

Poor is the acute state of being in poverty.

Poverty is attained through a scarcity mentality that perceives us to be poor.

It is seen as having too little money or resources to live comfortably.

Being poor is an absence of emotional well-being that has little to do with money.

Being poorly is a state of physical or mental unwellness or illness.

I can have lots of money in the bank and still be emotionally poor, physically sick & mentally ill.

Being Impoverished is the continued or extended state of being poor.

It is a chronic state of being without that which I believe that I emotionally need.

Being impoverished means that I struggle to meet my emotional or physical needs every day.

Being Destitute is being extremely impoverished.

It is a critical state of being when survival is not guaranteed.

September 2, 2015

# Uncaring, Apathetic, Callous

Uncaring is an insensitive attachment.

It is disregarding the needs of others.

Caring cares for the needs of others.

Uncaring is insensitive to others needs.

It is a selfish perception with regards to other people.

Apathetic is a disregard of other people's dramas.

It is the denial of suppressed feelings that is insensitive & disconnected.

It has neither empathy nor compassion for others.

It is the refusal to act in sympathy with others.

Callous is intense apathy.

We are being callous when our extremes of insensitivity are seen as being detrimental to others.

An intensely uncaringly apathetic person becomes callous when they are unable to see how their unemotional reaction is extremely detrimental to another.

Being callous is doing the opposite to what someone else really needs.

September 1, 2015

# Awareness

Awareness is the state of knowing who I am.

It is being aware of who I am being.

It is the combined experience of my physicality, my emotionality & my mentality as my spirituality.

Being conscious of my awareness allows my Self to know my Self.

My Soul is pure Consciousness.

It becomes aware of who it is through its Self.

My Self is divided by consciousness & awareness.

It can be self conscious without being self aware.

When my Self becomes aware of its Soul as the Soul is aware of its Self, I attain conscious-awareness.

Awareness is the consciousness of my Soul and the Consciousness that is my Soul.

Pure Consciousness seeks full awareness of its Self.

A disconnected ego is conscious of its Self without being aware of its true Consciousness.

A self-conscious self has no awareness of its Self.

October 31, 2015



## My 15 Transformational Life Shifts

- 1 From critical to self-confident to Truly Selfish.
- 2 From survival to comfort & security to Awareness.
- 3 From professional development to personal development to Self-development.
- 4 From problems to challenges to Opportunities.
- 5 From being motivated to being self-motivated to being Empowered.
- 6 From life happens to me, to life happens by me, to life happens Through me.
- 7 From being reactive to being pro-active to being Allowing.
- 8 From being impatient & intolerant, to being patient & tolerant, to being Accepting.
- 9 From living my doom to living my fate to living my Destiny.
- 10 From conscious incompetence to conscious competence to Unconscious Competence.
- 11 From being co-dependent to being inter-dependent to being Inter-developmental.
- 12 From being rational to being instinctive to being Intuitive.
- 13 From being a problem solver to being a therapist to being a Life Coach.
- 14 From rational intelligence to emotional intelligence to Spiritual Awareness.
- 15 From the laws of physics to the laws of perspective to the Laws of Attraction.

I am on a Journey of Transformational Shifts to become Truly Selfish in the Awareness of my Opportunities for Self-development that are Empowered Through me by Allowing & Accepting the Destiny of my Unconscious Competence as an Inter-developmental Intuitive Life Coach using the Spiritual Awareness of the Laws of Attraction.

October 30, 2015

## Expansive Growth

Expansive Growth is the development of Consciousness.

As Consciousness grows it expands.

As Consciousness expands it grows.

Consciousness expands & grows through the awareness of its Self.

Being Self-aware is the essence of expansive growth.

Duality allows Consciousness to be aware of its Self through being conscious.

It allows physical consciousness to have a spiritual awareness or not.

Conscious & aware become a duality when they are no longer a single entity or singularity.

Triality allows consciousness, awareness & conscious-awareness.

It allows a conscious mind to have both sub-conscious & super-conscious awareness.

It allows Consciousness to be subjective, objective or adjective.

Consciousness develops its Self through its own self development and the expansive growth of the Soul.

October 29, 2015

# The Fearful Mind

The Fearful Mind is full of fear.

What the mind fears most is pain.

It does not fear death so much as a painful death or a painful life.

It does not fear problems so much as a painful problem.

Pain is the mind's lack of emotional power.

Without power, the mind loses its authority to choice.

The freedom to make personal choices needs emotional power.

Authorised choices are always empowered.

Will power is depleted by pain.

Pain saps or zaps emotional energy.

The mind fears its lack of will power caused by its unauthorised choices.

Unauthorised choices are based on limiting beliefs.

Intense limiting beliefs are fears.

The fearful mind is full of intensely limiting beliefs.

October 28, 2015

# The Pain Body

The Pain Body is the emotional body.

The emotional body is the etheric body.

The etheric body connects to the etheric field, which allows me to feel sympathy for other people's pain.

It also allows me to feel other people's joy & share it with compassion.

The emotional etheric body is not a physical entity.

Pain is not a physical phenomenon, it is an emotional feeling.

It may have a physical, a mental or an emotional cause as it may be the effect of a physical, a mental or an emotional experience.

The pain body has a pain threshold.

From a positive perspective, the emotional body has an energy threshold.

Below my energy threshold, I feel pain.

When my emotional energy is apparent, there is no pain.

Being pain free requires emotional awareness and the management of emotional needs.

October 27, 2015

# The Power of the Will

The Power of the Will is the force of the ego's authority to choose.

I will is a positive force of thinking. I won't is a negative force of thinking.

Both positive & negative thinking has an intensity of force.

This intensity of force is called will power.

The more convicted I am in my belief, the more I apply my will power as a force for good or ill.

The more intensely I force my will power, the greater my disconnection from the potential of my creative power.

Inspired thought is creative & empowered.

Will power can be intensely destructive.

When I am inspired & empowered, my action is effortless and my will power is unnecessary.

My intense force of will is deemed necessary to overcome an equally intense force that is apparently blocking my path.

Every intense force is the effect of my own thinking that is caused by my own beliefs & fears.

I will is always in opposition to I won't & I shall always overcomes both.

October 26, 2015

## Truth & Reality

Truth & Reality are the same thing from the ego's perspective.

What I experience in reality becomes my truth.

My truth determines my reality as a projection of my perspective.

Truth & Reality are not the same thing from the Soul's observation.

My Soul is creating my true reality.

When my Self is divided & disconnected from my Soul, it sees life from a different perspective.

My ego self is experiencing a reality that is either true or untrue.

Truth & untruth is a personal perspective based on an individual experience of dual reality life. Duality allows both truth & untruth.

My Soul's vision for its Self is absolute truth.

My super-conscious Soul is authorised, enabled & empowered to create my life as my True Reality.

In reality, my authority, power & ability to follow my path is not always true.

When my path is not true, my power is not authorised & therefore not realised. My Soul is my Truth, my ego is my reality.

October 25, 2015

## Charge Neutral

Every thought is a wave of energy.

Every wave of energy has a vibration.

Every vibration has a frequency & a wavelength.

In dual reality experience, every frequency of thought has a choice of polarity.

It can be positively charged or it can be negatively charged.

The positive or negative charge of a thought frequency is its polarity, often called its perspective or its attitude.

The balance between the positive & the negative polarity has a neutral charge.

A neutral charge has no intensity, whereas a negative charge can be very intense.

The potential of a thought energy is its neutral harmonious balance, not the intensity of its charge.

In dual reality experience every wavelength of emotion that accompanies each frequency of thought has a choice of male or female gender.

Gender is the orientation of my emotion based on the perspective of my perception.

To neutralise the potential of my charge, I am required to equalise the gender of my emotion as well as balancing the polarity of my thinking.

A neutral polarity with an equalised gender balances the intensity & neutralises the emotional charge.

Being charge neutral maximises the potential of my emotional state of being allowing the transmission of my thoughts with truth & clarity.

October 24, 2015



# Improvisation

Improvisation is the act of improving a present situation.

It is making the best of what is available.

The Soul makes available what is best for its Self in every present moment.

My Soul improves most when my Self improvises with what it already has available.

When my Self sees its provision is already provided it knows it has already been improvised.

When my Self loses sight of its provision, it may improvise & imagine what is already pre-sent.

Improvisation is the use of imagination with pro-vision.

Imagery & provision allow improvisation.

My vision is a journey of improvement through improvisation.

I am creating my life by making it up as I go along.

October 23, 2015

## Safety & Security

Safety & Security are defined by my comfort zone.

Inside my comfort zone; I feel safe, secure & comfortable.

The further inside my comfort zone I am, the safer & more secure I feel.

The further outside my comfort zone that I explore the more unsafe & insecure that I feel. My comfort zone is not a physical phenomenon.

It is my emotional feeling of being safe & secure.

The more safe & secure that I feel, the greater is my emotional energy.

The greater the power of my emotional energy, the more safe & secure that I feel. I do not have to surround my self with physical barriers or emotional boundaries in order to feel safe & secure.

It is my mental perspective that determines my emotional perception.

When I believe myself to be unsafe or insecure, that is how I feel.

Feeling unsafe & insecure drains my emotional energy and causes my need for safety & security.

Being safe & secure is my emotional perception based on my personal perspective of my mental beliefs.

Faith in my Soul is my preferred perspective.

October 22, 2015

## Four Levels of Experience

1. Life Happens **To** Me. I am at the effect of what other people & other things cause to happen to me. I am the victim of what bad people or bad things do to me. I benefit from whatever good things are done by good people to me.
2. Life Happens **By** Me. I cause the effect of what is happening in my life. Good things happen only when I make them happen. I solve my own problems. I am to blame for whatever goes wrong.
3. Life Happens **Through** Me. I allow my path in life to unfold through me. I am at cause & effect, there is no duality, I have overcome judgment. Life is effortless when I let go, get out of my own way & follow the path of least resistance. I allow all others to follow their own path.
4. Life Happens **As** Me. I create my own reality as my own conscious choice. My life is ideal because I deal it for my Self. Life is an expression of who I really am. I am at one with everything in my reality.

October 21, 2015

# Insight

Insight or Inner Sight is how my Soul sees life.

My Soul sees life as a unique journey of opportunity.

My insight is intuitive.

I see intuitively with my inner sense of sight.

It is the direction of my inner guide & the intuition of my inner tutor.

I see my intuitive guiding messages with insight.

Insight is the prophetic vision of my prophet, it is my Soul directing its Self on my path through life.

My path is not predictable, I cannot foresee my Soul's choice for its Self.

I follow my path with faith in each present moment.

Hindsight is my ego's view of the past.

Foresight is my ego's view of the future.

Insight is my Soul's view of the present as witnessed by my Self.

With insight I see my present path clearly, I know & feel intuitively that I am directed on my path.

October 20, 2015

## Prophetic Dreams

My Prophetic Dreams are insights into my present. They do not foretell my future.

The dreams of my Messiah are prophetic. My Messiah is my Soul, my Prophet. There is great profit in hearing my prophet.

My Soul dreams of expansive growth.

A prophetic dream is an opportunity for personal growth through my Self. I grow into my future by accepting my messages of insightful opportunity as my gift to my Self in my present moment.

My present dreams offer a present for my future.

I create my future with my focus on my present.

My present insight creates my future, it does not predict it.

My Soul is ever present knowing only the eternal moment.

When I see the opportunity presented to my Self in a dream and I learn from the projected experience, it is no longer necessary for it to manifest into my physical reality.

Prophetic dreams are my greatest opportunity for learning & growth without having to endure any physical problem or disaster.

October 19, 2015

## Psy & Sci

PSY is Personal Soul Yearning.

Psyche is the consciousness of the Soul.

The Soul yearns to know through the personal experience of its Self.

SCI is Special Conscious Intelligence.

Science is the knowledge of the ego Self.

Scient is the intuitive knowing of the awakened Self.

The Self seeks psychological awareness with its conscious intelligence to explore all aspects of life.

The ego pursues scientific discovery in its search for physical knowledge.

Science & Psychology have become a choice of two totally different disciplines to follow.

The study of the physical world through science has become insensitively disconnected from the workings of the higher mind or psyche.

Sci is rationally explored to determine science fact from science fiction.

Psy is rationally explored to determine sanity & insanity.

It is no coincidence that they are pronounced the same.

However, science sees the co-incidence of the mind & the psyche as pure chance – sigh!

October 18, 2015

# Impure Thinking

Impure Thinking is my conscious ego Self out of alignment with my super conscious Soul.

Out of alignment with my highest thoughts, the frequency of my thinking is divided by polarity.

Thinking with a negative polarity is called a limiting belief.

An extremely negative limiting belief is called a fear.

A sin or a virtue is the gender of an emotion that is caused by the polarity of my thinking.

A virtue or a sin is a positive or a negative emotion that is the effect of a positive or negative behaviour caused by a positive or a negative belief.

Sins are male emotional energy and virtues are female emotional energy.

Whether sins or virtues are good or bad is a matter of choice based on a personal judgment determined by a moral perspective.

As sins & virtues are the effect of our impure thinking they are both states of being caused by impure wavelengths of emotion.

Pure thought is undivided by either polarity or gender.

Pure thoughts allow the experience of pure emotions that are prime, natural & divine.

October 17, 2015

# Pure Emotion

Pure frequencies of thought are transmitted on pure wavelengths of emotion.

When I know my mind & I see a clear perspective of life, I feel good.

Pure thought is called Light, pure emotion is called Love.

Life is the pure, or impure, experience of Love & Light.

Impure thinking is the ego's judgment that causes a duality of positive or negative emotional experiences.

Judgment is the consequence of limiting beliefs & fears.

Fears & limiting beliefs determine that I must discern what is right or wrong, good or bad, positive or negative for myself.

Negative thinking causes a disconnection of emotional power and a need for emotional energy.

Disconnected from a pure emotional state of being, I am disempowered & I will think negatively.

When I think an impure or negative thought, I disconnect my Self from my power and I experience an impure or negative emotion.

When the polarity of my thinking is negative, I experience the gender of my impure emotions.

When aligned with the pure inspired thought of my Soul, I experience the empowered feelings of pure undivided emotion, which I call Love.

October 16, 2015



# Relative Energy Vibrations

Vibrations of emotional energy are relative to vibrations of mental thought.

As the wavelength of an emotional feeling lengthens, the frequency of a mental thought shortens.

The frequency of my thought waves determines the wavelength of my emotional experience.

Longer wavelengths of emotion have more divine space.

Shorter frequencies of thought have more moments of divine time.

My experience is relative to the time & space of my reality.

When the frequency of my thought resonates with the light of the universe, I am directly in the now of divine time.

When the wavelength of my emotion resonates with universal love, I am clearly in the gap of divine space.

When my life vibrates in resonance with universal love & light, I experience the effortless flow of being in divine presence.

It is the intense imbalance of my relative polarity & gender that disconnects me from the love & light of life.

It is the intensity of my energy that needs to be brought into balance not its vibration.

The vibration of my energy has a frequency & a wavelength that is always relative & inversely proportional in physical reality.

October 15, 2015

## Raising My Vibration

Raising the intensity of my emotional energy does not change its vibration.

It just becomes more intensely positive, negative, male or female.

Balancing the gender & polarity of my energy equalises & neutralises its intensity.

When the intensity of my emotional energy is balanced, I can choose a better vibration.

When the intensity of my emotional energy is unbalanced by polarity or gender, I remain in the duality of that energetic state experiencing all extremes of that particular vibration.

A better vibration is a purer vibration.

I grow and better my experience not by raising my vibration but by balancing my vibration & then choosing a purer vibration of emotion that is better for me.

A purer wavelength of emotion requires a purer frequency of thought.

As I choose a purer thought with a better perspective, I perceive & experience a purer emotional feeling.

The more pure my thought, the better the emotional experience.

October 14, 2015

# The Veil

The Veil is the divide between physical consciousness & spiritual awareness.

It is the veil that limits my vision to physical sight, my hearing to physical sound and my experience to my physical senses.

It is the divide that disconnects my Self from my Soul.

It is the cloak of invisibility that the Soul wears as its Self.

Its purpose is to allow the Self to experience life apart from the Soul while the Self is still a part of the Soul.

This allows each Self an individual, unique & exclusive opportunity for personal choice.

The Self can avail itself of the Soul's direction & support or choose to be isolated & unaware.

The Veil allows the Self to go it alone with unconditional choice.

It is a filter that creates a choice of light or dark with an extensive range of shadows, hues, tints & colours to experience on a blank canvas of life.

October 13, 2015

# Emergences

Emergences emerge.

Whatever emerges in life happens & occurs.

Whatever is occurring is a happening that is emerging.

Emerge is Energy merging.

Energy naturally merges & unites with like energy.

This is the Law of Attraction.

Emergences are therefore divinely attractive.

Things occur & happen beneficially when allowed to emerge naturally.

When I am approving & accepting of life, I allow it to emerge in divine order.

Opportunities emerge whenever I allow them to emerge & unfold.

I can choose to control what is happening as a challenge, I can choose to be a victim of the problem that is occurring or I can choose to allow whatever is emerging to be a miraculous opportunity.

I am the victim of accidents & emergencies.

I am the beneficiary of divine emergences.

October 12, 2015

## Co-incidence

It is no coincidence that life occurs co-incidentally.

My disconnected ego believes that coincidence happens by chance.

My connected entity knows that everything happens with a purpose, whether I presently see it as beneficial or not.

A co-incidence occurs when two personal realities meet & overlap co-incidentally.

What may appear to be a chance meeting is in reality a divine appointment.

What turns up just at the right time is always in divine timing.

What diverts me from my ego's intent delivers me on my Soul's path.

To the awakened ego, a co-incidence is a clear message of the Soul's divine inner guidance.

It is no coincidence that a messenger appeared in divine time to deliver a personal message of direction.

The awakened traveller intuitively sees every co-incidence as a sign-post on their personal journey through life.

October 11, 2015

# Imagination

Imagination is what ever I imagine it to be.

I imagine imagination to be creative thought.

It is the source of innovation & invention.

Nothing new has ever been created without the creative thought of imagination.

It is first realised in the imagination before becoming manifest into physical reality.

The Source of Creation is the Soul.

My Soul is the originator of my imagination & my creative thought.

I am created from the imagination of my Soul in the image of my Self.

I imagine my mission is to become the image of my Soul.

My Self is the experiencer of who my Soul imagines its Self to be.

What my Soul imagines for its Self is my vision & purpose for this lifetime.

I imagine my imagination to be my intuitive vision for my life.

My inspired messages of revelations are not just my imagination.

October 10, 2015

# Capacity & Competence

Mental Capacity is my authority to choose.

Emotional Competence is my power to choose.

Physical Capability requires both capacity & competence.

Capacity & competence can be either conscious or unconscious.

Unconscious competence is the capacity of my Spiritual Soul.

Conscious competence is the capacity of my Physical Self.

My incapacity is either conscious or unconscious incompetence.

My Soul has no incapacity or incompetence as it is fully authorised & empowered, being both omniscient & omnipotent.

Inspired revelations from my Soul to my Self are the conscious capacity of my unconscious emotional competence.

With enough emotional competence, I don't have to think, I have the capacity for inspired action.

My imagination is my unconscious mental capacity that requires my conscious emotional competence to manifest as a conscious reality.

I always have the authority to choose whatever I have the power to manifest.

My Soul resides in my imagination until I have the conscious capacity to bring my unconscious competence to life.

October 9, 2015

## My Soul Needs My Self

Without my Self, my Soul cannot grow.

My Soul expands & grows through the experience of its Self.

My Soul is the essence of my developmental Self and my Self is essential for the development of my Soul.

My Soul experiences the essence of who it is through the experiences of its Self.

My Soul has total sovereign choice.

The Soul gives its Self sovereign choice because it has sovereign choice itself.

Sovereign choice is always empowered.

The choice of a disconnected ego self is not necessarily sovereign or empowered.

Making choices that are not in alignment with the Soul disempowers the ego self.

The Self needs the Soul's direction & support to remain on track.

The co-operation of the Self & the Soul is essential to an expansive growth in an effortless life.

October 8, 2015



## Habit & Addiction

A Habit is a behaviour. An Addiction is a need.

Behaviour follows belief. Habits follow convictions.

Convicted beliefs cause habits. Habits are a sub-conscious choice of action. Extreme emotional needs cause addictions.

A mental belief that causes an emotional need can initiate an addictive physical habit. We become addicted to physical substances that are a short term solution to a need for emotional energy.

My addiction is my strong attachment to whatever I believe that I need emotionally.

My addiction becomes an habitual behaviour because of my conviction that I cannot live without it.

My addiction is my sub-conscious need for the substance that I am habitually craving.

It is not the substance that causes the addiction but my sub-conscious belief that I need it.

A craving is my sub-conscious will power needing the substance that it has formed an emotional attachment to.

October 7, 2015

## Vibration & Flow

Atoms vibrate. Energy flows.

Particles vibrate. Waves flow.

The duality of flow is resistance. Flow & resistance cause the duality of energy & matter, waves & particles.

Resistance causes vibration. Resistance to flow causes spin or rotation.

Spin causes matter to form.

The speed of rotation is called frequency of spin.

Matter is the form of an energy vibration.

Spinning atoms cause the particles of matter to vibrate with a specific frequency.

Pure Energy doesn't vibrate it flows.

It is the energy of matter that has the properties called vibration, frequency & wavelength.

Energy just is, when it is allowed to flow.

Without resistance there is no vibration, no spin, no rotation, no frequency, no atoms, no matter & no physical experience.

October 6, 2015

## A Belief

A Belief is a perspective of reality that I experience as true.

I believe my reality to be true & real.

Reality manifests as true in alignment with my beliefs.

What I believe to be real, I attract as my truth.

As truth is relative to belief, it is personal to each individual perspective.

My individual perspective of the truth determines my reality & my experience.

How I see my reality determines what I believe to be my truth.

When I believe that external forces create my reality then I allow this to be my truth and my experience.

Whether I believe that life happens to me, by me, through me or as me, it does and that becomes my experience.

I always experience as my reality whatever I believe to be true when my belief is that only my reality is true.

October 5, 2015

## Best Interest

My Best Interest is what I believe is most beneficial for me.

Other people's best interest is what they believe is best for them.

Other people are not really interested in what is best for me, unless it is most beneficial for them.

What I believe is in the best interests of others is based on my beliefs about what is in my own best interest.

I am interested in what I believe is best for me.

I am not interested in anything that is not best for me.

Second best is not very interesting.

Interest allows growth.

Best interest allows the best growth.

My Soul is best interested in what I truly value.

My Soul grows & appreciates best with interest.

My Soul knows what is in its best interest.

My Soul appreciates its Self.

October 4, 2015

## Trust & Faith

Trust is a belief of the ego Self.

Faith is an intuitive knowing of the Soul.

I trust that the truth of the ego is true.

I trust in my own ego's truth.

I either trust or mistrust the truth of another's ego.

I have faith in the Truth of my Soul.

Trust has a duality of mistrust.

There is no duality with faith.

Faith is the third way that overcomes trust & mistrust, truth & untruth.

The Soul is never unfaithful to its Self.

My Soul trusts my Self to do whatever my ego chooses.

I trust everyone else to do whatever their ego chooses.

The ego always chooses what it believes to be in its own best interest.

The Soul's Choice is always in the best interest of its Self.

Trust is a choice made by me.

Faith is a truth that flows through me.

October 3, 2015

# Potential

Potential is a property of energy.

All energy has potential.

Flow is a potential of energy.

Vibration is the potential of matter.

Every vibration of energy in matter is the effect of its resistance to pure flow. The more resistance energy experiences, the more it manifests as matter.

The potential to manifest as matter is the reality of energy.

The potential of energy is to manifest as real matter.

Manifesting reality is a matter of potential energy.

The potential of an energy to flow is the product of its force & magnitude.

In physical reality, as the magnitude decreases the force increases and vice versa. The potential of an energy vibration is determined by the force of its frequency and the magnitude of its wavelength.

The potential of a thought to manifest as real is determined by the authority of its mental force and the magnitude of its emotional power.

October 2, 2015

# Magnitude

Magnitude is a natural property of energy. It is a measure of the size or volume of energy. It is equivalent to the Space that it encompasses.

The space of an energy is its volume.

Two dimensional energy has a wavelength.

Three dimensional energy has a volume of space.

Multidimensional energy has a magnitude of dimensions & a dimension of magnitude.

The magnitude of energy is a measure of its power.

The more space energy has, the more power it holds and the greater its magnitude.

The magnitude of an energy wave is its length, which is measured as a wavelength.

Pure energy is omnipotent & all powerful with an infinite wavelength & an infinite magnitude.

In Physicality, a definite magnitude has a definite force.

Force & magnitude are relative and inversely proportional.

The force of gravity is inversely proportional to the distance in space from physical matter.

The magnitude of space is the power of its magnetic attraction.

The force of time is the authority of its gravitational attraction.

A force in time flowing through a magnitude of space allows a potential for reality to exist.

October 1, 2015

## When Life Flows.....

When Life Flows At me, I am facing the wrong way.

I am seeing life from a negative perspective.

I am facing upstream and resisting the flow.

When Life Flows By me, I am watching it pass by me.

I have chosen not to choose.

I am standing on the river bank watching life go by.

When Life Flows Through me, I am flowing with the river.

I am allowing the river to transport me effortlessly on my journey.

I unconditionally accept the path of the river.

When Life Flows As me, I am the river.

I know my purpose is to enjoy the journey.

My journey from the mountain to the sea is assured.

November 30, 2015



## Keeping the Faith

Keeping the Faith is knowing that I am following my life path.

It is not adhering to another's path, another's belief system of another's religion.

My faith is in my exclusive path, not a religious belief system.

I keep the faith by being in alignment with my vision.

I keep the faith by being on purpose.

I keep the faith by knowing my mission in life.

I keep the faith by hearing my messages.

I keep the faith when doing what has true value for me.

I lose my faith when I appear to be off track.

I lose my faith when I lose my presence.

My faith is rewarded in each present moment.

Every present moment rewards my faith in my path.

I am faithful to the path of my Soul.

I keep my faith with my Soul with my divine connection to my Source.

November 29, 2015

## Life & Death

Life & Death is a duality.

The dual reality of life & death is relative to individual perspective.

I can see life as happening to me, by me, through me or as me.

I can also see death as something that happens to me, by me, through me or as me.

When I see death as something that happens to me, it can be accidental, suspicious or natural.

A doctor certifies the cause of death and a coroner is appointed to determine the cause of a suspicious or accidental death.

When I see death as something that happens by me it is called suicide.

An assisted suicide is called euthanasia.

When I see death as something that happens through me, I am approving, allowing & accepting that my journey through this lifetime is complete.

My vision, mission & purpose in life is fulfilled.

When death occurs as me, I choose my time & place to pass on to my next life in my eternal journey of the Soul.

November 28, 2015

# The Neutral Observer

The Neutral Observer is sensitively detached from the dramas of a relative dual reality world.

The Neutral Observer is neither:

- The Pacifist nor the Warmonger
- The Terrorist nor the Freedom Fighter
- The Victim nor the Villain
- The Master nor the Slave
- The Intimidator nor the Poor Me
- The Interrogator nor the Aloof
- The Beauty nor the Beast
- A Good Samaritan nor a Bad Samaritan
- St. George nor the Dragon

The Neutral Observer always:

- Responds in a balanced & harmonious way
- Allows all others to follow their own path
- Knows that all others have their own unique path to follow
- Follows their own path without resistance to others
- Knows their own path is beneficial & flows effortlessly through them
- Creates their own reality that is never detrimental to another
- Accepts whatever turns up as an opportunity for personal growth
- Is in this world but not of this world
- Treats the playground as a place where all games are acceptable

The Neutral Observer is neither a Competitor nor a Spectator.

November 27, 2015

# Addictive Substance

There is no such thing as an addictive substance.

However, there are many substances that I can become addicted to.

An addiction is not caused by a substance.

Regularly taking a substance doesn't necessarily create an addiction.

An addiction occurs when I cannot live without regularly taking a particular substance into my body.

It is my emotional need for a substance that causes the addiction not the substance itself.

My addiction is to the 'shot' or 'high' of emotional energy that I get from a substance.

If I have no emotional attachment to a substance, there will be no addictive effect.

Addiction is an emotional attachment to a substance that meets a specific need for emotional energy.

With enough emotional energy, I have no need for emotional energy and with no emotional attachment to a substance there will be no addiction.

Sufficiently connected to my own source of emotional power any previous addiction to an emotional energy substitute will instantly disappear.

November 26, 2015

# Addiction, Attachment, Connection

In a dysfunctional relationship, addictions happen to me.

A relationship is dysfunctional when it fails to meet my emotional needs.

Addictive substances are a substitute for the emotional energy that the relationship is failing to provide.

My addiction is to a substance that I become dependent on.

In a functional relationship, attachments happen by me.

I attach my Self to a relationship that happens by my choice.

The function of the relationship is to meet my emotional needs or as with a co-dependent relationship, meet our mutual needs for emotional energy.

My attachment is to a person or a pet that is dependent or co-dependent.

In an inter-developmental relationship, a connection happens through me.

I connect with a partner who is equally & equably connected in equanimity.

My connection is with a partner who shares my true values as distinct from my attachment to a partner for what I need emotionally.

Independence or inner dependence happens through me, or mutually through each partner.

Our Connection is to the Universal Oneness at our Soul level.

November 25, 2015

## Being Consciously Aware

I am conscious of my physical reality.

I am conscious of my journey through a physical realm that can be experienced as good or bad, right or wrong, positive or negative.

My perspective of my physical world has a polarity.

Polarity allows my ego a choice of perspective.

I am aware of my energetic spiritual reality.

I am aware of my emotional journey through a physical realm that has a male or female, masculine or feminine, yin or yang perception.

My perception of my physical world has a gender.

Gender allows my id a choice of perception.

I am consciously-aware of my pure frequencies of thought transmitted on harmonious wavelengths of emotion.

Being consciously-aware allows my connection to the inner peace of my Soul.

At peace with my Self, I experience a conscious-awareness of feeling in balance & harmony with who I really am.

November 24, 2015

# The Book Of The Dead

The Book of the Dead is a Spiritual Book.

It is written from a spiritual perspective.

It is for Human Beings who are dead to spirit.

Those who are dead to spirit are unawakened to their spiritual nature.

Forgetting our spiritual origins is common to the majority of people on Earth.

From a spiritual perspective there is no death, only eternal Life.

The 'Dead' are those who are not alive to their spiritual reality.

The dead to spirit are living a physical life without awareness, awakens, alertness & aliveness to who they really are and why they are here.

They are living in a physical state of being disconnected insensitively & unemotionally from spirit.

The Book of the Dead is really a book for the 'dead'.

It is a Book of Life that is written by the Soul as a guide for its Self to become awakened & enlightened on its journey through the physical realm.

November 23, 2015

# Passion & Desire

Emotional Energy is divided by gender to allow choice.

Emotional choices are called passions.

Mental choices are called desires.

Choices can be driven by male desires or female passions.

Choices of gender are allowed by the Soul.

Choices of the ego are driven by polarity.

Polarity is a choice of positive or negative perspective caused by the presence or absence of emotional power.

It determines whether I want or need what I lust or crave.

The ego needs, wants, craves & lusts after what it believes it does not have.

The passions & desires of the Soul are experienced as empowered inspirations.

Empowered inspirations give direction & support to the Self on its journey of the Soul.

Lust & need are the passions & desires that drive the ego on its own selfishly chosen path.

Inspired revelations illuminate & empower the Passionate Desires of the Soul.

November 22, 2015



# The Akashic Record

The Akasha is the Reality of Time & Space.

The Ether is the etheric energy of Space.

The Astra is the astral energy of Time.

The Akasha is the akashic energy of Reality.

All of Time-Space-Reality is present in the Akashic Records.

As the reality of our solar system travels through space, it is recorded in the Akasha for all time.

Each moment of reality has its own space-time co-ordinate.

Space-time reality is a consequence of present moments of time in specific places in space.

This gives the illusion to a traveller in space-time-reality of having a past and a future.

Relative Time & Space exist in an Absolute Reality that is recorded in the Akashic Records.

November 21, 2015

# Three Company Philosophies

The Philosophy of a Company is its belief about how it can be best profitable.

## 1. Financially Driven Profit

This is the Accountant's philosophy on how to maximise profit.

It is driven by male arrogant greedy pride.

It is underwritten by contracts in law that are neither ethical nor moral.

## 2. Customer Driven Service

This is the Marketeer's Philosophy on maximising customer retention to maximise sales & profit.

It is driven by female caring humble humility.

It is based on the belief that the Customer is King and is always right.

## 3. Mutually Agreed Quality

This is the Ideal Business Model.

It is sponsored by Truly Selfish, Modest, Equanimity.

It is based on a fair equal & balanced agreement that is mutually acceptable to both provider & client.

It is delivered by an authorised & empowered work force that ensure the quality of their goods & services fulfil the contentment of their clients happy expectations.

November 20, 2015

## Being Fair

Being Fair is having a balanced perspective.

A balanced perspective sees things as equal.

I am equal to something when I am in balance with it.

Giving & receiving is fair when it is in balance.

Sharing is fair when it is equal.

When something is unequal, it is out of balance & unfair.

In a dual reality world everything is relatively out of balance.

Nothing is fair until I bring it into balance.

Being fair overcomes the duality of being selfish or unselfish & giving & taking.

It accepts a situation without either tolerance or intolerance.

It approves of a situation without either patience or impatience.

When I allow all aspects of my experience to be equally in balance, life is fair enough!

November 19, 2015

## A Triune Reality World

In a Triune Reality World, I always have three choices.

There is always a third way.

In a triune reality the third way is always divine.

The third choice overcomes the drama of a duality.

It is the balance between two extremes of reality.

Divinity is always in the balance.

The balance is in harmony with my true Self.

In my triune reality, I am a spiritual Being enjoying a physical experience.

I am in a divine reality where infinite space interacts with eternal time.

This reality is a divine creation of the Soul & experienced as an ideal life for the Self.

It is a perspective where consciousness & awareness are in a perpetual state of conscious-awareness.

November 18, 2015

# A Dual Reality World

A Dual Reality World allows choice.

A singular reality world just is.

The singularity is the singular reality of my Soul.

A duality is the dual reality of my Soul & my Self.

I can choose to perceive life as my ego Self or I can choose the perspective of my Soul Entity.

In a triune reality, I perceive my Self as my Soul.

In a dual reality world, I can choose to experience energy or matter, waves or photons, thoughts or thinking, feelings or emotions.

I can choose a physical perspective or a spiritual perception.

I can choose a range of vibration of wavelength & frequency with a range of intensity of polarity & gender.

I can choose a definite space in eternal time as my continuous reality or a specific time in infinite space as my changing reality.

I can choose an inclusive path or an exclusive path or I can become attached to my disconnection from any path.

I can choose a connection to source or an attachment to my dramas, a detachment with people or a disconnection to my inner guidance, a sensitivity to my path or an insensitivity to my purpose.

In a dual reality world my experience is relative to my choice of perspective or perception.

November 17, 2015

## An Alien World

Earth is an Alien World to the Soul.

Physical Life is alien to my Soul.

This world is an alien environment for every new born baby.

By the age of 5 years old, most children have adopted this planet as their own and their home.

Dual reality is alien to a singular entity that is the Soul.

Relative duality is alien to the absolute perspective of the Soul.

My Self is never really at home in this world.

The ego is eternally seeking its true source.

A journey through an alien world is the Soul's way of finding its Self.

This alien environment allows me to know my Self and my true nature.

My Self retains a lien with my Soul.

I have a direct line of communication with my Soul to guide me & support me in this alien world.

November 16, 2015

## A Weight Off My Mind

Problems are a weight on my mind.

They weigh heavy on my mind waiting for a solution.

My mind is anxious to find a solution to whatever it fears may be a problem.

I face a fearful problem with a heavy heart.

A light hearted perspective takes a weight off my mind.

Being problem free is a weight off my mind.

A Light mind is a problem free mind.

An enlightened mind sees only opportunity.

The weightier the problem, the heavier the challenge.

The greater the opportunity, the lighter the mind.

My worries put a weight on my mind.

A light mind is care free, worry free & fear free.

Opportunities flow lightly & effortlessly through an open mind.

November 15, 2015

# I Surrender

I Surrender my ego to my Higher Self.

I declare peace with my Self.

I surrender to my inner peace.

I allow life to flow through me.

I neither fight nor resist whatever is occurring.

I let go and 'Let God'.

I allow the authority of my Higher Self to lead me.

I allow my ego to become a disciple of my Self.

I surrender to the path of no resistance.

I no longer need to compete to win.

I no longer need to fight to survive.

I surrender my fear, my pain & my problems instead of surrendering to them.

I allow my opportunities to manifest.

I surrender to the Creator within me.

I surrender to my unconscious competence.

I surrender to my unconscious capacity to flow effortlessly through life.

November 14, 2015



## Bad Luck

Bad luck is my belief that negative things happen to me.

When life happens by me and goes wrong, I blame my bad luck.

Bad luck never flows through me.

Negative energy is stuck, not flowing.

Appreciating my fortune allows life to flow through me.

Blocking my fortune or missing my fortune results in the experience of bad luck.

Bad luck is a duality of good luck.

My fortune is not delivered by luck.

Being lucky means that I am also unlucky.

This makes life a lottery in which most people are losers.

Losers blame bad luck, winners praise their good fortune.

There is no such thing as a bad fortune.

I either flow with my fortune or I miss my fortune when I am blocking & resisting life.

November 13, 2015

# Incidents of Purpose

Incidents of Purpose are life changing opportunities.

Incidents happen on purpose when they have a purpose.

The purpose of life is the expansive growth of who I am.

My Soul continually sends its Self opportunities for growth, on purpose.

It sends opportunities for me to see my vision & to perceive my purpose.

When I perceive the purpose of an incident, I get my message & I learn a life lesson.

Incidents of purpose are neither a problem nor a challenge.

When I receive a problem, I have missed the challenge to take my opportunity.

Incidents of purpose continually flow through me.

Accidents without purpose either happen to me or happen by me.

When it occurs to me what is happening by me, I allow incidents of purpose to flow through me.

November 12, 2015

# Accidentally On Purpose

Accidentally on Purpose is seen as an oxymoron.

In a dual reality world, it is believed that life either happens accidentally or life happens on purpose.

Things happens accidentally when life happens to me.

When I am the victim of things accidentally happening to me, I blame the villain that I believe is the cause.

Life happens on purpose when I make things happen by me or things happen by other people on purpose.

I either blame myself or other people when accidents happen by me or by them.

Even when I do things on purpose, accidents still happen.

I either do things on purpose or I accidentally fail.

When life is allowed to happen incidentally on purpose, good things start to flow through me.

Every opportunity in my life happens through me incidentally on purpose.

All opportunities in life are Incidents of Purpose.

November 11, 2015

## I.D.E.A. & I.D.E.A.L.

I.D.E.A. is an acronym for Id Experiences Actuality.

I have an IDEa about the Actual reality that I am Experiencing.

My idea is my perspective of how my reality is actually being experienced.

I have good ideas, bad ideas & indifferent ideas when I have good, bad & indifferent experiences.

Most people have no idea how their experience is actually real.

Ideas are the perspective of the sub-conscious id experiencing actual reality.

I.D.E.A.L. Is an acronym for ID Experiences Absolute Life.

A Divine Life is absolutely Ideal. An absolutely ideal life has overcome the limitations of relative dual reality experience.

In an ideal life, I use my creative imagination.

Creative imagination is how my Soul sees Life.

I have an idea relative to dual reality life.

I imagine my absolutely creative Ideal Life.

Imagination is ideal, ideas can be less than ideal.

November 10, 2015

# The Ego's Choice

The Ego's Choice is always what the ego believes is best for itself.

Even an unselfish ego that chooses what is best for another is doing so in the belief that it is also best for itself.

When the ego Self is aligned with its personal life vision and following its individual mission with a unique purpose, it is in alignment with its Soul Entity.

When the ego Self forgets its on a mission & loses its purpose for this life-time, it falls out of alignment with its true vision.

Disconnected from its Source Entity, the Soul, the ego will follow the choices of its sub-conscious id, which has been programmed by its peers and its own personal experience.

Although eternally guided by the Soul, the ego may be totally unawakened to its path.

It's inner guidance system may stem from its sub-conscious id rather than its super-conscious Soul.

The ego always has choice: It has the choice to go all ways.

It can follow its id, follow its Soul or follow the false idol that is the ego choice of someone else.

Only my Soul knows the true path for my Self. That is my ego's choice.

November 9, 2015

# Freedom Of Choice

Freedom Of Choice is not a Human Right but a human quality.

Being at Choice is being free to choose.

Being free to choose is a quality attainment.

A quality attainment is a state of being that can be learned or attained through learning.

I attain freedom of choice when I learn to accept my ability to choose freely.

Choosing freely is an ability that requires both mental authority & emotional power.

The ability to be free to choose requires that I attain the quality of being at choice.

My Soul allows my Self the freedom of choice.

However, it only endorses & empowers the choices that it authorises.

There is no power without authority.

My Soul is my authority when it comes to choice.

My ego Self is free to choose whatever it chooses whether it is authorised by the Soul or not.

Choices that are not authorised by the Soul are neither inspired nor empowered.

Uninspired choices that have only the ego's authority will require the ego's will power to manifest them into reality.

The Soul will never deprive its Self of the freedom to choose.

It is always the ego that deprives itself of the freedom of choice.

November 8, 2015

# The Ability To Choose

The Ability to Choose requires both mental authority & emotional power.

Choice is enabled when authority is empowered.

When authority is not empowered, choice is not enabled.

It is not that we are not authorised or free to choose, we just don't have the power or motivation.

Authority with power enables the ability to choose.

The inability to choose has one of three causes:

1. No power or authority

This causes prevarication or the state of having too little choice or too many options.

2. Authority without power

This causes procrastination or the dilemma of being stuck between the duality of two choices.

3. Power without authority

This is caused by anxiety, fear or dread that is the effect of the negative perspective of a limiting belief system.

The ability to choose is enlightened, inspired & empowered when the Third Way or a Divine Choice is presented in the present moment as a present.

November 7, 2015

# Allegiance

Allegiance is my stated authority.

I allege what I believe to be true.

My allegiance is always to my truth.

I follow my alleged path.

When I show allegiance to another's path, I give away my authority.

My allegiance to my path connects me to my power and allows my journey to be effortless.

Effortless allegiance requires faith.

Trusting my alleged path often encounters resistance.

I give allegiance to my Soul's authority.

Without that allegiance, my ego can get very lost, very confused & very frustrated.

I form an allegiance with my Soul on my journey through life.

An allegiance is a partnership of the ego in alliance with the Soul.

That is my true path in life.

November 6, 2015



# Being Acknowledging

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Being Acknowledging is accepting that we all have our own path to follow.

I acknowledge my path as mine and another's path as their own.

Acknowledging another's path allows my approval of their journey on their path.

I allow others to follow their path without any resistance from my Self.

I acknowledge that everyone has chosen their own path.

Acknowledging another's path allows them to affirm & attest their path as their own.

I acknowledge life without making judgments.

Acknowledging has a knowing of what is personally right without any judgment of what is good or bad.

When I acknowledge another's path, I allow them to acknowledge my path.

Acknowledging is my allegiance to what I know & allege to be my truth.

November 5, 2015

## Care-Free

Care-Free is neither careful nor careless.

It is neither caring nor not caring.

It is neither bothered nor not bothered.

Taking care of others is taking care of their problems.

People who don't have problems don't need taking care of.

When I am problem free, I don't need someone to take care of me.

When I am accident free, I am never careless & I don't need to be careful.

When I am pain free, I don't need someone to care about me.

When I am need free, I don't need someone to care for me.

I care about the problem of being safe, secure & comfortable.

I care for someone by meeting their emotional needs.

I take care of solving other people's problems.

I am care free when I am problem free, pain free, fear free, accident free & need free.

November 4, 2015

# The Awakening

The Awakening starts with the realisation that there must be more to life than this.

It is initiated by the questions: Who am I? & Why am I here?

The ego does not awaken until the Soul decides to awaken its Self.

The ego remains unawakened as long as it is more beneficial for the development of its Self.

Awakening requires the agreement of both the Soul & the ego self.

The higher Self & the lower Self must think alike.

The ego will remain in the dark until it is enlightened by the Soul.

The Soul has chosen for its Self to experience the darkness to understand the Light.

Only by needing love will it understand the power of Love.

Only by fearing death will it cherish Life.

The ego self will not awaken until it is ready.

It can take redundancy, divorce, an earthquake or other near death experience to awaken some egos.

The Awakening is truly an Act of God.

Some egos never awaken. Some Souls never put their Self to sleep.

November 3, 2015

# Physical Awakeness

Physical Awakeness is being conscious of my Consciousness.

Being physically awake is being conscious of my physical reality.

Being Consciously awake is being aware of my Spiritual Reality.

My Spiritual Consciousness is my Soul, my physical consciousness is my Self.

When my ego is unawakened to its spiritual source, it knows only the physical consciousness that is its own sense of self.

When the physical ego awakens, it becomes aware of its spiritual entity – the Soul.

A spiritually awakened Self knows that it is a spiritual Being having a physical experience.

An unawakened ego believes itself to be a physical being having a physical experience.

Physical awakeness allows presence of mind. It allows the super-conscious Mind of the Soul to be present in each awakened moment.

The ego is no longer sleepwalking through a lost, confused & frustrated life.

With Physical Awakeness, I have the clarity & direction of my Presence of Mind.

November 2, 2015

## Mental Alertness

Mental Alertness is my focus on my life path.

It is being alert to the signposts that direct me along my path.

It is hearing the intuitive messages that answer my prayers.

It is seeing the opportunities that are aligned with my vision.

It is discerning what has true value for my Self.

It is learning the lessons that shift my perspective.

It is aligning my perspective with the attitude of my perceived truth.

It is staying sensitively detached from other people's dramas.

It is knowing that the reality I am experiencing is the reality that I am creating.

It is challenging my limiting beliefs instead of being limited & challenged by my beliefs.

It is confronting my fears instead of being conflicted by my fears.

It is aligning my sub-conscious thinking with my super-conscious thoughts.

Mental alertness is opening my mind with an open mind.

November 1, 2015

# A Time-Line

A Time-Line is a journey of the Mind.

The Conscious Mind observes the present.

The Unconscious Mind reveals the past & the future.

The Sub-conscious Mind remembers the past.

The Super-Conscious Mind reveals the future.

A time-line aligns all three Minds.

It connects the past with the future & the future with the past.

My Soul exists in the Eternal Present. My ego inhabits a reality in space-time.

A time-line is the journey of an ego's life-time.

A life-time is a continuous reality in infinite space through eternal time.

It is countless moments of now in the endless gap of space that is creating a continuous flow of reality.

My sub-conscious memory is alert to the experience of the past.

My conscious mind is awake to the experience of the present.

My super-conscious mind is aware of the experience of the future.

All three minds align with space-time-reality.

A time-line in space is a reality of the sub-conscious mind created by the super-conscious mind that is experienced by the conscious mind.

December 31, 2015

## Safety, Security & Comfort

I am Safe, when I no longer fear being a victim of accidents.

I am Secure, when I am no longer a victim of other people's problems.

I am Comfortable, when I am no longer the victim of a painful situation or environment.

I am Truly Safe when I am effortlessly in the flow of divine reality.

Exclusively connected to flow, I am fear-free, accident-free & my ability is assured.

I am Truly Secure when in the now of divine time.

Being sensitively detached & intuitively present allows me to be problem-free & toleration-free as my divine authority is secured.

I am Truly Comfortable when in the gap of divine space.

My emotional rationale sees the pain-free perfection of every powerful situation that ensues.

I ensure my safety, security & comfort when I overcome victimhood & become free of fear, pain & problems.

In my expansive comfort zone, I am intensely safe & extensively secure with the ability & freedom to respond to every life issue with my own powerful authority of choice.

December 30, 2015

## Initiation, Initiate, Initiator

My Initiation is from unawakened to awake.

It is from spiritually asleep to spiritually awake.

It is a new awareness of a spiritual reality.

It is from half asleep to alive & alert.

I Initiate my own path as I initiate each new step that I take along my path. I can choose to be either an initiate of my own lessons or an initiate of someone else's teaching.

I initiate my own lessons when I become the Initiator.

My Self is the Initiate, my Soul is the Initiator.

When my Self takes the initiative, I am being both the Initiate & the Initiator.

Each & every revelation & inspired message from my Soul initiates a new step on my path of learning.

Initiation happens to me.

As the Initiate, life happens by me.

As the Initiator, life happens through me.

As the Master, life happens as me.

December 29, 2015



# A Spiritual Awakening

A Spiritual Awakening is when the Soul decides to reveal itself to its Self.

The Self is awakened to its spiritual source and the concept of conscious awareness.

In the Age of Survival, spiritual awareness was essential to surviving the reality of that age.

In the Age of Comfort & Security, the ego self became comfortable & secure and fell asleep to its spiritual origins.

Spiritually sleep-walking through a physical, material, rational, disconnected, unemotional & insensitive world allowed the Soul to experience its male energy in total separation from its female energy.

Awakening from a physically conscious, scientific, male dominated, materialistic world view requires the attainment of spiritual awareness.

It is an awareness of the realisation that there is more to life than is physically apparent.

It is awakening to the spiritual reality of who we are and why we are here.

It is awakening to the awareness that I am a spiritual being experiencing a physical existence in a material world.

In the New Age of Awareness there is a spiritual awakening to a spiritual vision of a spiritual journey in a spiritual reality for a spiritual purpose.

December 28, 2015

## A Spiritual Journey

A Spiritual Journey is an individual, unique & exclusive experience.

Every spiritual path is unique. Every spiritual traveller is an individual.

Every spiritual vision is exclusive to each individual traveller on their unique path. An exclusive vision is an individual & unique perspective of one's own spiritual journey.

When I know my life vision, I know my spiritual path.

In the absence of a vision that is uniquely, individually & exclusively mine, I am a seeker of the truth.

My vision illuminates my true path, as your vision illuminates your true path. There is not one truth to universal consciousness.

There are many different perspectives of the one version of Consciousness. Consciousness has created many different perspectives of its Self that are each experienced as a unique & exclusively personal reality by each individual Self.

A Spiritual Journey is the experience, exploration & discovery of one's own unique, exclusive & individual vision for this life-time.

December 27, 2015

# Mates

There are Best Mates, True Mates & Soul Mates.

Best Mates have a heart connection.

They meet each others needs emotionally.

Best Mates are an attraction of gender opposites.

True Mates have a mind connection.

They share beliefs, perspectives & experiences.

True Mates are an attraction of like polarities.

(Opposite poles or opposing genders attract, while similar or like polarities attract.)

Soul Mates have a Soul Connection.

A Soul Connection is both mental & emotional.

Soul Mates have a balance of hearts & minds.

They share their life purpose, their vision & their true values.

Soul Mates are both best mates & true mates.

Soul Mates share a mission, share a journey or share a life-time depending on what both have mutually chosen.

December 26, 2015

# Cliche, Contradiction, Custom

A Cliche is an untrue truism.

It is an hackneyed phrase, an old wives tale, an old chestnut or a banal platitude.

The mind gets lost in a forest of cliches as it cannot see the wood for the trees.

A Contradiction in terms has two opposing beliefs.

When my beliefs conflict, my brain short circuits and my light is dimmed.

Contradicting cliches are even more frustrating:

Many hands make light work, yet too many cooks spoil the broth.

Too many cliches cause prevarication and too many contradictions cause procrastination.

A Custom is a routine, a habit, a tradition, a policy or a convention based on the authority & choice of other people.

Customs tax the brain and excise personal authority.

We pay our dues to the customary authorities.

Cliches, contradictions and customs are all false beliefs that limit personal creative freedom.

December 25, 2015

## Needs & Causes

The Need to be Included causes:

The feeling of being excluded, ignored & deserted.

The Need to Achieve causes:

The feeling of failure, frustration & incompetence.

The Need for Control causes:

Obsession, compulsion & disorder.

The Need for Approval causes:

Humbleness, meekness & pleasing.

The Need for Respect causes:

Low self-worth, low self-confidence & low self-esteem.

The Need to be Superior or better than causes:

War, conflict & competition.

The Need to be Right causes:

Blame, judgment & conviction.

The Need to be Safe causes:

Fear, discomfort & insecurity.

The Need for Perfection causes:

Dedication, determination & commitment.

The Need to be loved causes:

Hatred, lust & jealousy.

The Need to be Special causes:

Bias, prejudice & discrimination.

The Need to approve of others causes:

Criticism, cynicism & condemnation.

December 24, 2015

## Hearts & Minds

The Heart is the emotional power source of the Soul.

The Mind is the source of mental authority of the Soul.

A healthy Soul has a wise mind and a wealthy heart.

I am either in my heart centre & connected to my emotional power or I am not.

I am empowered by my heart.

My mental authority is relative to my core beliefs.

My truth authorises my emotional power.

My limiting beliefs & fears disconnect my power from my ego self.

My truth is empowering and my false beliefs disempower my self.

My super-conscious mind connects me to the wisdom of my Soul's authority.

My Soul's choice is always inspired & empowered.

When my sub-conscious mind is programmed by other people's beliefs, I am disconnected & disempowered.

My conscious mind always has a choice between the desires of the ego & the authority of the Soul. I can follow the fate of my ego or the destiny of my Soul.

I can be in three minds but only one heart.

When my three minds are aligned, my heart is open.

December 23, 2015

# Imagination

Imagination is the perspective of the Soul.

I am made in the image of my Soul, by my Soul, with my imagination.

Imagination is my creative ability.

I am able to create whatever my Soul can imagine.

Imagination is revealed to my Self through innovation, invention, initiation & intuition.

Level one imagination is innovation.

In reality, I innovate to survive.

Level two imagination is invention.

In reality, I invent to become comfortable & secure.

Level three imagination is initiation.

In reality, I initiate to become consciously -aware.

Level four imagination is intuition.

In reality, I intuit my expansive growth.

In absolute reality, the Soul imagines every aspect of its spiritual development & growth through the innovation, invention, initiation & intuition of its Self.

December 22, 2015

# Inventor, Innovator, Initiator

An Inventor develops new things to Have.

An Innovator develops new ways of Doing things.

An Initiator develops new ways of Being.

All new developments are inventions, innovations or initiations.

Invention requires imagination to allow expansive mental growth.

Innovation requires imagination to allow the expansive growth of physical experience.

Initiation requires imagination to allow the expansive growth of emotional essence.

All inventors innovate & initiate.

Being inventive & innovative are attainments of all initiators.

Innovators all use their inventive initiative.

We all use imagination to create intuitively, inventively & innovatively with initiative. Imagination, invention, innovation & initiation all require an intuitive spiritual connection.

I initiate with my spiritual power, I invent with my spiritual authority & I innovate with my spiritual ability when I am aligned with the intuitive imagination of my super-conscious Soul.

December 21, 2015



## An Ascending Master

An Ascending Master is mastering ascension.

Ascension is a process of spiritual enlightenment.

Spiritual enlightenment is the physical ability to connect to personal mental authority & emotional power.

The more 'in light' I become, the more emotional power I am able to access & the greater my ability to fulfil my potential.

Light is authority and the more authority I have the more creative power I have available and the greater my ability to create my own reality.

The journey of an Ascending Master is that of an Initiate.

An Initiate is one who initiates with initiative the steps that are required to ascend the path of enlightenment as an ascending master.

The ego Self is in service to the Soul as the Soul's Initiator on Earth.

Many egos remain unawakened & unaware of the their Master and their Master's path of Ascension.

In actual reality, we are all ascending masters on a spiritual path of Ascension.

This is the Grand Plan.

December 20, 2015

## An Initiation

An Initiation is the start of a new beginning.

The initial Initiation is birth. Birth is the beginning of a new life-time.

The 2nd Initiation is when I start to think for my Self.

Thinking for my Self involves challenging my limiting beliefs, owning my core beliefs & allowing pure thoughts to flow through me.

The 3rd Initiation is when I start to become aware of my emotional Beingness.

I discover, explore & experience the source of my emotional power and its potential in physical life to eliminate my sub-conscious need for emotional power.

The 4th Initiation is when I start to take responsibility for my super-conscious competence, capacity & capability to live the vision for my life on purpose.

I bring my ego sense of Self into alignment with the destiny of my Soul.

The 5th Initiation is when I start to create my ideal reality and experience the idyll of that reality as both the Creator & the Creation.

I start to realise that I am both the Ascending Master & the Initiator.

December 19, 2015

# The Path Of An Ascended Master

## Initiation One

Birth on the physical Earth as a Body of Strength.

Awake to the conscious material reality of existence where life happens to me.

## Initiation Two

Baptism of Water expands the sub-conscious Mind.

Alert to the astral or mental plane of time where life happens by me.

## Initiation Three

Transfiguration of Air clarifies the emotion of the Heart.

Aware of the emotional etheric plane of space where life happens through me.

## Initiation Four

Renunciation of Fire discovers the Spirit of the Soul.

Alive with the conscious-awareness of the super-conscious spiritual plane where life happens as me.

## Initiation Five

Resurrection of the Master Monad on a supra-conscious plane of Consciousness as a fifth dimensional Ascended Master.

At Onement as the Creator & the Creation.

December 18, 2015

## A Leap Of Faith

A sacred journey is a leap of faith.

Every life-time is a leap of faith.

My life is a journey that is destined, one step at a time.

It requires faith to allow my journey to unfold through me.

Without faith, I do not see my vision & there is no purpose to my journey.

With vision & purpose, I am faithful to my mission.

‘One small step for man is a giant leap for mankind’.

Man did not land on the Moon with a giant leap.

It took many small steps by mankind before a man stepped on the Moon.

Man was destined to go to the Moon as he is destined to explore the stars.

I do not have to go to the Moon.

I do not have to die on the cross.

These destinies have already been attained.

We all have our own unique path to follow, one step at a time.

Each journey requires a giant leap of faith.

December 17, 2015

# Tolerations

Tolerations are a problem that I endure.

I am tolerating a problem when I am draining emotional energy to a situation or an issue.

Something is a toleration when I believe that I should do it, I ought to do it, I have to do it, I must do it or I need to do it.

They are all a problem because they all drain my emotional energy reserve.

When my reserve of emotional power becomes critically depleted, I am frustrated, angry & intolerant.

Tolerance is the gap of space that holds my emotional energy.

It is a negative limiting belief or a fear that causes an emotional energy drain.

A fear is an intensely limiting belief, an intense energy drain, an intense problem & an intense toleration.

An intense fear is caused by the belief that a situation or an issue is intolerable & unbearable.

Acceptance is the gateway to overcoming fears and tolerations.

Becoming problem free allows my Self to be Accepting.

Self-acceptance overcomes all tolerations.

I only ever endure problems of my own making.

December 16, 2015

## Wilful Intent

Will Power is seen as a positive force.

Wilful Intent is seen as a negative force.

It is will power used in a way that is perceived to be negative by others.

I only ever wilfully do what is judged to be wrong by others.

I never will myself to do what I believe is bad for me.

I only ever intend to do what I believe is right for me at that time.

I only force myself to do what I believe that I have to do, I ought to do, I should do, I must do or I need to do.

I force myself to solve a problem with will power.

A toleration is a problem that I need to solve or endure.

My greatest toleration is the belief that I should, ought to, have to, must or need to solve a problem.

When I wilfully intend to try & solve a problem, it usually gets worse.

I will never become problem free by will power or wilful intent.

December 15, 2015

## Just In Case

Just in Case insures a future problem with a past solution.

I keep this solution just in case that problem recurs in the future.

My Case contains my baggage.

My baggage is what I carry around as an attachment from my past in case I need it in the future.

It can be physical baggage, mental baggage or emotional baggage.

It keeps me on my case, until I become a mental nut-case or an emotional basket-case.

My mental baggage is my belief system. It is my belief about what I need that is the burden that I carry with my case.

Every solution is attached to a problem that is a potential toleration.

Tolerations drain my energy, especially the burden of carrying what I need just in case.

Emotional baggage restricts my freedom & my creative spontaneity to follow my path.

The emotional attachment to what I need just in case has no true value for me.

December 14, 2015

# Power To The People

You cannot give Power to the People.

People are either connected to their power or they are not.

In practice, people give their authority to their elected leaders.

When I give away my authority, I give away my power.

Governments do not govern for the benefit of the people.

They govern for the benefit of an unelected elite.

Democracy is a system where an elected autocracy manages a bureaucracy supervised by an aristocracy for the benefit of a plutocracy.

Government does not have the power to give power to the people.

In practice, governments need the people to give their power to the government.

An elected government rarely has a mandate to carry out the agenda of its pre-election promises.

A democracy is when the people give their authority to a government to govern and the government then proceeds to govern whether they have the people's authority or not.

With authority goes power from the people to the government.

An empowered leadership does not govern or control the power of the people.

A Holocratic leadership shares power & authority with its people.

December 13, 2015



# A Hierarchy Of People

A Hierarchy of people is a list of people rated by importance by the important people at the top of the hierarchy.

The higher up the hierarchy that you are able to climb, the more important you become in the hierarchy.

People are rated in importance by their rank or status.

Rank or status is perceived power & authority over the people below you in rank or status. This is a hierarchy of greed where people below please the wishes of people above.

The need to be important is the need to import emotional energy from people who report to you.

The higher the rank or status the greater the need for other people to meet your emotional needs.

The higher up in a hierarchy one climbs, the more dependent one becomes on other people to meet your need for emotional power.

The more power & authority one has over other people, the more power & authority one needs over other people.

The fall from grace is emotionally devastating.

December 12, 2015

# A Hierarchy of Needs

A Hierarchy is a list of importance.

We all have our own unique list of emotional needs.

Below our three primary needs are as many as ten emotional needs in total. We all sub-consciously list our emotional needs in order of importance.

The greater the ability to meet my need for emotional energy, the greater the value to me and the more important it is.

We all have the same physical needs for food, water & shelter.

We each have a different list of emotional needs to meet our own requirements for personal emotional power.

My emotional needs provide the emotional energy that is my personal power it authorises my physical ability.

When it motivates my personal will, it is called will power.

We are all motivated or driven by what meets are need for emotional energy until we learn how to empower our true authority.

We are sub-consciously driven to do what we do by our hierarchy of emotional needs until we learn to consciously empower our Self.

December 11, 2015

# The Evangelical Evangelist

Evangelical is the state of being an evangelist.

It is a role that I play not an attribute that I attain.

I am a self professed bringer of good news when I play the role of an evangelist.

I spread a gospel as an evangelical evangelist.

I spread the good word as a do-gooder doing good.

The Disciples of Jesus became evangelists.

The Witnesses of Jehovah are evangelists.

Paul became a saint and an evangelist.

Jesus was a Messiah not an evangelist.

A Messiah has a Divine Message for Mankind.

A divine message is always good news.

Preaching someone else's gospel is not always good news.

An Angel is a spiritual guardian or guide.

Angels act on a personal & individual level.

A Messiah works with a race or a nation on a global level.

Both a Messiah & an Angel are divinely guided.

An evangelical evangelist follows their own calling or creed.

December 10, 2015

# Riches & Wealth

Riches are the accumulated assets that I own minus the accumulated liabilities that I owe.

Wealth is the quality of the attributes that I have attained minus the emotional needs, fears & limiting beliefs that I have accumulated.

Assets assist me on my journey whereas liabilities impede my flow & resist my growth.

In a physical reality, assets & liabilities are a measure of my material riches or my relative poverty.

In a spiritual reality, assets & liabilities determine my mental capacity & my emotional competence.

The less I need emotionally, the more competent I am.

The more pure my belief system, the less fear I have and the greater my mental capacity.

The more natural, prime & divine attributes that I attain, the greater my quality of wealth.

Riches are a measure of the physical quality of life.

Wealth is a measure of the quality of my spiritual Beingness.

I can have all the riches in the world and fail to attain my ideal quality of life.

I don't have to be rich before I realise that money alone will never make me wealthy.

December 9, 2015

# Being Within My Self

Being Within my Self is safe, secure & comfortable.

Within my comfort zone, I feel safe, secure & self assured.

Being without, I feel unsafe, insecure, unsure & uncomfortable.

The boundaries of my comfort zone define the limits of my personal growth.

Personal development is the expansion of my comfort zone.

Unless I develop my Self, my comfort zone becomes my guarded cage or my personal prison cell. I expand my comfort zone by exploring, discovering & experiencing what is beyond my personal horizon.

I cannot expand my horizon from within my comfort zone.

I expand my comfort zone when I step out and feel safe & secure with the surety of my new boundaries.

Being within my capability defines my capacity & my competence.

I am required to grow my competence & my capacity to expand by capability.

Without the capability for my Self to grow, I experience only incapacity & incompetence.

My ability to expand my comfort zone enables me to ensure that I feel safe, secure & comfortable with whatever turns up in my life.

I have the capacity to live within the unconscious competence of my true Self.

When I am being within my Self, everything is within me & everything is within my ability.

December 8, 2015

## Being Without Being Without

Being Without is a sin or a virtue.

Being without female energy is a sin.

Religion believes that to be wrong.

Being without male energy is a virtue.

Religion believes that to be good.

Sins & virtues are relative to perspective.

I can choose what is good or bad, right or wrong, positive or negative for me.

Being without sins or virtues is divine.

When I balance my male & female energy, it becomes whole or holy.

Divinity is without sin or virtue. True Divinity has no saints or sinners.

St. George slaying the Dragon can be seen as either a virtue or a sin.

Slaying my own dragons, defeating my own gremlins & confronting my shadow self is my path to overcoming a relative duality of my own creation. Dual reality allows me the choice to be within or without my comfort zone.

That choice also allows me to be without being without when I go within.

December 7, 2015

## Life & Death

Life & Death is a duality of Life.

Absolute Life is eternal.

Life & death are the beginning and the end of a specific reality called a life-time.

A specific reality is a journey in space & time.

A journey in space-time-reality lasts for a life-time.

I start my journey at my birth and arrive at my destination at my death.

The end of my journey is inevitable as I cannot fail to arrive.

Life is a choice and I choose every life-time.

I can live an inspired & fulfilling life or I can survive a slow & lingering decline until my eventual death.

When I am attached to my life, I will fear death.

Being detached with my life enables me to love every minute of my journey.

December 6, 2015

# Listening & Hearing

I listen with my ears.

I hear intuitively.

I listen to other people talking.

I hear my messages for my Self.

I listen to my sub-conscious thinking.

I hear my super-conscious thoughts.

When I listen to whoever is talking, I hear their message for me.

I hear other people when they connect me to my intuition and remind me of my Self.

I listen to other people to learn their knowledge.

When I listen to my Self, I hear what is stopping my learning.

When I hear my Self talking, I learn what I need to know.

For those who have the ears to hear, let them hear.

Those who are not listening are too busy talking.

Those who are not hearing are too busy listening.

December 5, 2015



# Intention, Intentness, In Tension, Intensity

Intention is the choice that guides my action. It is what I intend to do.

Intentness is my focus, my concentration or my will power that I use to succeed in my intention.

When In Tension, I experience a mental force.

That force can be perceived to have a positive, a negative or a neutral polarity.

A neutral polarity is in balance, a positive polarity is exciting, a negative polarity is a worry.

Intensity is the measure of a positive or negative mental force & the measure of a male or female emotional magnitude.

Intensity in life is relative to the extremes of gender or polarity that are being dramatically experienced. A neutral polarity with a harmonious gender is balanced and in tension without intensity.

My physical potential has a harmonious gender in balance or in tension with a neutral polarity without any intensity.

The potential of life is effortless flow without the intensity of any resistance.

My conscious competence requires intentness.

My unconscious competence has the greatest potential to fulfil my intentions.

It is intention without intentness balanced in tension without intensity.

December 4, 2015

## Deadlines & Lifelines

A Deadline is a commitment to finish at a specified time.

I can work to my deadline or someone else's deadline.

A deadline puts pressure on me to deliver my intention.

It causes intentness & intensity.

Intentness is the focus or concentration that I need to apply to my will power to meet my deadline.

Intensity is the drama caused by the excitement or anxiety of meeting or missing a deadline.

A Lifeline is the guidance & support that I need to finish an intention in divine time.

I always have a choice of fulfilling my intention by my ego's deadline or with my Soul's lifeline.

Deadlines cause resistance and require will power.

Lifelines are inspired & empowered to fulfil potential in divine time.

Lifelines are effortless, deadlines are hard-work.

December 3, 2015

## A Conflict of Interest

Opposing forces of polarity conflict. Light travels in both directions at once but thinking is polarised in one direction.

Interest is the appreciation of growth.

I appreciate & grow on my life path with interest.

I do not appreciate being in conflict as it hinders my growth.

I grow with inner peace not with inner tension. With inner peace there is no inner conflict and I offer no resistance to my life path.

My ego is interested in what it thinks it wants & needs.

My Soul's sole interest is the expansive growth of its Self.

When my ego is off track there is a conflict of interest.

My egotistical strategy for growth is out of alignment with my Soul's interests.

My conscience is in conflict with my consciousness.

It is duality that allows my interests to be in conflict.

In a relative dual reality experience, my true values are in conflict with my emotional needs and my beliefs are conflict with my truth.

December 2, 2015

# Temper

Temper is my emotional energy control.

When I lose my temper, I lose control of my emotional energy.

When I have enough emotional energy, I have the power to be in control.

When my power is flowing, I temper my actions.

When my power ceases to flow, I lose the power to control my actions.

I can suppress my emotion to control my temper or I can temper my emotion to empower my action. When I lose control, I lose my temper.

Emotional energy has a range of intensity from fully depressed to intensely ecstatic. When fully depressed, I have insufficient power to lose my temper.

Instead of expressing anger, I appear to lose my verve, my mojo or my will to live. Reacting angrily is an expression of my loss of the ability to temper my actions. Anger is my emotional reaction to my loss of emotional power.

In absolute reality, I never lose my power, I become relatively disconnected from my source of emotional power.

When I temper my mood, I take control of the negative perspective that is causing my negative emotional state of being.

I can choose to control my temper or I can choose to temper my emotional power effectively and channel it powerfully.

December 1, 2015